

Event 54
08/05/2026 - 9:00

Women, 400m Medley

14 years and older
Results Prelim

Points: AQUA 2026

Rank	YB		Time								Pts	
19 years and older												
1.	ZITOUNI, Imene Kawthar	04	ALG	5:00.00								678 Q
	50m:	150m:	250m:	350m:	5:00.00							
	100m:	200m:	300m:	400m:								
2.	HORNE, Kaitlynn Dayna	07	RSA	5:04.99								645 Q
	50m:	150m:	250m:	350m:	5:04.99							
	100m:	200m:	300m:	400m:								
3.	BENCHADLI, Jihane	04	ALG	5:05.00								645 Q
	50m:	150m:	250m:	350m:	5:05.00							
	100m:	200m:	300m:	400m:								
4.	VAN HEERDEN, Keira	07	RSA	5:06.90								634 Q
	50m:	150m:	250m:	350m:	5:06.90							
	100m:	200m:	300m:	400m:								
5.	LIMA, Lia	01	ANG	5:18.56								566 Q
	50m:	150m:	250m:	350m:	5:18.56							
	100m:	200m:	300m:	400m:								
14 - 18 years												
1.	DE SOUSA, Victoria Salmina Jose	10	NAM	5:15.21								585 Q
	50m: 32.31 32.31	150m: 1:50.46 40.24	250m: 3:16.46 46.11	350m: 4:39.15 36.41								
	100m: 1:10.22 37.91	200m: 2:30.35 39.89	300m: 4:02.74 46.28	400m: 5:15.21 36.06								
2.	ADEL, Darin	10	EGY	5:17.71								571 Q
	50m: 34.10 34.10	150m: 1:56.09 42.74	250m: 3:22.71 45.99	350m: 4:43.28 36.13								
	100m: 1:13.35 39.25	200m: 2:36.72 40.63	300m: 4:07.15 44.44	400m: 5:17.71 34.43								
3.	YAZBEK, Leila Kate	09	RSA	5:18.26								568 Q
	50m: 32.63 32.63	150m: 1:56.47 44.37	250m: 3:22.09 43.59	350m: 4:42.88 37.60								
	100m: 1:12.10 39.47	200m: 2:38.50 42.03	300m: 4:05.28 43.19	400m: 5:18.26 35.38								
4.	ROUIBI, Melissa	11	ALG	5:21.05								553 Q
	50m: 34.09 34.09	150m: 1:56.76 42.35	250m: 3:23.23 45.96	350m: 4:46.66 36.39								
	100m: 1:14.41 40.32	200m: 2:37.27 40.51	300m: 4:10.27 47.04	400m: 5:21.05 34.39								
5.	MARKGRAAFF, Leah	09	RSA	5:22.88								544 Q
	50m: 32.97 32.97	150m: 1:52.97 41.70	250m: 3:22.50 49.00	350m: 4:48.17 36.51								
	100m: 1:11.27 38.30	200m: 2:33.50 40.53	300m: 4:11.66 49.16	400m: 5:22.88 34.71								
6.	VILJOEN, Nicolene-Melony Johannes	12	TAN	5:23.68								540 Q
	50m: 35.35 35.35	150m: 1:59.98 44.73	250m: 3:25.98 44.26	350m: 4:48.15 37.47								
	100m: 1:15.25 39.90	200m: 2:41.72 41.74	300m: 4:10.68 44.70	400m: 5:23.68 35.53								
7.	NAUKOSHO, Ainoa Iris Bermudez	11	NAM	5:23.97								538 Q
	50m: 33.78 33.78	150m: 1:55.29 41.95	250m: 3:24.35 47.71	350m: 4:48.64 36.70								
	100m: 1:13.34 39.56	200m: 2:36.64 41.35	300m: 4:11.94 47.59	400m: 5:23.97 35.33								
8.	FERDI, Cerine	09	ALG	5:25.76								530 Q
	50m: 33.46 33.46	150m: 1:55.76 41.84	250m: 3:25.34 47.24	350m: 4:49.75 37.27								
	100m: 1:13.92 40.46	200m: 2:38.10 42.34	300m: 4:12.48 47.14	400m: 5:25.76 36.01								