



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



**Results**

[FINA quotation]

**Records du 400 Nage Libre Dames**

Record du Monde: **3:56.40** Ariarne TITMUS (2000) AUS 22/05/2022 ADELAIDE  
 Record d'Europe: **3:59.15** Federica PELLEGRINI (1988) ITA 26/07/2009 ROME  
 Monaco Record: **4:02.84** Camille MUFFAT (1989) FRA 09/06/2013 MONACO  
 Mare Nostrum Record: **4:02.84** Camille MUFFAT (1989) FRA 09/06/2013 MONACO

**Final A : 400 Freestyle Women**

[Sunday, 21/05/2023]

<b>1. Agostina HEIN</b>										2008	ARG	ARGENTINE SWIMMING FEDERATION	+0.77	<b>4:09.94</b>	<b>846 pts</b>
50 m :	28.50	(28.50)	100 m :	59.15	(30.65)	[59.15]	150 m :	1:30.48	(31.33)	200 m :	2:02.31	(31.83)	[1:03.16]		
250 m :	2:34.38	(32.07)	300 m :	3:06.26	(31.88)	[1:03.95]	350 m :	3:38.40	(32.14)	400 m :	4:09.94	(31.54)	[1:03.68]		
<b>2. Ruka TAKEZAWA</b>										2006	JPN	JAPAN SWIMMING FEDERATION	+0.37	<b>4:14.26</b>	<b>803 pts</b>
50 m :	29.06	(29.06)	100 m :	1:00.20	(31.14)	[1:00.20]	150 m :	1:31.97	(31.77)	200 m :	2:04.09	(32.12)	[1:03.89]		
250 m :	2:36.34	(32.25)	300 m :	3:09.19	(32.85)	[1:05.10]	350 m :	3:42.26	(33.07)	400 m :	4:14.26	(32.00)	[1:05.07]		
<b>3. Emma O'CROININ</b>										2003	CAN	SWIMMING CANADA	+0.68	<b>4:16.59</b>	<b>782 pts</b>
50 m :	28.62	(28.62)	100 m :	1:00.48	(31.86)	[1:00.48]	150 m :	1:32.86	(32.38)	200 m :	2:05.57	(32.71)	[1:05.09]		
250 m :	2:37.82	(32.25)	300 m :	3:10.73	(32.91)	[1:05.16]	350 m :	3:43.65	(32.92)	400 m :	4:16.59	(32.94)	[1:05.86]		
<b>4. Malena SANTILLAN</b>										2008	ARG	ARGENTINE SWIMMING FEDERATION	+0.89	<b>4:17.79</b>	<b>771 pts</b>
50 m :	29.93	(29.93)	100 m :	1:02.19	(32.26)	[1:02.19]	150 m :	1:34.99	(32.80)	200 m :	2:07.87	(32.88)	[1:05.68]		
250 m :	2:40.86	(32.99)	300 m :	3:13.55	(32.69)	[1:05.68]	350 m :	3:46.27	(32.72)	400 m :	4:17.79	(31.52)	[1:04.24]		
<b>5. Oceane CARNEZ</b>										2002	FRA	BETHUNE PELICAN CLUB	+0.65	<b>4:19.52</b>	<b>755 pts</b>
50 m :	29.56	(29.56)	100 m :	1:01.77	(32.21)	[1:01.77]	150 m :	1:34.33	(32.56)	200 m :	2:07.01	(32.68)	[1:05.24]		
250 m :	2:39.96	(32.95)	300 m :	3:13.00	(33.04)	[1:05.99]	350 m :	3:46.59	(33.59)	400 m :	4:19.52	(32.93)	[1:06.52]		
<b>6. Hiroko MAKINO</b>										1999	JPN	JAPAN SWIMMING FEDERATION	+0.61	<b>4:20.87</b>	<b>744 pts</b>
50 m :	29.58	(29.58)	100 m :	1:01.51	(31.93)	[1:01.51]	150 m :	1:34.08	(32.57)	200 m :	2:06.95	(32.87)	[1:05.44]		
250 m :	2:40.03	(33.08)	300 m :	3:13.57	(33.54)	[1:06.62]	350 m :	3:47.59	(34.02)	400 m :	4:20.87	(33.28)	[1:07.30]		
<b>7. Lisa POU</b>										1999	FRA	AS. SP. MONACO NATATION	+0.71	<b>4:21.25</b>	<b>740 pts</b>
50 m :	30.42	(30.42)	100 m :	1:02.71	(32.29)	[1:02.71]	150 m :	1:35.82	(33.11)	200 m :	2:08.76	(32.94)	[1:06.05]		
250 m :	2:42.11	(33.35)	300 m :	3:15.39	(33.28)	[1:06.63]	350 m :	3:49.11	(33.72)	400 m :	4:21.25	(32.14)	[1:05.86]		
<b>8. Elisa PIGNOTTI</b>										2006	ITA	QSWIM SSD A R.L.	+0.80	<b>4:24.86</b>	<b>711 pts</b>
50 m :	30.05	(30.05)	100 m :	1:03.03	(32.98)	[1:03.03]	150 m :	1:36.11	(33.08)	200 m :	2:09.85	(33.74)	[1:06.82]		
250 m :	2:43.47	(33.62)	300 m :	3:17.52	(34.05)	[1:07.67]	350 m :	3:51.58	(34.06)	400 m :	4:24.86	(33.28)	[1:07.34]		