Event 13 — Women, 400m Freestyle — 2013 and older
17/10/2026 - 17:18 — Results

Record National	4:09.42	OLIVIER, Monique	SCD	Stavanger (NOR)	30/10/2021
MPN 18	4:15.28	OLIVIER, Monique	SL	Windsor (CAN)	09/12/2016
MPN 17	4:12.90	OLIVIER, Monique	SL	Angers (FRA)	21/11/2015
MPN 16	4:11.96	OLIVIER, Monique	SL	Dudelange	05/12/2014
MPN 15	4:15.69	OLIVIER, Monique	SL	Lyon (FRA)	17/11/2013
MPN 14	4:21.70	JOMINET, Lou	SL	Gent (BEL)	10/11/2019
MPN 13	4:27.46	JOMINET, Lou	SL	Dudelange	01/12/2018

Points: AQUA 2025

Rank		YB		Time	Pts

2011 and older

1.	CLESSE, Lea	10	Homecourt Joeuf Natation	**4:39.71**	557

50m:	31.86	31.86	150m:	1:42.46	35.74	250m:	2:53.94	35.94	350m:	4:05.30	35.50
100m:	1:06.72	34.86	200m:	2:18.00	35.54	300m:	3:29.80	35.86	400m:	4:39.71	34.41

2.	GRILO MACHADO, Diana	11	Cercle de Natation Dudelange	**4:51.23**	494

50m:	32.98	32.98	150m:	1:46.28	37.16	250m:	3:00.95	37.15	350m:	4:15.92	37.21
100m:	1:09.12	36.14	200m:	2:23.80	37.52	300m:	3:38.71	37.76	400m:	4:51.23	35.31

3.	BIEUX, Lea	10	SC Le Dauphin Ettelbruck	**4:52.44**	488

50m:	32.86	32.86	150m:	1:45.95	36.94	250m:	3:01.57	37.89	350m:	4:16.69	37.33
100m:	1:09.01	36.15	200m:	2:23.68	37.73	300m:	3:39.36	37.79	400m:	4:52.44	35.75

4.	BOURGEOIS-BREMEC, Eglantine	10	Homecourt Joeuf Natation	**4:52.86**	485

50m:	33.16	33.16	150m:	1:46.30	36.92	250m:	3:01.52	37.75	350m:	4:17.31	37.76
100m:	1:09.38	36.22	200m:	2:23.77	37.47	300m:	3:39.55	38.03	400m:	4:52.86	35.55

5.	GIESER, Amelie	10	SSG Saar Max Ritter	**4:53.44**	483

50m:	32.91	32.91	150m:	1:45.55	36.67	250m:	3:00.43	37.58	350m:	4:16.49	38.19
100m:	1:08.88	35.97	200m:	2:22.85	37.30	300m:	3:38.30	37.87	400m:	4:53.44	36.95

6.	FRADET, Maelle	09	Schwammclub Deifferdang	**5:12.84**	398

50m:	34.35	34.35	150m:	1:51.42	39.21	250m:	3:10.99	39.99	350m:	4:32.18	40.65
100m:	1:12.21	37.86	200m:	2:31.00	39.58	300m:	3:51.53	40.54	400m:	5:12.84	40.66

7.	ERNENS, Chloe	05	NC Athus	**5:34.88**	325

50m:	37.58	37.58	150m:	2:02.04	42.42	250m:	3:27.57	42.43	350m:	4:53.42	42.87
100m:	1:19.62	42.04	200m:	2:45.14	43.10	300m:	4:10.55	42.98	400m:	5:34.88	41.46

8.	ALVES, Lena	09	Homecourt Joeuf Natation	**5:40.95**	307

50m:	36.47	36.47	150m:	2:00.01	42.54	250m:	3:27.24	44.16	350m:	4:56.51	44.77
100m:	1:17.47	41.00	200m:	2:43.08	43.07	300m:	4:11.74	44.50	400m:	5:40.95	44.44

9.	DEBERGH, Celestine	06	NC Athus	**5:55.69**	271

50m:	40.03	40.03	150m:	2:10.13	45.74	250m:	3:41.69	45.79	350m:	5:12.51	44.98
100m:	1:24.39	44.36	200m:	2:55.90	45.77	300m:	4:27.53	45.84	400m:	5:55.69	43.18

WDR	VIEH, Victoria	08	White Sharks

YOB 2012 - 2013

1.	MUNSCH, Marie	13	Lux Sharks	**4:48.76**	506

50m:	32.18	32.18	150m:	1:45.80	37.68	250m:	3:00.60	37.26	350m:	4:14.76	36.59
100m:	1:08.12	35.94	200m:	2:23.34	37.54	300m:	3:38.17	37.57	400m:	4:48.76	34.00

2.	NAPPEZ, Julia	12	Swimming Luxembourg	**4:50.12**	499

50m:	31.53	31.53	150m:	1:44.94	37.25	250m:	2:59.10	37.02	350m:	4:14.37	37.72
100m:	1:07.69	36.16	200m:	2:22.08	37.14	300m:	3:36.65	37.55	400m:	4:50.12	35.75

3.	WERNER, Diana	12	Lux Sharks	**5:11.67**	403

50m:	33.36	33.36	150m:	1:50.56	39.25	250m:	3:11.52	40.32	350m:	4:32.42	40.40
100m:	1:11.31	37.95	200m:	2:31.20	40.64	300m:	3:52.02	40.50	400m:	5:11.67	39.25

ASPORT > sport + fashion + lifestyle <
arena
Gulf
EIFFAGE PERRARD
www.pepin.lu

Event 13, Girls, 400m Freestyle, YOB 2012 - 2013

Rank		YB		Time	Pts
4.	HRYSHCHENKO, Angelina	12	White Sharks	**5:18.74**	376
	50m: 34.54 34.54 150m: 1:53.94 40.28 250m: 3:15.92 41.31 350m: 4:39.88 42.00				
	100m: 1:13.66 39.12 200m: 2:34.61 40.67 300m: 3:57.88 41.96 400m: 5:18.74 38.86				
5.	PASCUAL, Alecx	13	Lux Sharks	**5:20.55**	370
	50m: 36.35 36.35 150m: 1:56.29 40.67 250m: 3:19.29 42.05 350m: 4:41.69 40.43				
	100m: 1:15.62 39.27 200m: 2:37.24 40.95 300m: 4:01.26 41.97 400m: 5:20.55 38.86				
6.	HANAPPE, Sophie	13	SC Le Dauphin Ettelbruck	**5:28.74**	343
	50m: 37.26 37.26 150m: 2:00.64 41.92 250m: 3:24.78 42.43 350m: 4:49.02 42.06				
	100m: 1:18.72 41.46 200m: 2:42.35 41.71 300m: 4:06.96 42.18 400m: 5:28.74 39.72				
7.	KOUTSAWA, Ahoefa Klervia Maywenn	13	Schwammclub Deifferdang	**5:32.07**	333
	50m: 35.16 35.16 150m: 1:57.43 42.01 250m: 3:23.53 43.27 350m: 4:50.00 43.28				
	100m: 1:15.42 40.26 200m: 2:40.26 42.83 300m: 4:06.72 43.19 400m: 5:32.07 42.07				
8.	PAULY, Michele	13	Schwammclub Deifferdang	**5:38.54**	314
	50m: 37.98 37.98 150m: 2:02.83 43.42 250m: 3:29.77 43.47 350m: 4:57.84 44.35				
	100m: 1:19.41 41.43 200m: 2:46.30 43.47 300m: 4:13.49 43.72 400m: 5:38.54 40.70				
9.	LERMUSIEAU, Olivia	12	ENS Arlon	**5:54.31**	274
	50m: 38.94 38.94 150m: 2:07.89 45.25 250m: 3:39.33 45.57 350m: 5:10.92 45.32				
	100m: 1:22.64 43.70 200m: 2:53.76 45.87 300m: 4:25.60 46.27 400m: 5:54.31 43.39				
10.	PAULY, Manon	13	Schwammclub Deifferdang	**6:09.41**	242
	50m: 39.51 39.51 150m: 2:09.82 46.33 250m: 3:44.83 48.29 350m: 5:22.20 48.77				
	100m: 1:23.49 43.98 200m: 2:56.54 46.72 300m: 4:33.43 48.60 400m: 6:09.41 47.21				
11.	BANSAL, Siya	13	Schwammclub Deifferdang	**6:14.42**	232
	50m: 40.17 40.17 150m: 2:14.63 48.62 250m: 3:51.74 48.48 350m: 5:28.87 48.43				
	100m: 1:26.01 45.84 200m: 3:03.26 48.63 300m: 4:40.44 48.70 400m: 6:14.42 45.55				
WDR	FERRARIO, Serena Rachel	13	Lux Sharks		

ASPORT > sport + fashion + lifestyle <
arena
Gulf
EIFFAGE PERRARD
www.pepin.lu