

CSIT Swimming Championships 2026
Geleen, 28- - 30-4-2026

Event 205
29-4-2026 - 11:19

Women, 400m Freestyle

14 years and older
Results

Points: AQUA 2025

Rank	YB	Time	Pts	100m	200m	300m	400m		
14 till 15 years									
1.	Joanne Strietman	12	NCS	5:10.41	436	1:10.52	1:21.59	1:22.08	1:16.22
	50m: 32.45	32.45	150m: 1:51.04	40.52	250m: 3:13.21	41.10	350m: 4:33.87	39.68	
	100m: 1:10.52	38.07	200m: 2:32.11	41.07	300m: 3:54.19	40.98	400m: 5:10.41	36.54	
2.	Melissa Zanette	11	AICS	5:12.05	429	1:09.45	1:19.53	1:22.22	1:20.85
	50m: 32.37	32.37	150m: 1:48.93	39.48	250m: 3:09.70	40.72	350m: 4:31.14	39.94	
	100m: 1:09.45	37.08	200m: 2:28.98	40.05	300m: 3:51.20	41.50	400m: 5:12.05	40.91	
3.	Lotte Moyaert	12	FROS	5:30.98	359	1:16.71	1:25.40	1:26.22	1:22.65
	50m: 35.89	35.89	150m: 1:59.19	42.48	250m: 3:25.09	42.98	350m: 4:51.32	42.99	
	100m: 1:16.71	40.82	200m: 2:42.11	42.92	300m: 4:08.33	43.24	400m: 5:30.98	39.66	
4.	Jessica Calceta Banuelos	12	AGORA	5:42.32	325	1:16.71	1:27.65	1:30.58	1:27.38
	50m: 35.82	35.82	150m: 2:00.23	43.52	250m: 3:29.16	44.80	350m: 4:59.80	44.86	
	100m: 1:16.71	40.89	200m: 2:44.36	44.13	300m: 4:14.94	45.78	400m: 5:42.32	42.52	
5.	Ester De Zolt	12	AICS	5:46.22	314	1:19.64	1:29.71	1:31.00	1:25.87
	50m: 37.20	37.20	150m: 2:04.75	45.11	250m: 3:34.61	45.26	350m: 5:04.30	43.95	
	100m: 1:19.64	42.44	200m: 2:49.35	44.60	300m: 4:20.35	45.74	400m: 5:46.22	41.92	
6.	Hannah Decloedt	11	FROS	5:50.62	302	1:18.38	1:29.50	1:30.97	1:31.77
	50m: 36.72	36.72	150m: 2:02.88	44.50	250m: 3:32.98	45.10	350m: 5:05.11	46.26	
	100m: 1:18.38	41.66	200m: 2:47.88	45.00	300m: 4:18.85	45.87	400m: 5:50.62	45.51	
7.	Daisy Blue Pinazza	11	AICS	5:58.54	282	1:24.61	1:31.55	1:35.63	1:26.75
	50m: 40.41	40.41	150m: 2:09.70	45.09	250m: 3:43.92	47.76	350m: 5:17.38	45.59	
	100m: 1:24.61	44.20	200m: 2:56.16	46.46	300m: 4:31.79	47.87	400m: 5:58.54	41.16	
8.	Muireann McMahon	11	NCS	6:12.27	252	1:23.06	1:36.00	1:38.40	1:34.81
	50m: 38.51	38.51	150m: 2:10.53	47.47	250m: 3:47.82	48.76	350m: 5:26.32	48.86	
	100m: 1:23.06	44.55	200m: 2:59.06	48.53	300m: 4:37.46	49.64	400m: 6:12.27	45.95	
9.	Ella Cnockaert	12	FROS	6:26.00	226	1:25.93	1:40.98	1:41.79	1:37.30
	50m: 38.96	38.96	150m: 2:15.45	49.52	250m: 3:57.76	50.85	350m: 5:39.13	50.43	
	100m: 1:25.93	46.97	200m: 3:06.91	51.46	300m: 4:48.70	50.94	400m: 6:26.00	46.87	
16 till 17 years									
1.	Femke De Cuyper	10	FROS	4:55.55	505	1:09.45	1:15.87	1:17.21	1:13.02
	50m: 33.41	33.41	150m: 1:47.04	37.59	250m: 3:03.92	38.60	350m: 4:20.23	37.70	
	100m: 1:09.45	36.04	200m: 2:25.32	38.28	300m: 3:42.53	38.61	400m: 4:55.55	35.32	
2.	Juulia Koskinen	10	TUL	5:10.07	437	1:10.36	1:18.90	1:20.93	1:19.88
	50m: 32.93	32.93	150m: 1:49.54	39.18	250m: 3:09.64	40.38	350m: 4:31.00	40.81	
	100m: 1:10.36	37.43	200m: 2:29.26	39.72	300m: 3:50.19	40.55	400m: 5:10.07	39.07	
3.	Rebeka Pasha'	10	ACSI	5:14.66	418	1:10.95	1:21.73	1:22.25	1:19.73
	50m: 32.95	32.95	150m: 1:51.94	40.99	250m: 3:14.56	41.88	350m: 4:36.10	41.17	
	100m: 1:10.95	38.00	200m: 2:32.68	40.74	300m: 3:54.93	40.37	400m: 5:14.66	38.56	
4.	Francheska Kurtti	10	TUL	5:28.23	368	1:13.04	1:24.46	1:27.18	1:23.55
	50m: 33.59	33.59	150m: 1:55.38	42.34	250m: 3:21.07	43.57	350m: 4:47.68	43.00	
	100m: 1:13.04	39.45	200m: 2:37.50	42.12	300m: 4:04.68	43.61	400m: 5:28.23	40.55	
5.	Nicole Perissinotto	09	AICS	5:32.81	353	1:18.83	1:26.96	1:26.60	1:20.42
	50m: 37.07	37.07	150m: 2:01.99	43.16	250m: 3:29.89	44.10	350m: 4:54.09	41.70	
	100m: 1:18.83	41.76	200m: 2:45.79	43.80	300m: 4:12.39	42.50	400m: 5:32.81	38.72	
6.	Agnese Flaiban	09	AICS	5:39.14	334	1:18.70	1:28.43	1:28.13	1:23.88
	50m: 36.58	36.58	150m: 2:02.58	43.88	250m: 3:31.02	43.89	350m: 4:57.91	42.65	
	100m: 1:18.70	42.12	200m: 2:47.13	44.55	300m: 4:15.26	44.24	400m: 5:39.14	41.23	
7.	Mirte Griens	10	NCS	5:48.56	307	1:19.94	1:30.36	1:31.78	1:26.48
	50m: 36.94	36.94	150m: 2:04.94	45.00	250m: 3:36.34	46.04	350m: 5:07.54	45.46	
	100m: 1:19.94	43.00	200m: 2:50.30	45.36	300m: 4:22.08	45.74	400m: 5:48.56	41.02	
8.	Maite Hortensius	09	NCS	6:03.14	272	1:22.85	1:34.09	1:35.75	1:30.45
	50m: 38.38	38.38	150m: 2:09.71	46.86	250m: 3:44.75	47.81	350m: 5:19.09	46.40	
	100m: 1:22.85	44.47	200m: 2:56.94	47.23	300m: 4:32.69	47.94	400m: 6:03.14	44.05	
9.	Iris Verschuren	09	Helmondse WV	6:50.89	187	1:34.37	1:45.82	1:48.05	1:42.65
	50m: 43.60	43.60	150m: 2:26.64	52.27	250m: 4:14.34	54.15	350m: 6:01.81	53.57	
	100m: 1:34.37	50.77	200m: 3:20.19	53.55	300m: 5:08.24	53.90	400m: 6:50.89	49.08	

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18 till 24 years

1. Rebecca Sbirziola	06	ACSI	5:14.60	418	1:09.95	1:19.79	1:23.43	1:21.43
50m: 33.04	33.04	150m: 1:49.00	39.05	250m: 3:11.01	41.27	350m: 4:34.94	41.77	
100m: 1:09.95	36.91	200m: 2:29.74	40.74	300m: 3:53.17	42.16	400m: 5:14.60	39.66	
2. G. De Filippo De Grazia	07	AICS	5:16.11	412	1:12.55	1:19.57	1:22.26	1:21.73
50m: 34.62	34.62	150m: 1:51.54	38.99	250m: 3:12.88	40.76	350m: 4:36.00	41.62	
100m: 1:12.55	37.93	200m: 2:32.12	40.58	300m: 3:54.38	41.50	400m: 5:16.11	40.11	
3. Irene Maria Gava	08	AICS	5:21.76	391	1:14.93	1:21.34	1:23.37	1:22.12
50m: 35.74	35.74	150m: 1:55.42	40.49	250m: 3:18.00	41.73	350m: 4:41.27	41.63	
100m: 1:14.93	39.19	200m: 2:36.27	40.85	300m: 3:59.64	41.64	400m: 5:21.76	40.49	
4. Lizzy Langen	04	NCS	5:29.87	363	1:15.54	1:23.85	1:26.21	1:24.27
50m: 35.60	35.60	150m: 1:56.83	41.29	250m: 3:22.34	42.95	350m: 4:48.48	42.88	
100m: 1:15.54	39.94	200m: 2:39.39	42.56	300m: 4:05.60	43.26	400m: 5:29.87	41.39	
5. Nanou Van Alsenoy	08	FROS	5:32.51	354	1:17.39	1:25.59	1:26.36	1:23.17
50m: 36.30	36.30	150m: 1:59.67	42.28	250m: 3:26.50	43.52	350m: 4:52.81	43.47	
100m: 1:17.39	41.09	200m: 2:42.98	43.31	300m: 4:09.34	42.84	400m: 5:32.51	39.70	
6. Maud van Zwienen	07	NCS	5:35.45	345	1:15.67	1:26.96	1:29.32	1:23.50
50m: 35.57	35.57	150m: 1:58.50	42.83	250m: 3:27.10	44.47	350m: 4:55.88	43.93	
100m: 1:15.67	40.10	200m: 2:42.63	44.13	300m: 4:11.95	44.85	400m: 5:35.45	39.57	
7. Emma Battaglia	07	AICS	5:35.46	345	1:17.07	1:26.09	1:27.14	1:25.16
50m: 35.64	35.64	150m: 2:00.34	43.27	250m: 3:26.23	43.07	350m: 4:53.96	43.66	
100m: 1:17.07	41.43	200m: 2:43.16	42.82	300m: 4:10.30	44.07	400m: 5:35.46	41.50	
8. Diletta Libralon	07	AICS	5:38.80	335	1:16.38	1:25.62	1:29.78	1:27.02
50m: 36.11	36.11	150m: 1:58.65	42.27	250m: 3:27.18	45.18	350m: 4:56.15	44.37	
100m: 1:16.38	40.27	200m: 2:42.00	43.35	300m: 4:11.78	44.60	400m: 5:38.80	42.65	
9. Alessia Benini	08	AICS	5:40.02	331	1:17.31	1:26.31	1:28.96	1:27.44
50m: 36.69	36.69	150m: 1:59.97	42.66	250m: 3:27.95	44.33	350m: 4:57.59	45.01	
100m: 1:17.31	40.62	200m: 2:43.62	43.65	300m: 4:12.58	44.63	400m: 5:40.02	42.43	
10. Famke Toele	06	NCS	5:40.89	329	1:19.15	1:27.86	1:29.71	1:24.17
50m: 36.96	36.96	150m: 2:02.97	43.82	250m: 3:32.33	45.32	350m: 4:59.70	42.98	
100m: 1:19.15	42.19	200m: 2:47.01	44.04	300m: 4:16.72	44.39	400m: 5:40.89	41.19	
11. Aurora Chiara Carraro	08	AICS	5:45.67	315	1:20.00	1:27.98	1:29.86	1:27.83
50m: 37.12	37.12	150m: 2:03.63	43.63	250m: 3:32.46	44.48	350m: 5:02.90	45.06	
100m: 1:20.00	42.88	200m: 2:47.98	44.35	300m: 4:17.84	45.38	400m: 5:45.67	42.77	
12. Greta Nisi	08	ACSI	5:51.05	301	1:18.39	1:31.10	1:33.61	1:27.95
50m: 36.05	36.05	150m: 2:03.27	44.88	250m: 3:36.08	46.59	350m: 5:08.76	45.66	
100m: 1:18.39	42.34	200m: 2:49.49	46.22	300m: 4:23.10	47.02	400m: 5:51.05	42.29	
13. Inge Vogels	07	Helmondse WV	5:56.43	287	1:22.86	1:31.43	1:33.91	1:28.23
50m: 39.71	39.71	150m: 2:08.07	45.21	250m: 3:40.70	46.41	350m: 5:13.54	45.34	
100m: 1:22.86	43.15	200m: 2:54.29	46.22	300m: 4:28.20	47.50	400m: 5:56.43	42.89	

25 years and older

1. Michelle van Dijk	98	Helmondse WV	5:21.94	390	1:14.82	1:22.72	1:23.24	1:21.16
50m: 35.27	35.27	150m: 1:55.72	40.90	250m: 3:19.02	41.48	350m: 4:41.87	41.09	
100m: 1:14.82	39.55	200m: 2:37.54	41.82	300m: 4:00.78	41.76	400m: 5:21.94	40.07	