

DAY 1 • FINAL • Women's 400m free • 02 December 2025

World Record (SC)	3:50.25	Summer McIntosh, CAN	10 Dec 2024, Budapest
	(55.14 – 1:53.53 – 2:51.94 – 3:50.25)		
European Record (SC)	3:54.52	Mireia Belmonte, ESP	11 Aug 2013, Berlin
	(57.34 – 1:57.06 – 2:56.46 – 3:54.52)		
Season's Best Time 2025 (SC)	3:51.87	Lani Pallister, AUS (23.10.25 - World Cup Toronto/CAN)	
European Champion 2023 (SC)	3:59.50	Simona Quadarella, ITA	
World Champion 2024 (SC)	3:50.25	Summer McIntosh, CAN	
Championships Record (SC)	3:54.85	Camille Muffat, FRA, 2012	

Lane	Name	Personal Info	OG	WC	EC
1 QT 4:03.39	 Nikolett PADAR HUN PB 4:02.66	DoB: 30 MAR 2006 (19) PoB / Residence: Szeged Club: BVSC, Univ. of Texas Coach: Peter Nagy, Bob Bowman Height: 175cm	31. 200FR 24 6. 4x200FR 24 10. 4x100FR 24	LC-6. 200FR 24 LC-9. 400FR 24 LC-16. 100FR 24 SC-12. 200FR 24 SC-2. 4x200FR 24 JUN-1. 100/200FR 22	LC-3. 100FR 24 LC-8. 200FR 22 LC-1. 4x100FR 24 LC-1. 4x100FRMix 24 SC-4. 200FR 23 U23-1. 200FR 24 15 medals at European Junior Games
2 QT 4:02.85	 Lilla Minna ABRAHAM HUN PB 4:02.85	DoB: 23 MAR 2006 (19) PoB / Residence: Budapest Club: Újpesti Torna Egylet (UTE), USC Trojans, USA Coach: Zoltan Magyarovits Height:	14. 200FR 24 6. 4x200FR 24 10. 4x100FR 24	LC-10. 200FR 25 SC-2. 4x200FR 24 SC-10. 200FR 24 JUN-2. 200FR 22 JUN-2. 200IM 22 JUN-2. 400IM 22	LC-2. 200FR 24 LC-8. 100FR 24 LC-1. 4x100FR 24 LC-1. 4x100FRMix 24 U23-1. 200FR 24 U23-3. 400FR 25 9 medals at European Junior Games
3 QT 4:01.78	 Freya COLBERT GBR PB 3:58.46	DoB: 08 MAR 2004 (21) PoB: Grantham Club: British Swimming Performing Centre Loughborough Coach: Dave Hemmings Height: 181cm	4. 400IM 24 18. 200IM 24 5. 4x200FR 24 Commonwealth Games 4. 400IM 22 10. 400FR 22	LC-1 400IM 24 LC-2. 4x200FR 24 LC-4. 200FR 25 LC-5. 400IM 23 LC-8. 200BK 24 LC-8. 400IM 25	LC-3. 400IM 22 LC-9. 200IM 22 LC-19. 400FR 22 LC-1. 4x200FRMix 22 LC-2. 4x200FR 22 SC-2. 400IM 23 SC-3. 200FR 23
4 QT 3:56.90	 Isabel Marie GOSE GER PB 3:56.84	DoB: 09 MAY 2002 (23) PoB: Berlin Residence: Osterburg Club: SC Magdeburg Coach: Bernd Berkahn Height: 182cm	3. 1500FR 24 5. 400FR 24 5. 800FR 24 6. 400FR 21 9. 800FR 21 11. 200FR 21	POOL LC-2. 800FR 24 LC-3. 400FR 24 LC-3. 1500FR 24 SC-1. 1500FR 24 SC-2. 800FR 24 OWS 1. Team 25	LC-1. 400FR 22 LC-2. 800FR 22 LC-3. 200FR 22 SC-2. 400FR 19 SC-3. 400/800FR 21 U23-1. 400/800/1500FR 23 JUN-1. 100/200/400FR 19 JUN-1. 200FR 18
5 QT 4:00.25	 Simona QUADARELLA ITA PB 3:59.50	DoB: 18 DEC 1998 (27) PoB: Rome Club: CC Aniene Coach: Gianluca Belfiore Height: 171cm	3. 800FR 21 5. 1500FR 21 4. 800FR 24 4. 1500FR 24	LC-1. 800FR 24 LC-1. 1500FR 19, 24 LC-2. 800FR 19 LC-2. 1500FR 23, 25 LC-3. 800FR 22 LC-3. 1500FR 17 SC-2. 800FR 18 SC-2. 1500FR 24 SC-3. 800FR 21	LC-1. 400FR 18, 21 LC-1. 800FR 18, 21, 22 LC-1. 1500FR 18, 21, 22 LC-2. 400FR 22 SC-1. 400 19, 23 SC-1. 800FR 19 SC-2. 800FR 21, 23 SC-2. 1500FR 21, 23 SC-3. 800FR 17
6 QT 4:02.04	 Maya WERNER GER PB 4:02.04	DoB: 26 APR 2005 (20) PoB: Bietigheim-Bissingen Residence: Magdeburg Club: SC Magdeburg Coach: Bernd Berkahn Occupation: Sport soldier Height: 184cm		LC-8. 400FR 25 LC-15. 800FR 25 LC-26. 200FR 25	5. 400FR 24 8. 200BK 24 2. 4x100MRMix 24 3. 4x100FR 24 SC-8. 400FR 23 SC-15. 200FR U23-1. 400/800FR 25 JUN-3. 400FR 23
7 QT 4:02.87	 Anna Chiara MASCOLO ITA PB 4:02.87	DoB: 05 JUN 2001 (24) PoB/Residence: Florence Club: CS Carabinieri / H.Sport - Firenze Coach: Marco Marsili Height: 178cm	Olympian 21 (relay DSQ) EYOF-10. 200FR 15 EYOF-18. 200IM 15	LC-7. 4x200FR 25 LC-9. 4x200FR 17 SC-5. 4x200FR 24 JUN-14. 400FR 17 JUN-20. 300FR 17	JUN-6. 200FR 17 JUN-8. 400IM 17
8 QT 4:03.97	 Imani De JONG NED PB 4:03.97	DoB: 28 MAY 2002 (23) PoB: Haarlem Club: PSV Eindhoven Coach: Kees Robbertsen Occupation: Nursing Height: 177cm		LC-16. 400FR 24 LC-20. 800/1500FR 24 LC-7. 4x200FR 24 SC-10. 800/1500FR 22 SC-11. 400FR 22	LC-1. 4x200FR 22 LC-10. 200FR 22 LC-10. 400FR 22 LC-10. 800FR 22 LC-11. 1500FR 22

All-time World Rankings (WA)

3:50.25	Summer McIntosh, CAN	10.12.24
3:51.30	Bingjie Li, CHN	27.10.22
3:51.87	Lani Pallister, AUS	17.10.25
3:52.88	Katie Ledecky, USA	28.10.22
3:53.92	Ariarne Titmus, AUS	14.12.18
3:53.97	Jianjiahe Wang, CHN	04.10.18
3:54.52	Mireia Belmonte, ESP	11.08.13
3:54.85	Camille Muffat, FRA	24.11.12
3:54.88	Mary-Sophie Harvey, CAN	10.12.24
3:54.92	Joanne Jackson, GBR	08.08.09

Current World Rankings (WA / from 01.01.2053)

3:51.87	Lani Pallister, AUS	23.10.25
3:56.12	Erika Fairweather, NZL	23.10.25
3:56.90	Isabel Gose, GER	02.12.25
3:58.29	Bella Sims, USA	17.10.25
3:58.46	Freya Colbert, GBR	23.10.25
3:59.89	Caitlin Deans, CAN	23.10.25
4:00.14	Anna Peplowski, USA	17.10.25
4:00.25	Simona Quadarella, ITA	02.12.25
4:00.32	Mary-Sophie Harvey, CAN	10.10.25
4:01.98	Kseniia Misharina, NAB	07.11.25
4:02.04	Maya Werner, GER	02.12.25

European Record History (last 10)

3:54.52	Mireia Belmonte, ESP	Berlin, 11.08.2013
3:54.85	Muffat, Camille, FRA	Chartres, 24.11.2012
3:54.92	Joanne Jackson, GBR	Leeds, 08.08.2009
3:56.09	Laure Manaudou, FRA	Helsinki, 09.12.2006
3:56.79	Laure Manaudou, FRA	Trieste, 10.12.2005
4:00.20	Laure Manaudou, FRA	Chalon-Sur-Saone, 04.12.2005
4:01.26	Yana Klochkova, UKR	Moscow, 05.03.2002
4:02.05	Astrid Strauss, GDR	Bonn, 08.02.1987

Medallists at Recent Major Championships (SC)

2021 Kazan/RUS (European)	2022 Melbourne/AUS (World)	2023 Otopeni/ROU (European)	2024 Budapest/HUN (World)
1 3:59.18 Anastasia Kirpichnikova, RUS	1 3:55.04 Lani Pallister, AUS	1 3:59.50 Simona Quadarella, ITA	1 3:50.25 Summer McIntosh, CAN
2 4:00.52 Anna Egorova, RUS	2 3:56.00 Erika Fairweather, NZL	2 3:59.56 Anastasiia Kirpichnikova, FRA	2 3:53.73 Lani Pallister, AUS
3 4:01.37 Isabel Gose, GER	3 3:59.78 Lea Smith, USA	3 4:00.84 Valentine Dumont, BEL	3 3:54.73 Mary-Sophie Harvey, USA