



MARE NOSTRUM MONACO
MONACO
from 29th to 30th May 2021 - 50m pool



Results

[FINA quotation]

Records du 400 Nage Libre Dames

Record du Monde: **3:56.46** LEDECKY Katie (1997) USA 07/08/2016 RIO DE JANEIRO
Record d'Europe: **3:59.15** PELLEGRINI Federica (1988) ITA 26/07/2009 ROME
Monaco Record: **4:02.84** MUFFAT Camille (1989) FRA 09/06/2013 MONACO
Mare Nostrum Record: **4:02.84** MUFFAT Camille (1989) FRA 09/06/2013 MONACO

Prelim : 400 Freestyle Women

[Sunday, 30/05/2021]

1. POU Lisa		1999	FRA	AS. SP. MONACO NATATION	+0.76	4:24.92	711 pts		
50 m :	31.15 (31.15)	100 m :	1:04.44 (33.29)	[1:04.44]	150 m :	1:38.08 (33.64)	200 m :	2:12.01 (33.93)	[1:07.57]
250 m :	2:45.17 (33.16)	300 m :	3:18.44 (33.27)	[1:06.43]	350 m :	3:51.82 (33.38)	400 m :	4:24.92 (33.10)	[1:06.48]
2. ARLANDIS Anais		1997	FRA	AS. SP. MONACO NATATION	+0.66	4:29.61	674 pts		
50 m :	30.83 (30.83)	100 m :	1:04.65 (33.82)	[1:04.65]	150 m :	1:38.38 (33.73)	200 m :	2:12.56 (34.18)	[1:07.91]
250 m :	2:46.41 (33.85)	300 m :	3:20.61 (34.20)	[1:08.05]	350 m :	3:55.50 (34.89)	400 m :	4:29.61 (34.11)	[1:09.00]
3. RAY Lea		2008	FRA	C N S VALLAURIS	+0.70	4:49.40	545 pts		
50 m :	32.39 (32.39)	100 m :	1:08.50 (36.11)	[1:08.50]	150 m :	1:45.63 (37.13)	200 m :	2:23.35 (37.72)	[1:14.85]
250 m :	3:00.40 (37.05)	300 m :	3:38.10 (37.70)	[1:14.75]	350 m :	4:15.25 (37.15)	400 m :	4:49.40 (34.15)	[1:11.30]
4. BRETT Lauren		2006	GBR	AS. SP. MONACO NATATION	+0.61	5:02.92	475 pts		
50 m :	34.11 (34.11)	100 m :	1:12.10 (37.99)	[1:12.10]	150 m :	1:50.83 (38.73)	200 m :	2:29.63 (38.80)	[1:17.53]
250 m :	3:08.56 (38.93)	300 m :	3:47.04 (38.48)	[1:17.41]	350 m :	4:25.98 (38.94)	400 m :	5:02.92 (36.94)	[1:15.88]
5. MATHIS Lune		2005	MON	AS. SP. MONACO NATATION	+0.74	5:21.54	397 pts		
50 m :	34.05 (34.05)	100 m :	1:13.24 (39.19)	[1:13.24]	150 m :	1:53.38 (40.14)	200 m :	2:34.86 (41.48)	[1:21.62]
250 m :	3:17.21 (42.35)	300 m :	3:59.21 (42.00)	[1:24.35]	350 m :	4:41.11 (41.90)	400 m :	5:21.54 (40.43)	[1:22.33]