

Event 23

Women, 400m Freestyle

Absolutos/All  
Startlist Finals

15.02.2026 - 17:18

World Record	3:54.18	MCINTOSH Summer	CAN	Victoria (CAN)	2025
European Record	3:59.15	PELLEGRINI Federica	ITA	Rome (ITA)	2009
Meeting Record	4:11.04	HOLUB Tamila Hryhorivna	POR	Lisboa	2023
Portuguese Nat Record	4:07.50	MARTINS Francisca Soares	POR	Berlin (GER)	2025

Meeting Access Time 17+y: 4:56.00; 15-16y: 5:15.00

Lane	Swimmer	Year	Nation	Lic.Nr	Team	Time
<b>Final B</b>						
0	ALVES Sara Sofia	07	POR	202517	Palmela Desporto	4:43.09
1	KANIS-DICKSON Ella	11	IRL	30076193	Swim Ireland	4:41.70
2	ZORYCHTA Milena	11	IRL	30089330	Swim Ireland	4:41.29
3	LOPES Francisca Macedo	05	POR	129982	Fluvial Portuense	4:40.23
4	PRAEGER Lale	09	GER	1829786	Mount Kelly Swimming	4:37.47
5	GRIFFITHS Cerys	10	GBR	1349601	Swim Wales	4:38.48
6	TRELIVING Freya	09	GBR	1460307	Mount Kelly Swimming	4:40.65
7	IRVINE Annabel	10	GBR	1460175	Swim Wales	4:41.44
8	LOURO Beatriz Silva	07	POR	129303	Sporting	4:42.73
9	MATIAS Alana Costa	09	POR	209589	Nautico Academico	4:46.01
<b>Final A</b>						
0	AMOR-BAUZA Elena	09	ESP	1828202	Mount Kelly Swimming	4:34.84
1	CABRAL Carolina Vizinho	07	POR	206307	Galitos / Bresimar	4:32.46
2	GALISTEO ZAPATERO Andrea	01	ESP	1111950	Real Canoe N.C.	4:28.72
3	DURAES Diana Margarida	96	POR	102992	Benfica	4:27.29
4	FOMINA Anna	02	POR	208146	Sporting	4:25.79
5	BENN Sophie	07	GBR	1478149	Mount Kelly Swimming	4:26.37
6	CARDEAL Joana Nunes	02	POR	124752	Condeixa AC	4:28.68
7	CHIU Elisabeth	10	USA		Amateur Athletic Union	4:31.73
8	VIANA Carolina Pereira	04	POR	129199	Sporting	4:34.58
9	HOLUB Sofia Hryhorivna	11	POR	211911	Portugal	4:36.04

Approved by:



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