



Results

	Record	Splits			Name	NOC Code	Location	Date
WR	3:59.15	28.45 2:29.66	58.66 2:59.93	1:28.97 3:29.79	1:59.42 PELLEGRINI Federica	ITA	Rome (ITA)	26 JUL 2009
CG	4:07.68				HARDCASTLE Sarah	ENG	Edinburgh (GBR)	24 JUL 1986

Heat 3

Event No. 35

Rank	Lane	Name	CGA			R.T.	Time	Time Behind	
1	6	KOMARNYCKY Alexandra	CAN			0.80	4:10.48		
		50m (3) 29.49	100m (3) 1:00.77 31.28	150m (3) 1:32.51 31.74	200m (3) 2:04.36 31.85	250m (3) 2:35.90 31.54	300m (3) 3:07.87 31.97	350m (1) 3:39.46 31.59	31.02
2	4	ADLINGTON Rebecca	ENG			0.79	4:10.70	0.22	
		50m (1) 29.09	100m (1) 1:00.52 31.43	150m (1) 1:32.14 31.62	200m (1) 2:04.09 31.95	250m (1) 2:35.74 31.65	300m (1) 3:07.75 32.01	350m (3) 3:39.66 31.91	31.04
3	5	PALMER Kylie Jayne	AUS			0.70	4:11.48	1.00	
		50m (2) 29.20	100m (2) 1:00.65 31.45	150m (2) 1:32.38 31.73	200m (2) 2:04.10 31.72	250m (2) 2:35.86 31.76	300m (2) 3:07.82 31.96	350m (2) 3:39.57 31.75	31.91
4	3	CARLIN Jazmin Roxy	WAL			0.78	4:12.11	1.63	
		50m (4) 29.55	100m (4) 1:01.05 31.50	150m (4) 1:32.84 31.79	200m (4) 2:04.91 32.07	250m (4) 2:36.41 31.50	300m (4) 3:08.33 31.92	350m (4) 3:40.35 32.02	31.76
5	2	ROJAS-JARDIN Barbara	CAN			0.82	4:18.80	8.32	
		50m (5) 30.01	100m (5) 1:01.62 31.61	150m (5) 1:33.71 32.09	200m (5) 2:06.26 32.55	250m (5) 2:39.36 33.10	300m (5) 3:12.28 32.92	350m (5) 3:45.87 33.59	32.93
6	7	STIRRAT Danielle Lara	WAL			0.83	4:25.57	15.09	
		50m (7) 31.09	100m (7) 1:04.43 33.34	150m (7) 1:37.69 33.26	200m (7) 2:11.63 33.94	250m (6) 2:44.60 32.97	300m (6) 3:18.27 33.67	350m (6) 3:52.01 33.74	33.56
7	1	MISHRA Richa	IND			1.00	4:30.70	20.22	
		50m (6) 30.44	100m (6) 1:02.88 32.44	150m (6) 1:36.15 33.27	200m (6) 2:10.50 34.35	250m (7) 2:45.16 34.66	300m (7) 3:20.38 35.22	350m (7) 3:56.10 35.72	34.60
8	8	HO Victoria Isabelle	JAM			0.70	4:37.11	26.63	
		50m (8) 31.46	100m (8) 1:05.23 33.77	150m (8) 1:39.46 34.23	200m (8) 2:14.01 34.55	250m (8) 2:49.30 35.29	300m (8) 3:25.20 35.90	350m (8) 4:01.16 35.96	35.95

Legend:

R.T. Reaction time