



Mare Nostrum Monaco
MONACO
from 20th to 21st May 2023 - 50m pool



Results

[FINA quotation]

Records du 400 4 Nages Dames

Record du Monde: **4:26.36** Katinka HOSSZU (1989) HUN 06/08/2016 RIO DE JANEIRO
Record d'Europe: **4:26.36** Katinka HOSSZU (1989) HUN 06/08/2016 RIO DE JANEIRO
Monaco Record: **4:32.87** Katinka HOSSZU (1989) HUN 08/06/2019 MONACO
Mare Nostrum Record: **4:30.75** Katinka HOSSZU (1989) HUN 11/06/2016 BARCELONA

Final A : 400 Medley Women

[Saturday, 20/05/2023]

1.	Zsuzsanna JAKABOS	1989	HUN	GYORI USZO SE	+0.69	4:42.62	837 pts
50 m :	29.66 (29.66)	100 m :	1:03.26 (33.60) [1:03.26]	150 m :	1:39.70 (36.44)	200 m :	2:15.47 (35.77) [1:12.21]
250 m :	2:56.19 (40.72)	300 m :	3:37.93 (41.74) [1:22.46]	350 m :	4:11.06 (33.13)	400 m :	4:42.62 (31.56) [1:04.69]
2.	Lea POLONSKY	2002	ISR	ISRAEL	+0.68	4:47.53	794 pts
50 m :	29.96 (29.96)	100 m :	1:03.47 (33.51) [1:03.47]	150 m :	1:40.18 (36.71)	200 m :	2:17.57 (37.39) [1:14.10]
250 m :	2:57.36 (39.79)	300 m :	3:39.37 (42.01) [1:21.80]	350 m :	4:13.87 (34.50)	400 m :	4:47.53 (33.66) [1:08.16]
3.	Louna KASVIO	2006	FIN	FINNISH SWIMMING FEDERATION	+0.78	4:52.82	752 pts
50 m :	30.90 (30.90)	100 m :	1:06.47 (35.57) [1:06.47]	150 m :	1:44.68 (38.21)	200 m :	2:21.32 (36.64) [1:14.85]
250 m :	3:04.05 (42.73)	300 m :	3:46.97 (42.92) [1:25.65]	350 m :	4:21.02 (34.05)	400 m :	4:52.82 (31.80) [1:05.85]
4.	Dakota TUCKER	2004	RSA	WATERBORN SWIMMING CLUB	+0.58	4:52.95	751 pts
50 m :	30.93 (30.93)	100 m :	1:06.51 (35.58) [1:06.51]	150 m :	1:44.17 (37.66)	200 m :	2:21.39 (37.22) [1:14.88]
250 m :	3:02.85 (41.46)	300 m :	3:44.58 (41.73) [1:23.19]	350 m :	4:18.89 (34.31)	400 m :	4:52.95 (34.06) [1:08.37]
5.	Laura CABANES	2006	ESP	ROYAL SPANISH SWIMMING FEDERATION	+0.67	4:56.03	728 pts
50 m :	29.90 (29.90)	100 m :	1:04.09 (34.19) [1:04.09]	150 m :	1:42.58 (38.49)	200 m :	2:19.94 (37.36) [1:15.85]
250 m :	3:03.50 (43.56)	300 m :	3:47.26 (43.76) [1:27.32]	350 m :	4:22.50 (35.24)	400 m :	4:56.03 (33.53) [1:08.77]
6.	Giulia VIACAVA	2006	ITA	AS. SP. MONACO NATATION	+0.76	4:59.06	706 pts
50 m :	32.01 (32.01)	100 m :	1:08.77 (36.76) [1:08.77]	150 m :	1:47.08 (38.31)	200 m :	2:23.97 (36.89) [1:15.20]
250 m :	3:08.20 (44.23)	300 m :	3:52.59 (44.39) [1:28.62]	350 m :	4:27.19 (34.60)	400 m :	4:59.06 (31.87) [1:06.47]
7.	Lou-Anne BARNIET	2002	FRA	SAINT-RAPHAEL NATATION	+0.73	5:08.27	645 pts
50 m :	33.30 (33.30)	100 m :	1:11.86 (38.56) [1:11.86]	150 m :	1:52.47 (40.61)	200 m :	2:32.14 (39.67) [1:20.28]
250 m :	3:16.67 (44.53)	300 m :	4:00.40 (43.73) [1:28.26]	350 m :	4:35.05 (34.65)	400 m :	5:08.27 (33.22) [1:07.87]
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