

Event 54
08/05/2026 - 17:00

Women, 400m Medley

14 years and older
Results Finals

Points: AQUA 2026

Rank	YB				Time	Pts
14 - 18 years						
1.	ADEL, Darin	10	EGY		5:05.32	643
	50m: 32.51 32.51	150m: 1:48.32 39.45	250m: 3:11.31 44.85	350m: 4:30.39 34.92		
	100m: 1:08.87 36.36	200m: 2:26.46 38.14	300m: 3:55.47 44.16	400m: 5:05.32 34.93		
2.	YAZBEK, Leila Kate	09	RSA		5:08.51	624
	50m: 31.20 31.20	150m: 1:50.82 42.44	250m: 3:14.70 42.48	350m: 4:33.63 35.97		
	100m: 1:08.38 37.18	200m: 2:32.22 41.40	300m: 3:57.66 42.96	400m: 5:08.51 34.88		
3.	DE SOUSA, Victoria Salmina Jose	10	NAM		5:10.76	610
	50m: 32.01 32.01	150m: 1:49.46 39.74	250m: 3:14.81 45.56	350m: 4:35.57 34.67		
	100m: 1:09.72 37.71	200m: 2:29.25 39.79	300m: 4:00.90 46.09	400m: 5:10.76 35.19		
4.	ROUIBI, Melissa	11	ALG		5:17.29	573
	50m: 33.90 33.90	150m: 1:54.54 41.12	250m: 3:21.47 46.57	350m: 4:42.98 35.74		
	100m: 1:13.42 39.52	200m: 2:34.90 40.36	300m: 4:07.24 45.77	400m: 5:17.29 34.31		
5.	MARKGRAAFF, Leah	09	RSA		5:17.95	570
	50m: 32.13 32.13	150m: 1:50.28 40.32	250m: 3:18.45 47.97	350m: 4:43.67 35.89		
	100m: 1:09.96 37.83	200m: 2:30.48 40.20	300m: 4:07.78 49.33	400m: 5:17.95 34.28		
6.	VILJOEN, Nicolene-Melony Johannes	12	TAN		5:26.15	528
	50m: 35.04 35.04	150m: 1:59.16 44.26	250m: 3:27.51 45.52	350m: 4:51.15 37.52		
	100m: 1:14.90 39.86	200m: 2:41.99 42.83	300m: 4:13.63 46.12	400m: 5:26.15 35.00		
7.	FERDI, Cerine	09	ALG		5:27.60	521
	50m: 33.45 33.45	150m: 1:56.29 43.12	250m: 3:25.15 47.45	350m: 4:51.53 38.66		
	100m: 1:13.17 39.72	200m: 2:37.70 41.41	300m: 4:12.87 47.72	400m: 5:27.60 36.07		
DSQ	NAUKOSHO, Ainoa Iris Bermudez	11	NAM		5:19.95	
	50m: 32.27 32.27	150m: 1:52.38 41.80	250m: 3:20.92 47.78	350m: 4:44.91 36.56		
	100m: 1:10.58 38.31	200m: 2:33.14 40.76	300m: 4:08.35 47.43	400m: 5:19.95 35.04		

19 years and older

1.	ZITOUNI, Imene Kawthar	04	ALG		5:03.78	653
	50m: 31.76 31.76	150m: 1:48.34 40.14	250m: 3:11.34 44.39	350m: 4:30.84 34.54		
	100m: 1:08.20 36.44	200m: 2:26.95 38.61	300m: 3:56.30 44.96	400m: 5:03.78 32.94		
2.	HORNE, Kaitlynn Dayna	07	RSA		5:04.77	647
	50m: 32.53 32.53	150m: 1:48.94 39.11	250m: 3:11.67 45.30	350m: 4:31.46 34.54		
	100m: 1:09.83 37.30	200m: 2:26.37 37.43	300m: 3:56.92 45.25	400m: 5:04.77 33.31		
3.	VAN HEERDEN, Keira	07	RSA		5:07.17	632
	50m: 31.10 31.10	150m: 1:48.34 40.93	250m: 3:11.46 43.09	350m: 4:31.82 37.53		
	100m: 1:07.41 36.31	200m: 2:28.37 40.03	300m: 3:54.29 42.83	400m: 5:07.17 35.35		
4.	BENCHADLI, Jihane	04	ALG		5:08.34	625
	50m: 31.58 31.58	150m: 1:47.33 38.75	250m: 3:09.78 45.15	350m: 4:32.62 36.58		
	100m: 1:08.58 37.00	200m: 2:24.63 37.30	300m: 3:56.04 46.26	400m: 5:08.34 35.72		
5.	LIMA, Lia	01	ANG		5:30.79	506
	50m: 31.42 31.42	150m: 1:52.11 42.93	250m: 3:23.13 48.77	350m: 4:51.57 39.91		
	100m: 1:09.18 37.76	200m: 2:34.36 42.25	300m: 4:11.66 48.53	400m: 5:30.79 39.22		