

Prova 19

Femin., 400m Estilos

Absolutos/All  
Resultados

15.02.2026 - 16:30

World Record	4:23.65	MCINTOSH Summer	CAN	Victoria (CAN)	2025
European Record	4:26.36	HOSSZU Katinka	HUN	Rio (BRA)	2016
Meeting Record	4:45.16	KAMINSKAYA Victoria	POR	Lisboa	2018
Portuguese Nat Record	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	2017

Meeting Access Time 17+y: 5:38.00; 15-16y: 5:38.00

Pontos: AQUA 2025

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
1.	CAVALCANTI Juliana 50m: 30.98 30.98 100m: 1:06.31 35.33	10	Amateur Athletic Union	4:54.56 150m: 1:44.08 37.77 250m: 3:03.69 42.76 350m: 4:20.80 34.42 200m: 2:20.93 36.85 300m: 3:46.38 42.69 400m: 4:54.56 33.76		723
2.	HOLLINSKY Aviva 50m: 31.80 31.80 100m: 1:07.45 35.65	08	Mount Kelly Swimming	4:57.72 150m: 1:45.94 38.49 250m: 3:07.46 44.32 350m: 4:25.27 33.96 200m: 2:23.14 37.20 300m: 3:51.31 43.85 400m: 4:57.72 32.45		700
3.	MARSHALL Holly 50m: 32.67 32.67 100m: 1:09.00 36.33	06	Swim Wales	5:01.32 150m: 1:47.10 38.10 250m: 3:08.24 44.12 350m: 4:28.02 35.25 200m: 2:24.12 37.02 300m: 3:52.77 44.53 400m: 5:01.32 33.30		675
4.	DZIEDZIC Julia 50m: 32.77 32.77 100m: 1:10.62 37.85	10	Swim Ireland	5:04.98 150m: 1:49.34 38.72 250m: 3:11.44 44.28 350m: 4:31.19 35.21 200m: 2:27.16 37.82 300m: 3:55.98 44.54 400m: 5:04.98 33.79		651
5.	NIKANDROV Eliza 50m: 33.22 33.22 100m: 1:11.12 37.90	11	As Monaco Natation	5:05.42 150m: 1:49.68 38.56 250m: 3:11.51 44.12 350m: 4:30.56 35.41 200m: 2:27.39 37.71 300m: 3:55.15 43.64 400m: 5:05.42 34.86		648
6.	DE LA CALLE IBAÑEZ Isabel 50m: 33.44 33.44 100m: 1:12.63 39.19	09	Real Canoe N.C.	5:07.15 150m: 1:54.95 42.32 250m: 3:17.63 41.48 350m: 4:34.17 34.69 200m: 2:36.15 41.20 300m: 3:59.48 41.85 400m: 5:07.15 32.98		637
7.	MARTIN Summer 50m: 33.97 33.97 100m: 1:13.45 39.48	10	Swim Wales	5:07.44 150m: 1:53.18 39.73 250m: 3:15.95 44.48 350m: 4:35.35 34.26 200m: 2:31.47 38.29 300m: 4:01.09 45.14 400m: 5:07.44 32.09		635
8.	GIBSON Mari 50m: 31.66 31.66 100m: 1:08.65 36.99	08	Swim Wales	5:09.13 150m: 1:51.93 43.28 250m: 3:15.34 41.35 350m: 4:34.13 37.12 200m: 2:33.99 42.06 300m: 3:57.01 41.67 400m: 5:09.13 35.00		625
9.	KING Sophie 50m: 33.07 33.07 100m: 1:13.01 39.94	09	Mount Kelly Swimming	5:10.22 150m: 1:54.40 41.39 250m: 3:15.91 41.06 350m: 4:35.35 36.62 200m: 2:34.85 40.45 300m: 3:58.73 42.82 400m: 5:10.22 34.87		618
10.	WINSTANLEY Elin 50m: 32.42 32.42 100m: 1:09.27 36.85	09	Swim Wales	5:10.78 150m: 1:50.13 40.86 250m: 3:14.18 45.00 350m: 4:36.67 36.15 200m: 2:29.18 39.05 300m: 4:00.52 46.34 400m: 5:10.78 34.11		615
11.	YOUNG Evie 50m: 31.89 31.89 100m: 1:08.25 36.36	08	Mount Kelly Swimming	5:13.75 150m: 1:48.48 40.23 250m: 3:13.88 45.94 350m: 4:38.44 36.99 200m: 2:27.94 39.46 300m: 4:01.45 47.57 400m: 5:13.75 35.31		598
12.	ALVES Catarina Alexandra 50m: 32.15 32.15 100m: 1:09.42 37.27	07	Gesloures	5:17.55 150m: 1:51.35 41.93 250m: 3:18.69 45.84 350m: 4:41.72 36.46 200m: 2:32.85 41.50 300m: 4:05.26 46.57 400m: 5:17.55 35.83		577
13.	KOSLOVA Valeria 50m: 33.95 33.95 100m: 1:13.48 39.53	11	Portugal	5:20.63 150m: 1:56.01 42.53 250m: 3:21.97 44.99 350m: 4:44.42 38.06 200m: 2:36.98 40.97 300m: 4:06.36 44.39 400m: 5:20.63 36.21		560
14.	AZEVEDO Constanca Lourenco 50m: 33.17 33.17 100m: 1:11.59 38.42	10	Portugal	5:22.10 150m: 1:53.39 41.80 250m: 3:21.69 47.44 350m: 4:46.23 37.10 200m: 2:34.25 40.86 300m: 4:09.13 47.44 400m: 5:22.10 35.87		552
15.	LOPES Matilde Nunes 50m: 32.69 32.69 100m: 1:10.03 37.34	06	Benfica	5:24.82 150m: 1:51.62 41.59 250m: 3:19.82 46.08 350m: 4:45.97 38.59 200m: 2:33.74 42.12 300m: 4:07.38 47.56 400m: 5:24.82 38.85		539
16.	BRAS Raquel Sofia 50m: 34.29 34.29 100m: 1:14.65 40.36	09	Os Belenenses	5:31.63 150m: 1:59.32 44.67 250m: 3:28.76 46.08 350m: 4:54.27 38.52 200m: 2:42.68 43.36 300m: 4:15.75 46.99 400m: 5:31.63 37.36		506
17.	ANDERSEN Ella Lindum 50m: 35.07 35.07 100m: 1:15.44 40.37	10	Sigma Swim	5:37.51 150m: 2:01.22 45.78 250m: 3:31.50 45.99 350m: 4:58.28 40.25 200m: 2:45.51 44.29 300m: 4:18.03 46.53 400m: 5:37.51 39.23		480

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National Sports Complex, Jamor, 14<sup>th</sup> & 15<sup>th</sup> February 2026



Prova 19, Femin., 400m Estilos, Absolutos/All

Pos.	Nadador / Swimmer	A/Y	Clube / Team	Tempo / Final	TReac	Pts
DSQ	LINDEROTH Silja Sofia	11	Sigma Swim			
	<i>E-B20 - Did not touch at finish of the breaststroke section with both hands separated (sr 7.6 / 9.4)</i>					

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