

Event 1
1 OCT 2026 - 10:02

Women's 400m Freestyle

Slowest Heats

Results Summary

After 1 of 2 Heats
Event Number 1

	Record	Splits	Name	NAT Code	Location	Date
WR	3:50.25	55.14 1:53.53 2:51.94	McINTOSH Summer	CAN	Budapest (HUN)	10 DEC 2024
WC	3:51.87	55.75 1:54.10 2:53.22	PALLISTER Lani	AUS	Toronto (CAN)	23 OCT 2025

Slowest Heats

Rank	Heat	Lane	Name	NAT Code	Date of Birth	R.T.	Time	AQUA Points
1	1	5	HUGO Shannon	RSA	29 JAN 2010	0.81	4:25.95	648
			25m 14.02				50m 29.19	
							75m 44.98	
							100m 1:01.04	
							125m 1:17.70	
							150m 1:34.56	
							175m 1:51.94	
							200m 2:09.18	
							225m 2:26.60	
							250m 2:43.82	
							275m 3:01.09	
							300m 3:18.55	
							325m 3:35.89	
							350m 3:52.66	
							375m 4:09.76	
							400m 4:25.95	
2	1	4	GNUSINA Anastasiya	AZE	20 JAN 2012	0.78	4:26.42	645
			25m 14.56				50m 30.32	
							75m 46.63	
							100m 1:03.02	
							125m 1:19.80	
							150m 1:36.68	
							175m 1:53.72	
							200m 2:10.67	
							225m 2:27.77	
							250m 2:44.67	
							275m 3:01.91	
							300m 3:19.00	
							325m 3:36.10	
							350m 3:53.13	
							375m 4:10.34	
							400m 4:26.42	
3	1	3	MIRENSKAYA Valeriya	TKM	24 JAN 2007	0.72	5:03.27	437
			25m 14.89				50m 32.30	
							75m 50.13	
							100m 1:08.36	
							125m 1:27.31	
							150m 1:46.59	
							175m 2:06.08	
							200m 2:25.36	
							225m 2:45.06	
							250m 3:04.80	
							275m 3:24.66	
							300m 3:44.76	
							325m 4:04.53	
							350m 4:24.42	
							375m 4:44.07	
							400m 5:03.27	

Legend:					
R.T.	Reaction Time	WC	World Cup Record	WR	World Record

Official Timekeeping by Omega