

Event 21
13.12.2025 - 15:00
Women, 400m Freestyle
2012 and older
Results

Swiss National Records	4:09.29	Rigamonti Flavia	AST	Austin (USA)	2008
Swiss Agegroup Records 18	4:15.34	Rigamonti Flavia		Geneva	1999
Swiss Agegroup Records 17	4:15.63	Rigamonti Flavia		Gerlafingen	1998
Swiss Agegroup Records 16	4:18.33	Miluska Hanna	BA	Dunkerque (FRA)	2000
Swiss Agegroup Records 15	4:23.47	Rigamonti Flavia		Copenhagen (DEN)	1996
Swiss Agegroup Records 14	4:31.19	Krüger Nadia	SKBE	???	1982

Points: AQUA 2025

Rank YB Time Pts

YOB 2011 - 2012

1. Del Bello Paula	12	SV St.Gallen-Wittenbach	4:38.46	603
50m: 31.63 31.63	150m: 1:42.64 36.03	250m: 2:53.99 35.69	350m: 4:04.96 35.06	
100m: 1:06.61 34.98	200m: 2:18.30 35.66	300m: 3:29.90 35.91	400m: 4:38.46 33.50	
2. Cebic Andrea	11	Limmat Sharks	4:39.34	598
50m: 32.04 32.04	150m: 1:42.52 35.00	250m: 2:52.99 35.22	350m: 4:04.15 35.76	
100m: 1:07.52 35.48	200m: 2:17.77 35.25	300m: 3:28.39 35.40	400m: 4:39.34 35.19	
3. Hirsch Frida	11	SC Kreuzlingen	4:48.26	544
50m: 32.27 32.27	150m: 1:44.34 36.44	250m: 2:58.22 37.39	350m: 4:12.79 37.40	
100m: 1:07.90 35.63	200m: 2:20.83 36.49	300m: 3:35.39 37.17	400m: 4:48.26 35.47	
4. Lukac Emily	12	SC Uster	4:49.89	535
50m: 33.12 33.12	150m: 1:45.24 36.34	250m: 2:59.87 37.55	350m: 4:14.37 37.01	
100m: 1:08.90 35.78	200m: 2:22.32 37.08	300m: 3:37.36 37.49	400m: 4:49.89 35.52	
5. Bonke Elisabeth	12	SV St.Gallen-Wittenbach	4:55.51	505
50m: 33.27 33.27	150m: 1:48.13 37.70	250m: 3:03.44 37.29	350m: 4:19.03 37.76	
100m: 1:10.43 37.16	200m: 2:26.15 38.02	300m: 3:41.27 37.83	400m: 4:55.51 36.48	
6. Weber Therese	12	SC Uster	4:56.08	502
50m: 32.44 32.44	150m: 1:46.05 37.17	250m: 3:02.25 38.13	350m: 4:19.24 38.28	
100m: 1:08.88 36.44	200m: 2:24.12 38.07	300m: 3:40.96 38.71	400m: 4:56.08 36.84	
Mueller Mia	12	SV St.Gallen-Wittenbach	4:56.08	502
50m: 33.31 33.31	150m: 1:48.47 38.12	250m: 3:04.31 37.52	350m: 4:20.15 36.71	
100m: 1:10.35 37.04	200m: 2:26.79 38.32	300m: 3:43.44 39.13	400m: 4:56.08 35.93	
8. Baumgartner Vida Isabella	11	SV St.Gallen-Wittenbach	4:56.29	501
50m: 33.22 33.22	150m: 1:49.23 38.33	250m: 3:06.96 38.27	350m: 4:21.24 36.57	
100m: 1:10.90 37.68	200m: 2:28.69 39.46	300m: 3:44.67 37.71	400m: 4:56.29 35.05	
9. Fischer Jacqueline	11	Basel Aquatics	4:58.27	491
50m: 33.88 33.88	150m: 1:48.70 37.45	250m: 3:04.92 37.94	350m: 4:21.31 37.95	
100m: 1:11.25 37.37	200m: 2:26.98 38.28	300m: 3:43.36 38.44	400m: 4:58.27 36.96	
10. Hardegger Moana Finja	11	SC Floes	5:02.39	471
50m: 34.27 34.27	150m: 1:50.81 38.67	250m: 3:08.77 39.36	350m: 4:26.04 38.18	
100m: 1:12.14 37.87	200m: 2:29.41 38.60	300m: 3:47.86 39.09	400m: 5:02.39 36.35	
11. Smith Ella	12	Lugano Aquatics	5:03.63	465
50m: 33.87 33.87	150m: 1:50.51 38.91	250m: 3:08.39 39.04	350m: 4:26.67 38.89	
100m: 1:11.60 37.73	200m: 2:29.35 38.84	300m: 3:47.78 39.39	400m: 5:03.63 36.96	
12. Gut Nora	12	SC Frauenfeld	5:04.97	459
50m: 33.61 33.61	150m: 1:49.98 38.90	250m: 3:08.93 39.75	350m: 4:27.32 39.06	
100m: 1:11.08 37.47	200m: 2:29.18 39.20	300m: 3:48.26 39.33	400m: 5:04.97 37.65	
13. Blatter Nives	11	SK Region Murten	5:05.96	455
50m: 33.37 33.37	150m: 1:49.43 38.59	250m: 3:07.96 39.27	350m: 4:27.70 39.96	
100m: 1:10.84 37.47	200m: 2:28.69 39.26	300m: 3:47.74 39.78	400m: 5:05.96 38.26	
14. Aurino Mia	12	Lugano Aquatics	5:07.30	449
50m: 33.00 33.00	150m: 1:50.04 39.17	250m: 3:10.09 39.79	350m: 4:29.47 39.42	
100m: 1:10.87 37.87	200m: 2:30.30 40.26	300m: 3:50.05 39.96	400m: 5:07.30 37.83	

Event 21, Girls, 400m Freestyle, YOB 2011 - 2012

Rank		YB							Time	Pts
15.	Portulez Beatriz Oliveira	11	SC Chur						5:07.62	447
	50m: 33.35	33.35	150m: 1:49.36	38.43	250m: 3:07.73	38.88	350m: 4:27.54	39.87		
	100m: 1:10.93	37.58	200m: 2:28.85	39.49	300m: 3:47.67	39.94	400m: 5:07.62	40.08		
16.	Huber Melia	11	ST Lucerne						5:08.21	445
	50m: 32.97	32.97	150m: 1:49.62	38.71	250m: 3:08.97	39.31	350m: 4:29.07	39.78		
	100m: 1:10.91	37.94	200m: 2:29.66	40.04	300m: 3:49.29	40.32	400m: 5:08.21	39.14		
17.	Choukhmane Nisrine	12	Turrita Nuoto						5:09.55	439
	50m: 35.51	35.51	150m: 1:53.50	38.73	250m: 3:12.41	39.93	350m: 4:31.37	39.14		
	100m: 1:14.77	39.26	200m: 2:32.48	38.98	300m: 3:52.23	39.82	400m: 5:09.55	38.18		
18.	Kocher Malin	12	SK Region Murten						5:09.85	438
	50m: 33.09	33.09	150m: 1:49.80	38.71	250m: 3:10.80	40.26	350m: 4:32.16	40.15		
	100m: 1:11.09	38.00	200m: 2:30.54	40.74	300m: 3:52.01	41.21	400m: 5:09.85	37.69		
19.	Monteiro da Silva Alissa	11	Turrita Nuoto						5:15.31	416
	50m: 36.37	36.37	150m: 1:58.10	40.78	250m: 3:19.15	40.40	350m: 4:37.84	39.05		
	100m: 1:17.32	40.95	200m: 2:38.75	40.65	300m: 3:58.79	39.64	400m: 5:15.31	37.47		
DSQ	Pawlenka Anna Sophia	12	SV Baar						4:54.75	
	204 - Start vor dem Startsignal initiiert (Time: 15:18)									
	50m: 32.60	32.60	150m: 1:46.42	37.13	250m: 3:01.91	37.58	350m: 4:17.64	37.97		
	100m: 1:09.29	36.69	200m: 2:24.33	37.91	300m: 3:39.67	37.76	400m: 4:54.75	37.11		

YOB 2009 - 2010

1.	Niemeyer Lia	09	SC Uster						4:47.58	548
	50m: 33.55	33.55	150m: 1:45.78	36.36	250m: 2:59.31	36.79	350m: 4:12.88	36.73		
	100m: 1:09.42	35.87	200m: 2:22.52	36.74	300m: 3:36.15	36.84	400m: 4:47.58	34.70		
2.	Sendur Elin Julia	09	SV Baar						4:55.72	504
	50m: 33.51	33.51	150m: 1:47.85	37.55	250m: 3:02.49	37.16	350m: 4:17.95	37.77		
	100m: 1:10.30	36.79	200m: 2:25.33	37.48	300m: 3:40.18	37.69	400m: 4:55.72	37.77		
3.	Skolik Marie	09	SV Baar						4:57.65	494
	50m: 34.11	34.11	150m: 1:49.36	38.30	250m: 3:05.50	37.86	350m: 4:21.12	38.13		
	100m: 1:11.06	36.95	200m: 2:27.64	38.28	300m: 3:42.99	37.49	400m: 4:57.65	36.53		
4.	Mauri Aisha	10	Limmat Sharks						5:03.39	466
	50m: 34.32	34.32	150m: 1:51.94	39.22	250m: 3:09.69	38.92	350m: 4:27.19	38.64		
	100m: 1:12.72	38.40	200m: 2:30.77	38.83	300m: 3:48.55	38.86	400m: 5:03.39	36.20		
5.	Ludi Minjia	10	Limmat Sharks						5:03.53	466
	50m: 34.28	34.28	150m: 1:51.77	38.77	250m: 3:09.86	38.83	350m: 4:27.06	38.15		
	100m: 1:13.00	38.72	200m: 2:31.03	39.26	300m: 3:48.91	39.05	400m: 5:03.53	36.47		
6.	Woelfle Carla	10	SSf Singen						5:06.03	455
	50m: 33.28	33.28	150m: 1:50.91	39.18	250m: 3:09.83	39.23	350m: 4:27.87	38.38		
	100m: 1:11.73	38.45	200m: 2:30.60	39.69	300m: 3:49.49	39.66	400m: 5:06.03	38.16		
7.	Baur Ann-Sophie	09	Basel Aquatics						5:07.13	450
	50m: 34.84	34.84	150m: 1:51.88	38.87	250m: 3:09.46	38.81	350m: 4:28.89	39.59		
	100m: 1:13.01	38.17	200m: 2:30.65	38.77	300m: 3:49.30	39.84	400m: 5:07.13	38.24		
8.	Billeter Leonie	09	SV St.Gallen-Wittenbach						5:09.19	441
	50m: 34.65	34.65	150m: 1:51.79	39.39	250m: 3:11.12	39.95	350m: 4:30.63	39.83		
	100m: 1:12.40	37.75	200m: 2:31.17	39.38	300m: 3:50.80	39.68	400m: 5:09.19	38.56		
9.	Wheeler Ruby	10	SV Baar						5:13.30	424
	50m: 35.30	35.30	150m: 1:54.27	39.23	250m: 3:13.83	39.58	350m: 4:33.81	39.55		
	100m: 1:15.04	39.74	200m: 2:34.25	39.98	300m: 3:54.26	40.43	400m: 5:13.30	39.49		
10.	Krull Klara	10	SC Herisau						5:13.85	421
	50m: 35.06	35.06	150m: 1:54.28	40.05	250m: 3:14.58	40.07	350m: 4:35.01	39.97		
	100m: 1:14.23	39.17	200m: 2:34.51	40.23	300m: 3:55.04	40.46	400m: 5:13.85	38.84		

Event 21, Girls, 400m Freestyle, YOB 2009 - 2010

Rank	YB										Time	Pts
11.	Maeder Laura				09	SC Uster					5:17.42	407
	50m:	35.25	35.25	150m:	1:53.71	39.46	250m:	3:14.46	40.61	350m:	4:37.93	41.55
	100m:	1:14.25	39.00	200m:	2:33.85	40.14	300m:	3:56.38	41.92	400m:	5:17.42	39.49
12.	Bollinger Nefeli				10	SC Thalwil					5:23.02	386
	50m:	35.47	35.47	150m:	1:57.74	41.68	250m:	3:22.31	42.15	350m:	4:44.57	40.31
	100m:	1:16.06	40.59	200m:	2:40.16	42.42	300m:	4:04.26	41.95	400m:	5:23.02	38.45
13.	Banka Linea				09	SC Schaffhausen					5:32.22	355
	50m:	36.70	36.70	150m:	2:00.11	42.04	250m:	3:24.98	42.50	350m:	4:50.45	42.87
	100m:	1:18.07	41.37	200m:	2:42.48	42.37	300m:	4:07.58	42.60	400m:	5:32.22	41.77
14.	Tanner Zoe				10	SC Uster					5:36.55	342
	50m:	33.85	33.85	150m:	1:58.79	43.71	250m:	3:26.37	42.12	350m:	4:54.21	43.42
	100m:	1:15.08	41.23	200m:	2:44.25	45.46	300m:	4:10.79	44.42	400m:	5:36.55	42.34
WDR	Pawlenka Antonia				09	SV Baar						

2008 and older

1.	Djakovic Vanna				05	SC Uster					4:20.07	741
	50m:	30.72	30.72	150m:	1:36.44	32.56	250m:	2:42.50	32.73	350m:	3:48.26	32.48
	100m:	1:03.88	33.16	200m:	2:09.77	33.33	300m:	3:15.78	33.28	400m:	4:20.07	31.81
2.	Patt Angelina				05	SC Uster					4:26.66	687
	50m:	30.57	30.57	150m:	1:38.01	33.90	250m:	2:46.18	34.17	350m:	3:53.65	33.75
	100m:	1:04.11	33.54	200m:	2:12.01	34.00	300m:	3:19.90	33.72	400m:	4:26.66	33.01
3.	Koch Chiara				06	SC Uster					4:37.05	613
	50m:	32.18	32.18	150m:	1:42.64	35.60	250m:	2:52.49	34.55	350m:	4:02.21	34.88
	100m:	1:07.04	34.86	200m:	2:17.94	35.30	300m:	3:27.33	34.84	400m:	4:37.05	34.84
4.	Freimann Noemi				05	SC Uster					4:41.05	587
	50m:	31.97	31.97	150m:	1:43.29	36.06	250m:	2:55.05	35.76	350m:	4:06.74	35.53
	100m:	1:07.23	35.26	200m:	2:19.29	36.00	300m:	3:31.21	36.16	400m:	4:41.05	34.31
5.	Trascinelli Rachele				08	SC Uster					4:42.00	581
	50m:	31.77	31.77	150m:	1:43.33	36.22	250m:	2:55.65	36.31	350m:	4:07.46	36.04
	100m:	1:07.11	35.34	200m:	2:19.34	36.01	300m:	3:31.42	35.77	400m:	4:42.00	34.54
6.	Zwicky Cornelia				01	SC Uster					4:50.02	534
	50m:	32.57	32.57	150m:	1:45.54	36.57	250m:	2:59.55	37.11	350m:	4:13.85	36.77
	100m:	1:08.97	36.40	200m:	2:22.44	36.90	300m:	3:37.08	37.53	400m:	4:50.02	36.17
7.	Jambor Jasmin				08	SC Uster					4:50.14	533
	50m:	33.40	33.40	150m:	1:46.91	37.16	250m:	3:00.66	37.15	350m:	4:14.32	36.50
	100m:	1:09.75	36.35	200m:	2:23.51	36.60	300m:	3:37.82	37.16	400m:	4:50.14	35.82
8.	Mueller Sara				07	SV Baar					4:51.73	525
	50m:	34.30	34.30	150m:	1:46.89	36.57	250m:	3:00.52	37.13	350m:	4:15.81	37.40
	100m:	1:10.32	36.02	200m:	2:23.39	36.50	300m:	3:38.41	37.89	400m:	4:51.73	35.92
9.	St-Pierre Alena				08	SC Kreuzlingen					4:51.82	524
	50m:	33.35	33.35	150m:	1:46.92	37.05	250m:	3:00.91	37.10	350m:	4:15.97	37.59
	100m:	1:09.87	36.52	200m:	2:23.81	36.89	300m:	3:38.38	37.47	400m:	4:51.82	35.85
10.	Wagner Jasmin				83	SC Kreuzlingen					4:57.42	495
	50m:	32.95	32.95	150m:	1:46.74	37.30	250m:	3:02.74	37.86	350m:	4:19.50	38.11
	100m:	1:09.44	36.49	200m:	2:24.88	38.14	300m:	3:41.39	38.65	400m:	4:57.42	37.92
11.	Giudici Maelle				06	ST Lucerne					5:04.11	463
	50m:	33.29	33.29	150m:	1:49.78	38.17	250m:	3:06.47	38.02	350m:	4:25.40	39.43
	100m:	1:11.61	38.32	200m:	2:28.45	38.67	300m:	3:45.97	39.50	400m:	5:04.11	38.71
12.	Baettig Juliana				07	SC Frauenfeld					5:04.32	462
	50m:	34.12	34.12	150m:	1:49.95	38.54	250m:	3:08.47	39.52	350m:	4:26.98	39.51
	100m:	1:11.41	37.29	200m:	2:28.95	39.00	300m:	3:47.47	39.00	400m:	5:04.32	37.34

Event 21, Women, 400m Freestyle, 2008 and older

Rank	YB										Time	Pts
13.	Teuchtmann Leonie				08	SC Buelach					5:26.66	374
	50m:	35.57	35.57	150m:	1:56.29	40.93	250m:	3:20.13	42.09	350m:	4:45.11	42.14
	100m:	1:15.36	39.79	200m:	2:38.04	41.75	300m:	4:02.97	42.84	400m:	5:26.66	41.55
14.	Inderbitzin Anna				04	SV Baar					5:27.46	371
	50m:	38.08	38.08	150m:	2:02.04	42.52	250m:	3:24.40	41.16	350m:	4:46.69	41.17
	100m:	1:19.52	41.44	200m:	2:43.24	41.20	300m:	4:05.52	41.12	400m:	5:27.46	40.77
15.	Inderbitzin Lea				04	SV Baar					5:30.47	361
	50m:	37.60	37.60	150m:	2:00.80	41.46	250m:	3:23.78	41.51	350m:	4:48.67	43.01
	100m:	1:19.34	41.74	200m:	2:42.27	41.47	300m:	4:05.66	41.88	400m:	5:30.47	41.80
WDR	Helfenstein Linda				04	SC Chur						
WDR	Martinez Naomi Layla				07	SC Uster						