



JAPAN SWIM 2025

第100回日本選手権水泳競技大会 競泳競技



Results Summary

Event No. : 2

WOMEN

400m

Freestyle

Heats

WR
NR3:55.38
4:05.19

Rank	HT/LN	Name	Nat.				YB			Time	FINA Point (R. T.)
			50m	100m	150m	200m	250m	300m	350m		
1	4/4	NAMBA MIYU			JPN	02				4:12.94	805 (0.72)
			30.16	1:01.81	1:33.96	2:05.84	2:37.91	3:10.06	3:42.75		
2	2/4	KAJIMOTO ICHIKA			JPN	04				4:13.05	804 (0.62)
			29.75	1:01.39	1:33.57	2:05.69	2:37.76	3:09.92	3:41.95		
3	4/2	KUNO HINANO			JPN	04				4:13.07	804 (0.68)
			29.74	1:01.72	1:33.93	2:06.60	2:38.81	3:10.60	3:42.22		
4	2/5	NAGAO KANON			JPN	03				4:13.49	800 (0.68)
			29.25	1:00.97	1:33.39	2:05.63	2:38.17	3:10.34	3:42.47		
5	4/5	MOCHIZUKI KINUKO			JPN	99				4:13.60	799 (0.72)
			29.72	1:01.24	1:33.15	2:05.18	2:37.40	3:09.98	3:42.78		
6	3/4	KOBORI WAKA			JPN	00				4:13.63	799 (0.73)
			29.94	1:01.70	1:34.28	2:06.57	2:38.71	3:10.59	3:42.78		
7	3/5	TAKEZAWA RUKA			JPN	06				4:13.97	796 (0.66)
			29.52	1:01.43	1:33.63	2:06.00	2:38.14	3:10.23	3:42.48		
8	4/6	MATSUZAKI RIN			JPN	04				4:14.09	794 (0.68)
			29.98	1:01.55	1:33.85	2:06.19	2:38.48	3:10.61	3:42.86		
9	2/3	EBINA AIRI			JPN	01				4:14.64	789 (0.78)
			30.06	1:02.12	1:34.11	2:06.35	2:38.76	3:11.05	3:43.33		
10	2/6	OKAMURA RIKA			JPN	04				4:14.68	789 (0.73)
			29.87	1:01.94	1:34.22	2:06.60	2:38.88	3:11.35	3:43.69		
11	4/3	AOKI NIKO			JPN	05				4:14.77	788 (0.67)
			29.96	1:01.72	1:34.21	2:06.60	2:39.03	3:11.27	3:43.56		
12	3/2	FUKUOKA YUI			JPN	07				4:15.76	779 (0.75)
			29.41	1:01.44	1:33.81	2:06.18	2:38.53	3:11.11	3:43.65		
13	3/7	MORITOMO AKIKO			JPN	03				4:16.32	774 (0.68)
			29.43	1:01.49	1:34.51	2:07.33	2:40.32	3:12.89	3:45.35		
14	3/3	OKUZONO MISA			JPN	06				4:16.61	771 (0.66)
			30.77	1:02.84	1:35.54	2:08.13	2:40.80	3:13.22	3:45.80		
15	4/7	MATSUNO NIINA			JPN	03				4:16.65	771 (0.68)
			29.94	1:01.94	1:34.29	2:06.90	2:39.45	3:12.15	3:45.11		



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			50m	100m	150m	200m	250m	300m	350m		
16	3/8	SUGIMOTO HIMARI			JPN	05				4:18.16	757 (0.67)
			29.64	1:01.90	1:34.63	2:07.52	2:40.65	3:13.58	3:46.28		
17	4/8	KAJIMOTO SACHIKA			JPN	07				4:18.66	753 (0.65)
			30.55	1:03.00	1:35.55	2:08.50	2:41.35	3:14.57	3:47.58		
18	3/1	MATSUZAKI ERIKO			JPN	04				4:19.25	748 (0.57)
			29.88	1:02.45	1:35.91	2:08.94	2:42.35	3:15.56	3:47.98		
19	2/7	TAKA HARUKA			JPN	06				4:19.41	747 (0.77)
			30.52	1:02.99	1:35.76	2:08.74	2:41.79	3:14.90	3:47.74		
20	4/1	FURUE KAHO			JPN	06				4:19.51	746 (0.73)
			30.14	1:02.46	1:35.41	2:08.27	2:41.05	3:13.79	3:46.89		
21	2/2	HANAYAMA SARA			JPN	06				4:19.68	744 (0.64)
			30.13	1:02.93	1:35.92	2:09.10	2:42.21	3:15.23	3:48.02		
22	1/3	YUI MINAMI			JPN	09				4:20.11	741 (0.67)
			29.91	1:02.42	1:35.72	2:09.01	2:42.16	3:15.15	3:48.03		
23	3/6	TANIMOTO HARUNO			JPN	09				4:20.22	740 (0.74)
			30.05	1:02.89	1:35.72	2:08.38	2:41.47	3:14.49	3:47.82		
24	1/5	HIGUCHI MIKU			JPN	05				4:20.53	737 (0.71)
			29.30	1:01.54	1:34.83	2:08.04	2:41.30	3:14.60	3:47.93		
25	3/0	TABATA HARUNA			JPN	08				4:20.64	736 (0.65)
			29.67	1:01.71	1:34.69	2:07.95	2:41.66	3:15.63	3:48.86		
26	2/1	TANI KIYOMI			JPN	06				4:22.31	722 (0.67)
			30.92	1:03.75	1:37.09	2:10.39	2:43.90	3:17.14	3:50.52		
27	3/9	KANNO RINKA			JPN	09				4:23.41	713 (0.74)
			29.32	1:01.54	1:34.61	2:08.20	2:41.74	3:16.02	3:50.04		
28	2/0	SUGA NANAMI			JPN	10				4:26.29	690 (0.69)
			31.03	1:04.60	1:38.12	2:11.82	2:45.37	3:19.17	3:53.15		
29	4/9	SANO YUNA			JPN	07				4:27.02	684 (0.65)
			30.48	1:04.54	1:38.48	2:12.93	2:47.04	3:21.23	3:54.66		
30	1/4	SEHARADA RIN			JPN	06				4:28.95	670 (0.70)
			30.28	1:03.09	1:37.01	2:11.23	2:45.87	3:20.58	3:55.22		



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			50m	100m	150m	200m	250m	300m	350m				
31	2/8	IKEDA UIKA			JPN	08						4:29.05	669 (0.74)
			30.72	1:03.72	1:37.82	2:11.89	2:46.30	3:20.82	3:55.37				
32	4/0	TAKEZAWA RONA			JPN	08						4:29.39	667 (0.65)
			30.51	1:03.82	1:37.65	2:11.54	2:45.56	3:19.93	3:54.96				