



5. Christmas Cup Uster 2023  
Uster, 9. - 10.12.2023



Event 109

Women, 400m Freestyle

2008 and older  
Results

10.12.2023 - 17:20

|                           |         |                  |     |                  |            |
|---------------------------|---------|------------------|-----|------------------|------------|
| Swiss National Records    | 4:09.29 | Rigamonti Flavia | AST | Austin (USA)     | 06.06.2008 |
| Swiss Agegroup Records 18 | 4:15.34 | Rigamonti Flavia |     | Geneva           | 05.08.1999 |
| Swiss Agegroup Records 17 | 4:15.63 | Rigamonti Flavia |     | Gerlafingen      | 07.08.1998 |
| Swiss Agegroup Records 16 | 4:18.33 | Miluska Hanna    | SVB | Dunkerque (FRA)  | 27.07.2000 |
| Swiss Agegroup Records 15 | 4:23.47 | Rigamonti Flavia |     | Copenhagen (DEN) | 07.08.1996 |

Points: FINA 2023

| Rank            | YB                    |         |       |       |         |                  |       |         |       |       | Time           | Pts   |
|-----------------|-----------------------|---------|-------|-------|---------|------------------|-------|---------|-------|-------|----------------|-------|
| YOB 2007 - 2008 |                       |         |       |       |         |                  |       |         |       |       |                |       |
| 1.              | Montanes Leona        |         |       |       | 07      | SC Frauenfeld    |       |         |       |       | <b>4:42.56</b> | 585   |
|                 | 50m:                  | 30.95   | 30.95 | 150m: | 1:40.16 | 35.29            | 250m: | 2:52.31 | 36.13 | 350m: | 4:06.32        | 37.26 |
|                 | 100m:                 | 1:04.87 | 33.92 | 200m: | 2:16.18 | 36.02            | 300m: | 3:29.06 | 36.75 | 400m: | 4:42.56        | 36.24 |
| 2.              | Vogt Nathalie         |         |       |       | 07      | SC Thalwil       |       |         |       |       | <b>4:43.17</b> | 581   |
|                 | 50m:                  | 31.99   | 31.99 | 150m: | 1:43.94 | 35.82            | 250m: | 2:56.33 | 35.76 | 350m: | 4:09.18        | 36.11 |
|                 | 100m:                 | 1:08.12 | 36.13 | 200m: | 2:20.57 | 36.63            | 300m: | 3:33.07 | 36.74 | 400m: | 4:43.17        | 33.99 |
| 3.              | Heinrich Patrizia     |         |       |       | 08      | SC Meilen        |       |         |       |       | <b>4:43.50</b> | 579   |
|                 | 50m:                  | 31.27   | 31.27 | 150m: | 1:41.63 | 35.73            | 250m: | 2:54.96 | 36.57 | 350m: | 4:08.93        | 36.53 |
|                 | 100m:                 | 1:05.90 | 34.63 | 200m: | 2:18.39 | 36.76            | 300m: | 3:32.40 | 37.44 | 400m: | 4:43.50        | 34.57 |
| 4.              | Scherb Lena           |         |       |       | 08      | SC Frauenfeld    |       |         |       |       | <b>4:45.64</b> | 566   |
|                 | 50m:                  | 32.03   | 32.03 | 150m: | 1:43.42 | 35.93            | 250m: | 2:56.36 | 36.34 | 350m: | 4:10.19        | 37.00 |
|                 | 100m:                 | 1:07.49 | 35.46 | 200m: | 2:20.02 | 36.60            | 300m: | 3:33.19 | 36.83 | 400m: | 4:45.64        | 35.45 |
| 5.              | Schwarzer Ylenia      |         |       |       | 08      | SC Winterthur    |       |         |       |       | <b>4:48.24</b> | 551   |
|                 | 50m:                  | 31.65   | 31.65 | 150m: | 1:43.22 | 36.53            | 250m: | 2:57.12 | 37.03 | 350m: | 4:12.42        | 37.72 |
|                 | 100m:                 | 1:06.69 | 35.04 | 200m: | 2:20.09 | 36.87            | 300m: | 3:34.70 | 37.58 | 400m: | 4:48.24        | 35.82 |
| 6.              | Trascinelli Rachele   |         |       |       | 08      | SC Uster         |       |         |       |       | <b>4:51.84</b> | 531   |
|                 | 50m:                  | 32.55   | 32.55 | 150m: | 1:47.90 | 37.96            | 250m: | 3:03.34 | 37.37 | 350m: | 4:17.61        | 36.39 |
|                 | 100m:                 | 1:09.94 | 37.39 | 200m: | 2:25.97 | 38.07            | 300m: | 3:41.22 | 37.88 | 400m: | 4:51.84        | 34.23 |
| 7.              | Schiess Naomie        |         |       |       | 08      | SC Kreuzlingen   |       |         |       |       | <b>4:52.05</b> | 530   |
|                 | 50m:                  | 32.87   | 32.87 | 150m: | 1:47.27 | 37.29            | 250m: | 3:02.75 | 37.78 | 350m: | 4:16.95        | 36.91 |
|                 | 100m:                 | 1:09.98 | 37.11 | 200m: | 2:24.97 | 37.70            | 300m: | 3:40.04 | 37.29 | 400m: | 4:52.05        | 35.10 |
| 8.              | Schlumpf Leonore      |         |       |       | 08      | SC Uster         |       |         |       |       | <b>4:57.65</b> | 500   |
|                 | 50m:                  | 33.16   | 33.16 | 150m: | 1:49.14 | 38.59            | 250m: | 3:05.74 | 37.75 | 350m: | 4:20.46        | 37.30 |
|                 | 100m:                 | 1:10.55 | 37.39 | 200m: | 2:27.99 | 38.85            | 300m: | 3:43.16 | 37.42 | 400m: | 4:57.65        | 37.19 |
| 9.              | Mitrovic Hanna        |         |       |       | 07      | SC Kreuzlingen   |       |         |       |       | <b>5:01.46</b> | 482   |
|                 | 50m:                  | 33.15   | 33.15 | 150m: | 1:48.62 | 38.06            | 250m: | 3:06.10 | 38.80 | 350m: | 4:23.44        | 38.21 |
|                 | 100m:                 | 1:10.56 | 37.41 | 200m: | 2:27.30 | 38.68            | 300m: | 3:45.23 | 39.13 | 400m: | 5:01.46        | 38.02 |
| 10.             | Arnold Valerie Marlen |         |       |       | 08      | Limmat Sharks    |       |         |       |       | <b>5:01.54</b> | 481   |
|                 | 50m:                  | 34.28   | 34.28 | 150m: | 1:51.04 | 39.19            | 250m: | 3:09.23 | 38.60 | 350m: | 4:25.70        | 37.65 |
|                 | 100m:                 | 1:11.85 | 37.57 | 200m: | 2:30.63 | 39.59            | 300m: | 3:48.05 | 38.82 | 400m: | 5:01.54        | 35.84 |
| 11.             | Diez Natalia          |         |       |       | 07      | SC Floes         |       |         |       |       | <b>5:01.75</b> | 480   |
|                 | 50m:                  | 33.80   | 33.80 | 150m: | 1:49.89 | 39.25            | 250m: | 3:07.85 | 38.94 | 350m: | 4:25.09        | 38.51 |
|                 | 100m:                 | 1:10.64 | 36.84 | 200m: | 2:28.91 | 39.02            | 300m: | 3:46.58 | 38.73 | 400m: | 5:01.75        | 36.66 |
| 12.             | Brunner Liv           |         |       |       | 08      | SC Uster         |       |         |       |       | <b>5:12.23</b> | 434   |
|                 | 50m:                  | 34.27   | 34.27 | 150m: | 1:51.51 | 39.34            | 250m: | 3:11.83 | 40.54 | 350m: | 4:33.64        | 41.16 |
|                 | 100m:                 | 1:12.17 | 37.90 | 200m: | 2:31.29 | 39.78            | 300m: | 3:52.48 | 40.65 | 400m: | 5:12.23        | 38.59 |
| 13.             | Meier Flavia          |         |       |       | 08      | SC Liestal       |       |         |       |       | <b>5:12.30</b> | 433   |
|                 | 50m:                  | 34.25   | 34.25 | 150m: | 1:52.71 | 39.67            | 250m: | 3:13.23 | 39.68 | 350m: | 4:34.72        | 40.67 |
|                 | 100m:                 | 1:13.04 | 38.79 | 200m: | 2:33.55 | 40.84            | 300m: | 3:54.05 | 40.82 | 400m: | 5:12.30        | 37.58 |
| 14.             | Camijn Moana          |         |       |       | 08      | SG Liechtenstein |       |         |       |       | <b>5:12.90</b> | 431   |
|                 | 50m:                  | 36.43   | 36.43 | 150m: | 1:57.25 | 40.53            | 250m: | 3:17.51 | 40.01 | 350m: | 4:34.89        | 38.06 |
|                 | 100m:                 | 1:16.72 | 40.29 | 200m: | 2:37.50 | 40.25            | 300m: | 3:56.83 | 39.32 | 400m: | 5:12.90        | 38.01 |
| 15.             | Baettig Juliana       |         |       |       | 07      | SC Uster         |       |         |       |       | <b>5:17.97</b> | 410   |
|                 | 50m:                  | 34.64   | 34.64 | 150m: | 1:53.25 | 40.65            | 250m: | 3:15.58 | 41.88 | 350m: | 4:38.83        | 41.85 |
|                 | 100m:                 | 1:12.60 | 37.96 | 200m: | 2:33.70 | 40.45            | 300m: | 3:56.98 | 41.40 | 400m: | 5:17.97        | 39.14 |



5. Christmas Cup Uster 2023  
Uster, 9. - 10.12.2023



Event 109, Girls, 400m Freestyle, YOB 2007 - 2008

| Rank |                      |         |       |       |         |       |       |         | YB    |                  |         |       |  | Time    | Pts |
|------|----------------------|---------|-------|-------|---------|-------|-------|---------|-------|------------------|---------|-------|--|---------|-----|
| 16.  | Aljimovic Samina     |         |       |       |         |       |       |         | 07    | SG Liechtenstein |         |       |  | 5:19.28 | 405 |
|      | 50m:                 | 34.75   | 34.75 | 150m: | 1:53.39 | 40.12 | 250m: | 3:15.25 | 41.40 | 350m:            | 4:38.53 | 41.79 |  |         |     |
|      | 100m:                | 1:13.27 | 38.52 | 200m: | 2:33.85 | 40.46 | 300m: | 3:56.74 | 41.49 | 400m:            | 5:19.28 | 40.75 |  |         |     |
| 17.  | Sigrist Aline        |         |       |       |         |       |       |         | 08    | SC Uster         |         |       |  | 5:20.06 | 402 |
|      | 50m:                 | 36.39   | 36.39 | 150m: | 1:57.60 | 41.49 | 250m: | 3:20.70 | 41.70 | 350m:            | 4:42.77 | 40.69 |  |         |     |
|      | 100m:                | 1:16.11 | 39.72 | 200m: | 2:39.00 | 41.40 | 300m: | 4:02.08 | 41.38 | 400m:            | 5:20.06 | 37.29 |  |         |     |
| 18.  | Berni Nora Maria     |         |       |       |         |       |       |         | 08    | Berner Oberland  |         |       |  | 5:33.14 | 357 |
|      | 50m:                 | 36.71   | 36.71 | 150m: | 2:01.34 | 42.51 | 250m: | 3:26.38 | 42.47 | 350m:            | 4:52.28 | 42.11 |  |         |     |
|      | 100m:                | 1:18.83 | 42.12 | 200m: | 2:43.91 | 42.57 | 300m: | 4:10.17 | 43.79 | 400m:            | 5:33.14 | 40.86 |  |         |     |
| 19.  | Wohlgensinger Ladina |         |       |       |         |       |       |         | 08    | Rhy Swimming     |         |       |  | 5:34.22 | 353 |
|      | 50m:                 | 35.38   | 35.38 | 150m: | 2:00.12 | 43.04 | 250m: | 3:27.59 | 43.14 | 350m:            | 4:52.96 | 42.11 |  |         |     |
|      | 100m:                | 1:17.08 | 41.70 | 200m: | 2:44.45 | 44.33 | 300m: | 4:10.85 | 43.26 | 400m:            | 5:34.22 | 41.26 |  |         |     |
| 20.  | Duerler Amanda       |         |       |       |         |       |       |         | 08    | SC Regensdorf    |         |       |  | 5:44.98 | 321 |
|      | 50m:                 | 38.69   | 38.69 | 150m: | 2:05.57 | 44.65 | 250m: | 3:33.60 | 44.84 | 350m:            | 5:02.14 | 43.84 |  |         |     |
|      | 100m:                | 1:20.92 | 42.23 | 200m: | 2:48.76 | 43.19 | 300m: | 4:18.30 | 44.70 | 400m:            | 5:44.98 | 42.84 |  |         |     |
| 21.  | Lehmann Sina         |         |       |       |         |       |       |         | 07    | Berner Oberland  |         |       |  | 6:04.08 | 273 |
|      | 50m:                 | 36.81   | 36.81 | 150m: | 2:06.48 | 46.13 | 250m: | 3:42.50 | 47.97 | 350m:            | 5:18.88 | 47.42 |  |         |     |
|      | 100m:                | 1:20.35 | 43.54 | 200m: | 2:54.53 | 48.05 | 300m: | 4:31.46 | 48.96 | 400m:            | 6:04.08 | 45.20 |  |         |     |

2006 and older

|    |                            |         |       |    |            |         |       |       |         |  |         |     |       |       |         |       |
|----|----------------------------|---------|-------|----|------------|---------|-------|-------|---------|--|---------|-----|-------|-------|---------|-------|
| 1. | Bruhin Anina               |         |       | 06 | SV Baar    |         |       |       |         |  | 4:34.05 | 641 |       |       |         |       |
|    | 50m:                       | 30.71   | 30.71 |    | 150m:      | 1:38.76 | 34.16 | 250m: | 2:48.84 |  |         |     | 34.82 | 350m: | 3:59.49 | 35.07 |
|    | 100m:                      | 1:04.60 | 33.89 |    | 200m:      | 2:14.02 | 35.26 | 300m: | 3:24.42 |  |         |     | 35.58 | 400m: | 4:34.05 | 34.56 |
| 2. | Luchsinger Svenja Patricia |         |       | 06 | SC Uster   |         |       |       |         |  | 4:44.72 | 572 |       |       |         |       |
|    | 50m:                       | 31.68   | 31.68 |    | 150m:      | 1:41.84 | 35.81 | 250m: | 2:54.29 |  |         |     | 36.83 | 350m: | 4:08.51 | 36.87 |
|    | 100m:                      | 1:06.03 | 34.35 |    | 200m:      | 2:17.46 | 35.62 | 300m: | 3:31.64 |  |         |     | 37.35 | 400m: | 4:44.72 | 36.21 |
| 3. | Doerfler Zoe               |         |       | 05 | SC Thalwil |         |       |       |         |  | 4:49.61 | 543 |       |       |         |       |
|    | 50m:                       | 32.69   | 32.69 |    | 150m:      | 1:45.09 | 36.70 | 250m: | 2:59.24 |  |         |     | 37.15 | 350m: | 4:13.69 | 37.25 |
|    | 100m:                      | 1:08.39 | 35.70 |    | 200m:      | 2:22.09 | 37.00 | 300m: | 3:36.44 |  |         |     | 37.20 | 400m: | 4:49.61 | 35.92 |
| 4. | Zwicky Cornelia            |         |       | 01 | SC Uster   |         |       |       |         |  | 4:52.27 | 529 |       |       |         |       |
|    | 50m:                       | 32.80   | 32.80 |    | 150m:      | 1:46.70 | 37.58 | 250m: | 3:01.64 |  |         |     | 37.51 | 350m: | 4:15.83 | 37.07 |
|    | 100m:                      | 1:09.12 | 36.32 |    | 200m:      | 2:24.13 | 37.43 | 300m: | 3:38.76 |  |         |     | 37.12 | 400m: | 4:52.27 | 36.44 |
| 5. | Menzi Leonie               |         |       | 06 | SC Floes   |         |       |       |         |  | 5:09.36 | 446 |       |       |         |       |
|    | 50m:                       | 35.08   | 35.08 |    | 150m:      | 1:53.22 | 39.08 | 250m: | 3:12.28 |  |         |     | 38.89 | 350m: | 4:30.82 | 39.09 |
|    | 100m:                      | 1:14.14 | 39.06 |    | 200m:      | 2:33.39 | 40.17 | 300m: | 3:51.73 |  |         |     | 39.45 | 400m: | 5:09.36 | 38.54 |
| 6. | Waser Vivienne             |         |       | 05 | ST Lucerne |         |       |       |         |  | 5:11.86 | 435 |       |       |         |       |
|    | 50m:                       | 36.32   | 36.32 |    | 150m:      | 1:55.64 | 40.07 | 250m: | 3:16.28 |  |         |     | 39.66 | 350m: | 4:34.58 | 37.96 |
|    | 100m:                      | 1:15.57 | 39.25 |    | 200m:      | 2:36.62 | 40.98 | 300m: | 3:56.62 |  |         |     | 40.34 | 400m: | 5:11.86 | 37.28 |
| 7. | Bollier Leonie             |         |       | 06 | WSC Albis  |         |       |       |         |  | 5:20.06 | 402 |       |       |         |       |
|    | 50m:                       | 36.41   | 36.41 |    | 150m:      | 1:57.89 | 41.53 | 250m: | 3:20.99 |  |         |     | 41.76 | 350m: | 4:42.77 | 40.74 |
|    | 100m:                      | 1:16.36 | 39.95 |    | 200m:      | 2:39.23 | 41.34 | 300m: | 4:02.03 |  |         |     | 41.04 | 400m: | 5:20.06 | 37.29 |
| 8. | Azzarone Adriana           |         |       | 04 | SC Floes   |         |       |       |         |  | 5:22.06 | 395 |       |       |         |       |
|    | 50m:                       | 34.32   | 34.32 |    | 150m:      | 1:53.38 | 39.96 | 250m: | 3:16.03 |  |         |     | 41.36 | 350m: | 4:40.57 | 41.66 |
|    | 100m:                      | 1:13.42 | 39.10 |    | 200m:      | 2:34.67 | 41.29 | 300m: | 3:58.91 |  |         |     | 42.88 | 400m: | 5:22.06 | 41.49 |
| 9. | Rovers Pascale             |         |       | 93 | WSC Kloten |         |       |       |         |  | 5:28.09 | 374 |       |       |         |       |
|    | 50m:                       | 33.73   | 33.73 |    | 150m:      | 1:54.30 | 41.41 | 250m: | 3:19.82 |  |         |     | 42.99 | 350m: | 4:46.55 | 43.38 |
|    | 100m:                      | 1:12.89 | 39.16 |    | 200m:      | 2:36.83 | 42.53 | 300m: | 4:03.17 |  |         |     | 43.35 | 400m: | 5:28.09 | 41.54 |