









DAY 6 • FINAL • Women's 400 individual medley • 07

December 2025

World European Record (SC)	4:15.48	Summer McIntosh, CAN	14 Dec 2024, Budapest
	(26.88 – 57.23 – 1:29.60 – 2:00.97 – 2:38.09 – 3:16.34 – 3:46.94 – 4:15.48)		
European Record (SC)	4:18.94	Mireia Belmonte, ESP	12 Aug 2017, Eindhoven
	(27.99 – 59.38 – 1:33.37 – 2:06.46 – 2:42.27 – 3:19.24 – 3:49.63 – 4:18.94)		
Season's Best Time 2025 (SC)	4:22.97	Ellen Walshe, IRL (24.10.25 – World Cup Toronto/CAN)	
European Champion 2023 (SC)	4:27.45	Abbie Wood, GBR	
World Champion 2024 (SC)	4:15.48	Summer McIntosh, CAN	
Championships Record	4:19.46	Katinka Hosszu, HUN, 2015. Netanya (heats)	

Lane	Name	Personal Info	OG	WC	EC
1 QT 4:36.81	 Clara RYBAK-ANDERSEN DEN PB 4:36.43	DoB: 18 DEC 2003 (21) PoB: Gentofte Residence: Copenhagen Area Club: Gentofte Swim Club Coach: Kasper Linddal Occupation: Student Height: 175cm	15. 4x100MR 21	LC-8. 200BR 25 LC-20. 200IM 25 SC-7. 200BR 24 JUN-10. 200BR 19	SC-6. 200BR 24 SC-12. 100BR 25 SC-37. 200IM 25 LC-2. 200BR 24 SC-4. 200BR 23 SC-6. 100BR 23 SC-8. 200BR 21
2 QT4:35.31	 Noelle BENKLER GER PB 4:35.31	DoB: 05 DEC 2007 (18) PoB: Regensburg Club: SV Nikar Heidelberg Coach: Santiago Fuentes Marquez Occupation: High school student	EYOF-3. 200IM / 400IM 22	JUN-5. 200IM 25 JUN-9. 400IM 25	SC-13. 200IM 24 JUN-2. 200IM / 400IM 25 JUN-5. 400IM 23 JUN-6. 400IM 24 JUN-6. 200IM 23 JUN-8. 200IM 24
3 QT 4:34.60	 Ellen WALSHE IRL PB 4:22.97	DoB: 29 SEP 2001 (24) PoB / Residence: Dublin Club: Templeogue SC Coach: Brian Sweeney Occupation: Athlete	8. 400IM 24 13. 200IM 24 22. 100FL 24 11. 4x100MR 24 Note: Her 2nd final today after the 200FL earlier this afternoon	LC-8. 200IM 25 LC-8. 200FL 25 LC-9. 200IM / 400IM 23 SC-2. 400IM 21 SC-5. 400IM 24 SC-6. 200IM / 100FL 24	SC-2. 200IM 25 SC-5. 200FL 25 SC-7. 100FL / 100IM 25 SC-3. 400IM 23 SC-4. 100FL 23 SC-6. 200IM 23 U23-2. 100FL / 200/400IM 23
4 QT 4:32.56	 Alba VAZQUEZ RUIZ PB 4:32.56	DoB: 24 FEB 2002 (23) PoB / Res.: Huelva / National Center Madrid Blume Club: CN Churriana Coach: Rob Greenwood, GBR Height: 176cm		LC-15. 400IM 23 JUN-1. 400IM 19 JUN-2. 200IM 19	SC-11. 200BR 25 SC-7. 200IM 25 (heats, 3rd Spanish) LC-11. 400IM 21 LC-23. 200IM 21 JUN-1. 400IM 19
5 QT 4:34.18	 Emma CARRASCO CADENS ESP PB 4:31.18	DoB: 31 DEC 2005 (20) PoB: Lérida Residence: Nacional Center Sant Cugat del Vallés (Barcelona) Club: CN Sant Andreu Coach: Ben Titley, GBR Height: 162cm	12. 400IM 24 15. 200IM 24	LC-13. 400IM 25 LC-16. 200IM 25 LC-21. 200BR 25 LC-22. 200IM 24 SC-7. 200IM 24 SC-8. 400IM 24 JUN-1. 200BR 22 JUN-3. 200IM 22	SC-6. 200IM 25 SC-17. 100IM 25 JUN-1. 400IM 22 JUN-3. 200IM 22 JUN-4. 200IM 23
6 QT 4:34.68	 Justina KOZAN POL PB 4:34.68	DoB: 31 JAN 2002 (23) PoB Residence: Los Angeles, USA Club: KU AZS UW Coach: Brooks Fail		JUN-1. 200IM 19 JUN-1. 4x100FR 19 JUN-1. 4x200FR 19 JUN-1. 4x100MRMix 19	SC-6. 200FR 25 U23-1. 400IM 23, 25 U23-1. 200IM 23 U23-4. 200FR 25
7 QT 4:36.64	 Eszter SZABO FELTOTHY HUN PB 4:36.64	DoB: 04 JAN 2002 (23) PoB / Residence: Budapest Club: Vasas Sport Club Coach: Dr. Janos Egressy Height: 171cm	10. 200BK 24 University Games 3. 200BK 23	LC-4. 200BK 24 LC-9. 200BK 23 LC-23. 200BK 25 LC-26. 100BK 24 SC-19. 200BK 24	SC-7 200BK 25 SC-23. 200BK 25 LC-3. 200BK 24 LC-4. 200BK 22 LC-7. 200BK 21 SC-4. 200BK 21 SC-11. 200IM 23 U23-3. 400IM 25
8 QT 4:40.45	 Katja FAIN SLO PB 4:35.27	DoB: 31 AUG 2001 (24) PoB: Perth, AUS Residence: Maribor Club: PK Branik Maribor Coach: Metka Sparavec (mother) Height: 183cm	15. 400IM 21 26. 800FR 21 30. 1500FR 21 14. 4x100FR 24	LC-15. 400FR 22 LC-20. 400IM 19 LC-9. 200FR 19 LC-26. 400FR 19 LC-31. 400FR 23 LC-35. 200FR 23 SC-18. 400IM / 200FL 24	SC-13. 200FL / 200FR 25 SC-24. 200FR 25 LC-9. 200FL 24 LC-5. 200FR / 400FR 22 SC-3. 200FR 21 SC-6. 400FR 23 JUN-3. 400FR 17

All-time World Rankings (WA)

4:15.48	Summer McIntosh, CAN	14.12.24
4:18.94	Mireia Belmonte, ESP	12.08.17
4:19.46	Katinka Hosszu, HUN	02.12.15
4:20.14	Katie Grimes, USA	14.12.24
4:21.04	Julia Smit, USA	18.12.09
4:22.73	Yui Ohashi, JPN	10.11.18
4:22.88	Kathryn Meaklim, RSA	22.11.09
4:23.14	Hannah Miley, GBR	12.12.12
4:23.33	Shiwen Ye, CHN	12.12.12
4:23.68	Sydney Pickrem, CAN	15.11.20

Current World Rankings (WA, from 01.01.2025)

4:22.97	Ellen Walshe, IRL	24.10.25
4:24.25	Mary-Sophie Harvey, CAN	24.10.25
4:26.43	Mio Narita, JPN	24.10.25
4:27.14	Abbie Wood, GBR	11.10.25
4:28.96	Ella Ramsey, AUS	24.10.25
4:30.75	Waka Kobori, JPN	18.10.25
4:32.19	Ayami Suzuki, JPN	18.10.25
4:32.56	Alba Vazquez, ESP (heats)	07.12.25
4:33.41	Irina Zviagintseva, RUS	11.11.25
4:33.68	Paula Gonzalez, ESP	14.11.25
4:33.81	Emma Carrasco, ESP	14.11.25

European Record History (last 10)

4:18.94	Mireia Belmonte, ESP	Eindhoven, Aug 12, 2017
4:19.46	Katinka Hosszu, HUN	Netanya, Dec 02, 2015
4:19.86	Mireia Belmonte, ESP	Doha, Dec 03, 2014
4:20.83	Katinka Hosszu, HUN	Doha, Aug 28, 2014
4:20.85	Katinka Hosszu, HUN	Berlin, Aug 11, 2013
4:23.14	Hannah Miley, GBR	Istanbul, Dec 12, 2012
4:23.47	Hannah Miley, GBR	Chartres, Nov 25, 2012
4:24.21	Mireia Belmonte, ESP	Dubai, Dec 15, 2010
4:24.51	Hannah Miley, GBR	Manchester, Dec 18, 2009
4:25.06	Mireia Belmonte, ESP	Rijeka, Dec 14, 2008

Medallists at Recent Major Championships (SC)

2021 Kazan/RUS (European)

1	4:30.45	Victoria Zeynep Gunes, TUR
2	4:30.47	Anja Crevar, SRB
2	4:30.47	Sara Franceschi, ITA

2022 Melbourne/AUS (World)

1	4:26.51	Hali Flickinger, USA
2	4:28.58	Sara Franceschi, ITA
3	4:29.03	Waka Kobori, JPN

2023 Otopeni/ROU (European)

1	4:27.45	Abbie Wood, GBR
2	4:29.04	Freya Colbert, GBR
3	4:29.64	Ellen Walshe, IRL

2024 Budapest/HUN (World)

1	4:15.48	Summer McIntosh, CAN
2	4:20.14	Katie Grimes, USA
3	4:24.34	Abbie Wood, GBR