



RESULTS

	Record	Name	NPC Code	Location	Date
WR	4:25.87	MCINTOSH Summer	CAN	Toronto (CAN)	01 APR 2023
AF	4:29.89	COVENTRY Kirsty	ZIM	Beijing (CHN)	10 AUG 2008
GR	4:39.91	COVENTRY Kirsty	ZIM	Algiers (ALG)	07 JAN 2007

Final

Event No. 27

Rank	Lane	Name	NPC Code	R.T.	Time	Time Behind		
1	6	VAN RENSBURG CF	RSA	0.75	4:56.13			
	50m (2) 31.44	100m (2) 1:08.18 36.74	150m (1) 1:47.03 38.85	200m (1) 2:25.51 38.48	250m (1) 3:06.78 41.27	300m (1) 3:48.32 41.54	350m (1) 4:22.55 34.23	33.58
2	4	NEFSI Hamida Rania	ALG	0.71	5:01.60	5.47		
	50m (5) 32.12	100m (4) 1:08.72 36.60	150m (3) 1:48.22 39.50	200m (3) 2:27.16 38.94	250m (3) 3:08.88 41.72	300m (2) 3:50.51 41.63	350m (2) 4:26.77 36.26	34.83
3	5	MEYER Kate Jill	RSA	0.75	5:02.63	6.50		
	50m (1) 30.98	100m (1) 1:07.69 36.71	150m (2) 1:47.73 40.04	200m (2) 2:27.10 39.37	250m (2) 3:08.66 41.56	300m (3) 3:51.19 42.53	350m (3) 4:27.25 36.06	35.38
4	3	ABDALLAH Nadine	EGY	0.81	5:05.29	9.16		
	50m (7) 32.41	100m (5) 1:09.06 36.65	150m (4) 1:49.22 40.16	200m (4) 2:27.59 38.37	250m (4) 3:11.78 44.19	300m (4) 3:55.52 43.74	350m (4) 4:31.15 35.63	34.14
5	2	EISSA Jasmine	EGY	0.71	5:12.92	16.79		
	50m (4) 31.98	100m (3) 1:08.31 36.33	150m (6) 1:50.79 42.48	200m (6) 2:31.66 40.87	250m (5) 3:16.20 44.54	300m (5) 4:00.13 43.93	350m (5) 4:36.50 36.37	36.42
6	7	SMALLEY Molina	NAM	0.66	5:15.81	19.68		
	50m (3) 31.61	100m (7) 1:09.77 38.16	150m (7) 1:52.49 42.72	200m (7) 2:34.05 41.56	250m (7) 3:17.46 43.41	300m (7) 4:02.45 44.99	350m (6) 4:39.50 37.05	36.31
7	1	BENCHADLI Jihane	ALG	0.80	5:21.27	25.14		
	50m (6) 32.13	100m (6) 1:09.15 37.02	150m (5) 1:50.36 41.21	200m (5) 2:30.16 39.80	250m (5) 3:16.20 46.04	300m (6) 4:02.00 45.80	350m (7) 4:41.73 39.73	39.54

Legend:	AF African record	GR Games Record	R.T. Reaction time	WR World record
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