Event 4 | Women, 400m Freestyle | Open
12/11/2026 - 11:05 | Results Prelim

Récord España	3:54.52	BELMONTE GARCIA MIREIA	BERLIN (GER)	11/08/2013
Récord Campeonato	3:55.36	BELMONTE GARCÍA Mireia	SABADELL	13/12/2014
Mínima Mundial Pekín	4:02.03			

Points: AQUA 2026

Rank		YB			RT	Time	WA
1.	CARRON MUINA Carla	05	ESP	C.N. Sant Andreu	+0,70	**4:10.56**	776

25m:	13.48	13.48	125m:	1:15.33	15.62	225m:	2:18.50	15.82	325m:	3:21.70	15.75
50m:	28.58	15.10	150m:	1:31.17	15.84	250m:	2:34.29	15.79	350m:	3:38.02	16.32
75m:	43.95	15.37	175m:	1:46.90	15.73	275m:	2:50.06	15.77	375m:	3:54.28	16.26
100m:	59.71	15.76	200m:	2:02.68	15.78	300m:	3:05.95	15.89	400m:	4:10.56	16.28

2.	SAN MARTIN IGLESIAS Carlota	07	ESP	C.N. Sabadell	+0,71	**4:11.71**	765				
25m:	13.76	13.76	125m:	1:16.08	15.74	225m:	2:19.37	15.83	325m:	3:23.54	15.93
50m:	29.00	15.24	150m:	1:31.86	15.78	250m:	2:35.50	16.13	350m:	3:39.91	16.37
75m:	44.40	15.40	175m:	1:47.65	15.79	275m:	2:51.44	15.94	375m:	3:56.09	16.18
100m:	1:00.34	15.94	200m:	2:03.54	15.89	300m:	3:07.61	16.17	400m:	4:11.71	15.62

3.	CAMPABADAL AMEZCUA Ainhoa	03	ESP	C.N. Sant Andreu	+0,70	**4:12.78**	755				
25m:	13.16	13.16	125m:	1:13.62	15.44	225m:	2:17.12	16.07	325m:	3:23.35	16.87
50m:	27.87	14.71	150m:	1:29.24	15.62	250m:	2:33.44	16.32	350m:	3:40.27	16.92
75m:	42.84	14.97	175m:	1:45.08	15.84	275m:	2:49.74	16.30	375m:	3:56.72	16.45
100m:	58.18	15.34	200m:	2:01.05	15.97	300m:	3:06.48	16.74	400m:	4:12.78	16.06

4.	CARMONA VILLAPLANA Marta	05	ESP	C.N. Barcelona	+0,70	**4:13.79**	746				
25m:	13.97	13.97	125m:	1:17.28	15.82	225m:	2:21.38	15.96	325m:	3:25.55	15.97
50m:	29.68	15.71	150m:	1:33.56	16.28	250m:	2:37.34	15.96	350m:	3:41.81	16.26
75m:	45.43	15.75	175m:	1:49.54	15.98	275m:	2:53.48	16.14	375m:	3:58.18	16.37
100m:	1:01.46	16.03	200m:	2:05.42	15.88	300m:	3:09.58	16.10	400m:	4:13.79	15.61

5.	YEGRES COTTIN Maria Victoria	05	VEN	C.N. Barcelona	+0,70	**4:14.29**	742				
25m:	13.88	13.88	125m:	1:16.89	15.91	225m:	2:21.13	15.89	325m:	3:26.08	16.19
50m:	29.39	15.51	150m:	1:33.09	16.20	250m:	2:37.31	16.18	350m:	3:42.57	16.49
75m:	45.03	15.64	175m:	1:49.12	16.03	275m:	2:53.48	16.17	375m:	3:58.51	15.94
100m:	1:00.98	15.95	200m:	2:05.24	16.12	300m:	3:09.89	16.41	400m:	4:14.29	15.78

6.	MUNOZ ARMENGOU Julia	07	ESP	C.N. Sant Andreu	+0,73	**4:15.00**	736				
25m:	13.45	13.45	125m:	1:16.19	15.80	225m:	2:21.03	16.17	325m:	3:26.59	16.24
50m:	28.75	15.30	150m:	1:32.25	16.06	250m:	2:37.45	16.42	350m:	3:42.81	16.22
75m:	44.38	15.63	175m:	1:48.39	16.14	275m:	2:53.83	16.38	375m:	3:58.98	16.17
100m:	1:00.39	16.01	200m:	2:04.86	16.47	300m:	3:10.35	16.52	400m:	4:15.00	16.02

7.	HERRERO LAZARO Alba	02	ESP	C.N. Terrassa	+0,67	**4:15.43**	732				
25m:	13.60	13.60	125m:	1:16.21	16.06	225m:	2:20.99	16.20	325m:	3:26.56	16.59
50m:	28.78	15.18	150m:	1:32.25	16.04	250m:	2:37.23	16.24	350m:	3:43.08	16.52
75m:	44.37	15.59	175m:	1:48.53	16.28	275m:	2:53.65	16.42	375m:	3:59.40	16.32
100m:	1:00.15	15.78	200m:	2:04.79	16.26	300m:	3:09.97	16.32	400m:	4:15.43	16.03

8.	OTERO FERNANDEZ Paula	04	ESP	C.N. Santa Olaya	+0,76	**4:16.18**	726				
25m:	13.91	13.91	125m:	1:16.27	15.96	225m:	2:20.55	16.24	325m:	3:26.68	16.65
50m:	29.18	15.27	150m:	1:32.15	15.88	250m:	2:36.84	16.29	350m:	3:43.29	16.61
75m:	44.63	15.45	175m:	1:48.24	16.09	275m:	2:53.36	16.52	375m:	3:59.98	16.69
100m:	1:00.31	15.68	200m:	2:04.31	16.07	300m:	3:10.03	16.67	400m:	4:16.18	16.20

9.	MARTINEZ DE SALINAS PENA Clara	07	ESP	C.E. Mediterrani	+0,74	**4:17.75**	712				
25m:	14.07	14.07	125m:	1:17.39	15.97	225m:	2:21.58	16.10	325m:	3:27.51	16.92
50m:	29.54	15.47	150m:	1:33.31	15.92	250m:	2:37.67	16.09	350m:	3:44.39	16.88
75m:	45.37	15.83	175m:	1:49.39	16.08	275m:	2:53.95	16.28	375m:	4:01.33	16.94
100m:	1:01.42	16.05	200m:	2:05.48	16.09	300m:	3:10.59	16.64	400m:	4:17.75	16.42

Event 4, Women, 400m Freestyle, Prelim, Open

Rank		YB			RT	Time	WA
10.	MELGOSA URUENA Ma Dolores	11	ESP	Real Canoe N.C.	+0,64	**4:19.25**	700
	25m: 13.81 13.81 125m: 1:16.79 16.14 225m: 2:21.97 16.60 325m: 3:29.10 16.99						
	50m: 29.17 15.36 150m: 1:32.90 16.11 250m: 2:38.45 16.48 350m: 3:46.21 17.11						
	75m: 44.77 15.60 175m: 1:49.11 16.21 275m: 2:55.27 16.82 375m: 4:03.16 16.95						
	100m: 1:00.65 15.88 200m: 2:05.37 16.26 300m: 3:12.11 16.84 400m: 4:19.25 16.09						
11.	MUNOZ GONZALEZ Natalia	08	ESP	C.N. Sabadell	+0,79	**4:19.40**	699
	25m: 13.83 13.83 125m: 1:17.11 16.11 225m: 2:22.19 16.26 325m: 3:28.86 16.85						
	50m: 29.29 15.46 150m: 1:33.38 16.27 250m: 2:38.72 16.53 350m: 3:45.88 17.02						
	75m: 45.00 15.71 175m: 1:49.63 16.25 275m: 2:55.17 16.45 375m: 4:03.12 17.24						
	100m: 1:01.00 16.00 200m: 2:05.93 16.30 300m: 3:12.01 16.84 400m: 4:19.40 16.28						
12.	MALO MORENO Ariadna	08	ESP	Getxo Igeriketa Bolue K.E.	+0,72	**4:19.92**	695
	25m: 13.85 13.85 125m: 1:17.67 15.85 225m: 2:23.68 16.52 325m: 3:30.60 16.45						
	50m: 29.54 15.69 150m: 1:34.14 16.47 250m: 2:40.47 16.79 350m: 3:47.39 16.79						
	75m: 45.39 15.85 175m: 1:50.43 16.29 275m: 2:57.20 16.73 375m: 4:03.73 16.34						
	100m: 1:01.82 16.43 200m: 2:07.16 16.73 300m: 3:14.15 16.95 400m: 4:19.92 16.19						
13.	SEGURA FERREIRA Helena	09	ESP	Circulo Mercantil	+0,74	**4:20.02**	694
	25m: 13.92 13.92 125m: 1:16.98 16.15 225m: 2:23.37 16.80 325m: 3:30.82 16.83						
	50m: 29.21 15.29 150m: 1:33.41 16.43 250m: 2:40.31 16.94 350m: 3:47.89 17.07						
	75m: 44.79 15.58 175m: 1:49.88 16.47 275m: 2:57.11 16.80 375m: 4:04.44 16.55						
	100m: 1:00.83 16.04 200m: 2:06.57 16.69 300m: 3:13.99 16.88 400m: 4:20.02 15.58						
14.	RUBIO VILLORIA Alba	09	ESP	C.N. Marina-Cartagena	+0,86	**4:20.13**	693
	25m: 14.20 14.20 125m: 1:17.48 16.21 225m: 2:23.45 16.57 325m: 3:30.28 16.60						
	50m: 29.58 15.38 150m: 1:33.97 16.49 250m: 2:40.27 16.82 350m: 3:47.11 16.83						
	75m: 45.17 15.59 175m: 1:50.31 16.34 275m: 2:56.84 16.57 375m: 4:03.78 16.67						
	100m: 1:01.27 16.10 200m: 2:06.88 16.57 300m: 3:13.68 16.84 400m: 4:20.13 16.35						
15.	MARTINEZ NAVARRO Aurora	10	ESP	Universidad de Granada	+0,74	**4:21.31**	684
	25m: 13.94 13.94 125m: 1:18.06 16.17 225m: 2:24.58 16.61 325m: 3:31.54 16.54						
	50m: 29.75 15.81 150m: 1:34.56 16.50 250m: 2:41.37 16.79 350m: 3:48.52 16.98						
	75m: 45.60 15.85 175m: 1:51.04 16.48 275m: 2:58.08 16.71 375m: 4:05.02 16.50						
	100m: 1:01.89 16.29 200m: 2:07.97 16.93 300m: 3:15.00 16.92 400m: 4:21.31 16.29						
16.	BURGUERA VALENS Maria Antonia	12	ESP	C.N. Palma de Mallorca	+0,86	**4:22.14**	677
	25m: 14.11 14.11 125m: 1:18.88 16.39 225m: 2:25.38 16.63 325m: 3:32.07 16.73						
	50m: 30.04 15.93 150m: 1:35.49 16.61 250m: 2:41.94 16.56 350m: 3:48.95 16.88						
	75m: 46.07 16.03 175m: 1:52.03 16.54 275m: 2:58.69 16.75 375m: 4:05.83 16.88						
	100m: 1:02.49 16.42 200m: 2:08.75 16.72 300m: 3:15.34 16.65 400m: 4:22.14 16.31						
17.	GARCIA MORENO Claudia	10	ESP	Maestro Canet C.N. Granollers	+0,70	**4:28.90**	627
	25m: 14.45 14.45 125m: 1:19.71 16.59 225m: 2:27.86 17.04 325m: 3:37.22 17.12						
	50m: 30.43 15.98 150m: 1:36.62 16.91 250m: 2:45.34 17.48 350m: 3:54.76 17.54						
	75m: 46.52 16.09 175m: 1:53.61 16.99 275m: 3:02.60 17.26 375m: 4:12.00 17.24						
	100m: 1:03.12 16.60 200m: 2:10.82 17.21 300m: 3:20.10 17.50 400m: 4:28.90 16.90						
18.	PEREZ JIMENEZ Carla	12	ESP	C.D.E. Malvar	+0,73	**4:35.29**	585
	25m: 14.51 14.51 125m: 1:21.68 16.76 225m: 2:31.21 17.32 325m: 3:42.12 17.62						
	50m: 31.12 16.61 150m: 1:38.96 17.28 250m: 2:49.02 17.81 350m: 4:00.21 18.09						
	75m: 47.75 16.63 175m: 1:56.28 17.32 275m: 3:06.75 17.73 375m: 4:18.08 17.87						
	100m: 1:04.92 17.17 200m: 2:13.89 17.61 300m: 3:24.50 17.75 400m: 4:35.29 17.21						