

Event 34  
07/05/2026 - 17:00

Women, 400m Freestyle

14 years and older  
Results Finals

Points: AQUA 2026

Rank			YB						Time	Pts
<b>14 - 18 years</b>										
1.	LE ROUX, Scarlett		08	RSA					<b>4:25.37</b>	687
	50m:	29.62 29.62	150m:	1:35.57 33.44	250m:	2:43.35 34.03	350m:	3:52.07 34.36	400m:	4:25.37 33.30
	100m:	1:02.13 32.51	200m:	2:09.32 33.75	300m:	3:17.71 34.36				
2.	MARKGRAAFF, Leah		09	RSA					<b>4:26.11</b>	681
	50m:	29.63 29.63	150m:	1:35.42 33.25	250m:	2:43.87 34.22	350m:	3:52.74 34.17	400m:	4:26.11 33.37
	100m:	1:02.17 32.54	200m:	2:09.65 34.23	300m:	3:18.57 34.70				
3.	ADEL, Darin		10	EGY					<b>4:29.33</b>	657
	50m:	31.26 31.26	150m:	1:39.85 34.52	250m:	2:49.23 34.59	350m:	3:57.15 33.00	400m:	4:29.33 32.18
	100m:	1:05.33 34.07	200m:	2:14.64 34.79	300m:	3:24.15 34.92				
4.	ROUIBI, Melissa		11	ALG					<b>4:29.64</b>	655
	50m:	30.43 30.43	150m:	1:37.27 34.03	250m:	2:46.49 34.82	350m:	3:56.34 34.78	400m:	4:29.64 33.30
	100m:	1:03.24 32.81	200m:	2:11.67 34.40	300m:	3:21.56 35.07				
5.	FAISAL, Arwa		08	EGY					<b>4:32.26</b>	636
	50m:	30.96 30.96	150m:	1:38.58 34.05	250m:	2:48.00 34.59	350m:	3:57.35 34.13	400m:	4:32.26 34.91
	100m:	1:04.53 33.57	200m:	2:13.41 34.83	300m:	3:23.22 35.22				
6.	ZOUAGHI, Ilef		12	TUN					<b>4:34.07</b>	623
	50m:	31.74 31.74	150m:	1:40.30 34.67	250m:	2:50.12 35.01	350m:	4:00.17 35.14	400m:	4:34.07 33.90
	100m:	1:05.63 33.89	200m:	2:15.11 34.81	300m:	3:25.03 34.91				
7.	BEN TAHER, Zeineb		10	TUN					<b>4:35.15</b>	616
	50m:	31.90 31.90	150m:	1:40.18 34.16	250m:	2:50.30 34.97	350m:	4:00.78 35.11	400m:	4:35.15 34.37
	100m:	1:06.02 34.12	200m:	2:15.33 35.15	300m:	3:25.67 35.37				
8.	DE SOUSA, Victoria Salmira Jose		10	NAM					<b>4:40.77</b>	580
	50m:	30.88 30.88	150m:	1:40.60 35.27	250m:	2:52.97 35.81	350m:	4:06.09 36.40	400m:	4:40.77 34.68
	100m:	1:05.33 34.45	200m:	2:17.16 36.56	300m:	3:29.69 36.72				
<b>19 years and older</b>										
1.	ABDALLAH, Lojine		04	EGY					<b>4:22.44</b>	710
	50m:	30.37 30.37	150m:	1:36.47 33.26	250m:	2:42.26 32.62	350m:	3:49.52 33.87	400m:	4:22.44 32.92
	100m:	1:03.21 32.84	200m:	2:09.64 33.17	300m:	3:15.65 33.39				
2.	MC MORRAN, Leigh		04	RSA					<b>4:27.97</b>	667
	50m:	30.39 30.39	150m:	1:36.80 33.38	250m:	2:44.41 33.92	350m:	3:53.74 34.76	400m:	4:27.97 34.23
	100m:	1:03.42 33.03	200m:	2:10.49 33.69	300m:	3:18.98 34.57				
3.	HORNE, Kaitlyne Dayna		07	RSA					<b>4:32.08</b>	637
	50m:	31.30 31.30	150m:	1:40.50 34.90	250m:	2:50.79 35.09	350m:	3:59.21 34.04	400m:	4:32.08 32.87
	100m:	1:05.60 34.30	200m:	2:15.70 35.20	300m:	3:25.17 34.38				
4.	BENMANSSOUR, Ryma		04	ALG					<b>4:32.29</b>	636
	50m:	30.68 30.68	150m:	1:37.99 33.89	250m:	2:47.74 35.02	350m:	3:58.74 35.52	400m:	4:32.29 33.55
	100m:	1:04.10 33.42	200m:	2:12.72 34.73	300m:	3:23.22 35.48				
5.	TEELUCK, Anishta		01	MRI					<b>4:33.41</b>	628
	50m:	31.48 31.48	150m:	1:39.73 34.58	250m:	2:49.89 35.33	350m:	4:00.34 35.02	400m:	4:33.41 33.07
	100m:	1:05.15 33.67	200m:	2:14.56 34.83	300m:	3:25.32 35.43				
6.	ABDELLAOUI, Samara		05	ALG					<b>4:35.92</b>	611
	50m:	30.56 30.56	150m:	1:38.28 34.19	250m:	2:48.41 35.32	350m:	4:00.71 36.36	400m:	4:35.92 35.21
	100m:	1:04.09 33.53	200m:	2:13.09 34.81	300m:	3:24.35 35.94				