



Mare Nostrum MONACO
MONACO
from 04th to 05th June 2016 - 50m pool



Partial results

[FINA quotation]

Records du 400 Nage Libre Dames

Records du Monde: **3:58.37** LEDECKY Katie (1997) USA 23/08/2014 GOLD COAST
Records d'Europe: **3:59.15** PELLEGRINI Federica (1988) ITA 26/07/2009 ROME
Record du Meeting: **4:02.84** MUFFAT Camille (1989) FRA 09/06/2013 MONACO
Record du Mare Nostrum: **4:02.84** MUFFAT Camille (1989) FRA 09/06/2013 MONACO

Slow prelims : 400 Freestyle Women

[Sunday, 05/06/2016]

1.	POU Lisa	1999	FRA	FEDERATION FRANCAISE DE NATATION...	+0.76	4:26.31	717 pts
	50 m : 32.00 (32.00)	100 m : 1:05.58 (33.58)	[1:05.58]	150 m : 1:39.54 (33.96)	200 m : 2:13.87 (34.33)	[1:08.29]	
	250 m : 2:47.25 (33.38)	300 m : 3:20.85 (33.60)	[1:06.98]	350 m : 3:54.00 (33.15)	400 m : 4:26.31 (32.31)	[1:05.46]	
2.	DESBORDES Joana	2000	FRA	FEDERATION FRANCAISE DE NATATION...	+0.73	4:26.39	716 pts
	50 m : 30.57 (30.57)	100 m : 1:03.98 (33.41)	[1:03.98]	150 m : 1:38.14 (34.16)	200 m : 2:12.15 (34.01)	[1:08.17]	
	250 m : 2:45.97 (33.82)	300 m : 3:19.82 (33.85)	[1:07.67]	350 m : 3:53.58 (33.76)	400 m : 4:26.39 (32.81)	[1:06.57]	
3.	LACOMBE Zoé	1999	FRA	CN ANTIBES	+0.77	4:30.27	686 pts
	50 m : 31.91 (31.91)	100 m : 1:06.00 (34.09)	[1:06.00]	150 m : 1:40.56 (34.56)	200 m : 2:14.93 (34.37)	[1:08.93]	
	250 m : 2:49.30 (34.37)	300 m : 3:23.35 (34.05)	[1:08.42]	350 m : 3:57.23 (33.88)	400 m : 4:30.27 (33.04)	[1:06.92]	
4.	PETIT Romane	1999	FRA	OLYMPIC NICE NATATION	+0.69	4:31.36	677 pts
	50 m : 31.35 (31.35)	100 m : 1:05.61 (34.26)	[1:05.61]	150 m : 1:40.41 (34.80)	200 m : 2:15.76 (35.35)	[1:10.15]	
	250 m : 2:50.50 (34.74)	300 m : 3:25.27 (34.77)	[1:09.51]	350 m : 3:59.34 (34.07)	400 m : 4:31.36 (32.02)	[1:06.09]	
5.	ARLANDIS Anais	1997	FRA	OLYMPIC NICE NATATION	+0.68	4:32.02	672 pts
	50 m : 30.43 (30.43)	100 m : 1:03.96 (33.53)	[1:03.96]	150 m : 1:38.56 (34.60)	200 m : 2:13.49 (34.93)	[1:09.53]	
	250 m : 2:48.30 (34.81)	300 m : 3:23.42 (35.12)	[1:09.93]	350 m : 3:58.33 (34.91)	400 m : 4:32.02 (33.69)	[1:08.60]	
6.	BORGOGNO Alizée	2001	FRA	OLYMPIC NICE NATATION	+0.70	4:35.32	648 pts
	50 m : 30.55 (30.55)	100 m : 1:04.19 (33.64)	[1:04.19]	150 m : 1:39.08 (34.89)	200 m : 2:14.59 (35.51)	[1:10.40]	
	250 m : 2:49.75 (35.16)	300 m : 3:25.42 (35.67)	[1:10.83]	350 m : 4:00.95 (35.53)	400 m : 4:35.32 (34.37)	[1:09.90]	
7.	COSTANTINI Diane-Grace	2002	FRA	AS MONACO NATATION	+0.82	4:47.30	571 pts
	50 m : 33.36 (33.36)	100 m : 1:09.38 (36.02)	[1:09.38]	150 m : 1:46.30 (36.92)	200 m : 2:22.39 (36.09)	[1:13.01]	
	250 m : 2:58.87 (36.48)	300 m : 3:35.68 (36.81)	[1:13.29]	350 m : 4:12.40 (36.72)	400 m : 4:47.30 (34.90)	[1:11.62]	
8.	VISTE Pauline	2000	FRA	AS MONACO NATATION	+0.64	4:52.81	539 pts
	50 m : 32.88 (32.88)	100 m : 1:09.26 (36.38)	[1:09.26]	150 m : 1:46.39 (37.13)	200 m : 2:24.05 (37.66)	[1:14.79]	
	250 m : 3:01.70 (37.65)	300 m : 3:39.40 (37.70)	[1:15.35]	350 m : 4:16.71 (37.31)	400 m : 4:52.81 (36.10)	[1:13.41]	
9.	DEASTI Letizia	2000	ITA	AS MONACO NATATION	+0.69	4:56.94	517 pts
	50 m : 32.60 (32.60)	100 m : 1:09.17 (36.57)	[1:09.17]	150 m : 1:46.60 (37.43)	200 m : 2:24.36 (37.76)	[1:15.19]	
	250 m : 3:02.55 (38.19)	300 m : 3:40.85 (38.30)	[1:16.49]	350 m : 4:19.71 (38.86)	400 m : 4:56.94 (37.23)	[1:16.09]	
10.	ZANIN Emma	2001	FRA	AS MONACO NATATION	+0.70	4:57.58	513 pts
	50 m : 33.28 (33.28)	100 m : 1:10.67 (37.39)	[1:10.67]	150 m : 1:49.60 (38.93)	200 m : 2:27.30 (37.70)	[1:16.63]	
	250 m : 3:05.64 (38.34)	300 m : 3:43.92 (38.28)	[1:16.62]	350 m : 4:21.71 (37.79)	400 m : 4:57.58 (35.87)	[1:13.66]	
---	KHOO Cai Lin	1988	MAS	MALAYSIA NATIONAL SWIMMING TEAM...		DNS dec	
---	NOVOSZATH Melinda	1998	HUN	HUNGARIAN SWIMMING ASSOCIATION (...)		DNS dec	

