

Event 1
8 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	4	ZELINSKAYA Anastasiya	UZB	21 APR 2004	0.82	4:23.75	665
	25m	14.23	50m 29.95 75m 45.69 100m 1:01.99 125m 1:18.21 150m 1:34.79 175m 1:51.39 200m 2:08.25				16.60 16.86	
	225m	2:24.93	250m 2:41.98 275m 2:58.81 300m 3:15.92 325m 3:32.89 350m 3:50.23 375m 4:07.61				16.14	
		16.68	17.05 16.83 17.11 16.97 17.34 17.38					
2	1	5	CHEANG Weng Chi	MAC	13 APR 2006	0.78	4:30.05	619
	25m	14.16	50m 30.05 75m 46.46 100m 1:03.20 125m 1:20.28 150m 1:37.12 175m 1:54.32 200m 2:11.46				17.14	
	225m	2:28.61	250m 2:45.78 275m 3:03.24 300m 3:20.77 325m 3:38.17 350m 3:55.72 375m 4:13.31				16.74	
		17.15	17.17 17.46 17.53 17.40 17.55 17.59					
3	1	3	SAMAD Kamila	UZB	23 DEC 2011	0.78	4:49.55	502
	25m	14.57	50m 31.37 75m 48.58 100m 1:06.24 125m 1:24.41 150m 1:42.54 175m 2:00.96 200m 2:19.97				19.01	
	225m	2:38.90	250m 2:57.52 275m 3:16.51 300m 3:35.62 325m 3:54.43 350m 4:13.38 375m 4:31.47				18.08	
		18.93	18.62 18.99 19.11 18.81 18.95 18.09					

Legend:

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

Official Timekeeping by Omega