

# NIC - Il Nuoto in Cifre

## RECORD CONTINENTALI VASCA LUNGA - FEMMINILI WOMEN'S CONTINENTAL LONG COURSE RECORDS (In giallo i records del mondo - In yellow the World Records)

### 50 STILE LIBERO - FREESTYLE - LIBRE

AFRICA	24,62	OSMAN FARIDA	EGY	BUDAPEST	29 July 2017
AMERICA	23,91	DOUGLASS KATHERINE	USA	DOHA	18 February 2024
		WALSH GRETCHEN	USA	INDIANAPOLIS	07 June 2025
ASIA	23,97	LIU XIANG	CHN	XI'AN	26 September 2021
<b>EUROPE</b>	<b>23,61</b>	<b>SJÖSTRÖM SARAH</b>	<b>SWE</b>	<b>FUKUOKA</b>	<b>29 July 2023</b>
OCEANIA	23,78	CAMPBELL CATE	AUS	GOLD COAST	07 April 2018

### 100 STILE LIBERO - FREESTYLE - LIBRE

AFRICA	54,23	GALLAGHER ERIN	RSA	GOLD COAST	09 April 2018
	26,19				
AMERICA	52,04	MANUEL SIMONE	USA	GWANGJU	26 July 2019
	24,81				
ASIA	52,02	HAUGHEY SIOBHAN	HGK	BERLIN	08 October 2023
	25,08				
<b>EUROPE</b>	<b>51,71</b>	<b>SJÖSTRÖM SARAH</b>	<b>SWE</b>	<b>BUDAPEST</b>	<b>23 July 2017</b>
	<b>24,83</b>				
OCEANIA	51,96	MCKEON EMMA	AUS	TOKYO	30 July 2021
	25,08				

### 200 STILE LIBERO - FREESTYLE - LIBRE

AFRICA	1,56,80	CANNY AIMEE	RSA	GQEBERHA	12 April 2024
	27,52-56,98-1,27,06				
AMERICA	1,53,61	SCHMITT ALLISON	USA	LONDON	31 July 2012
	27,18-55,38-1,24,35				
ASIA	1,53,92	HAUGHEY SIOBHAN	HGK	TOKYO	28 July 2021
	26,77-55,10-1,24,18				
EUROPE	1,52,98	PELLEGRINI FEDERICA	ITA	ROME	29 July 2009
	27,34-55,60-1,24,38				
<b>OCEANIA</b>	<b>1,52,23</b>	<b>TITMUS ARIARNE</b>	<b>AUS</b>	<b>BRISBANE</b>	<b>12 June 2024</b>
	<b>26,64-55,13-1,23,95</b>				

### 400 STILE LIBERO - FREESTYLE - LIBRE

AFRICA	4,07,92	PRINSLOO KARIN	RSA	PERTH	31 January 2014
	29,12-1,00,64-1,32,20-2,04,27-2,35,93-3,07,45-3,38,35				
<b>AMERICA</b>	<b>3,54,18</b>	<b>MCINTOSH SUMMER</b>	<b>CAN</b>	<b>VICTORIA</b>	<b>07 June 2025</b>
	<b>27,22-56,95-1,26,56-1,56,42-2,26,04-2,55,65-3,25,12</b>				
ASIA	3,58,21	LI BINGJIE	CHN	SINGAPORE	27 July 2025
	27,96-58,32-1,28,50-1,59,09-2,29,33-2,59,94-3,29,54				
EUROPE	3,59,15	PELLEGRINI FEDERICA	ITA	ROME	26 July 2009
	28,45-58,66-1,28,97-1,59,42-2,29,66-2,59,93-3,29,79				
OCEANIA	3,55,38	TITMUS ARIARNE	AUS	FUKUOKA	23 July 2023
	27,56-56,92-1,26,92-1,56,94-2,27,13-2,56,90-3,26,51				

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### 800 STILE LIBERO - FREESTYLE - LIBRE

AFRICA	8,25,71	TROTT WENDY	RSA	ROME	16 June 2012
	1,01,78-2,05,88-3,09,91-4,13,55-5,16,52-6,19,48-7,22,79				
AMERICA	8,04,12	LEDECKY KATHLEEN	USA	FORT LAUDERDALE	03 May 2025
	27,59-57,57-1,27,58-1,58,38-2,29,05-3,00,08-3,30,78-4,01,78-4,32,25-5,02,99-5,33,49-6,04,27-6,34,70-7,05,37-7,35,66				
ASIA	8,13,31	LI BINGJIE	CHN	FUKUOKA	29 July 2023
	28,57-59,35-1,30,67-2,01,95-2,33,32-3,04,85-3,36,19-4,07,57-4,38,95-5,10,28-5,41,59-6,12,29-6,43,07-7,13,61-7,44,06				
EUROPE	8,12,81	QUADARELLA SIMONA	ITA	SINGAPORE	02 August 2025
	28,53-58,98-1,29,40-2,00,05-2,30,55-3,01,45-3,32,24-4,03,44-4,34,32-5,05,66-5,36,80-6,08,15-6,39,40-7,10,92-7,42,17				
OCEANIA	8,05,98	PALLISTER LANI	AUS	SINGAPORE	02 August 2025
	27,62-57,88-1,27,99-1,58,92-2,29,37-3,00,26-3,30,62-4,01,33-4,31,88-5,02,86-5,33,48-6,04,52-6,35,03-7,06,14-7,36,87				

### 1500 STILE LIBERO - FREESTYLE - LIBRE

AFRICA	16,05,63	TROTT WENDY	RSA	SHANGHAI	25 July 2011
	30,07-1,02,11-1,34,57-2,06,86-2,39,40-3,11,87-3,44,56-4,17,04-4,49,53-5,21,84-5,54,25-6,26,59-6,58,90-7,31,26-8,03,45-8,35,64-9,07,79-9,39,90-10,12,04-10,44,19-11,16,27-11,48,46-12,20,64-12,52,91-13,25,22-13,57,60-14,29,91-15,02,40-15,34,82				
AMERICA	15,20,48	LEDECKY KATHLEEN	USA	INDIANAPOLIS	16 May 2018
	28,09-58,50-1,29,26-2,00,25-2,31,11-3,02,50-3,33,71-4,04,88-4,35,86-5,06,82-5,37,52-6,08,29-6,39,28-7,10,13-7,40,88-8,11,70-8,42,52-9,13,20-9,43,96-10,14,83-10,45,43-11,16,15-11,47,05-12,17,94-12,48,62-13,19,43-13,50,27-14,20,71-14,51,26				
ASIA	15,41,49	WANG JIANJIAHE	CHN	TOKYO	26 July 2021
	28,59-59,49-1,30,50-2,01,62-2,32,83-3,04,09-3,35,40-4,06,76-4,38,38-5,09,93-5,41,48-6,12,97-6,44,49-7,16,11-7,47,65-8,19,10-8,50,57-9,22,27-9,53,86-10,25,78-10,57,35-11,29,26-12,00,93-12,32,70-13,04,39-13,36,04-14,07,88-14,39,84-15,11,40-15,41,49				
EUROPE	15,31,79	QUADARELLA SIMONA	ITA	SINGAPORE	29 July 2025
	28,73-59,33-1,29,93-2,01,12-2,31,86-3,03,04-3,33,98-4,05,37-4,36,17-5,07,60-5,38,67-6,10,15-6,41,20-7,12,56-7,43,43-8,14,73-8,45,78-9,16,99-9,48,04-10,19,41-10,50,40-11,22,00-11,53,25-12,24,72-12,55,86-13,27,57-13,58,57-14,30,51-15,01,30				
OCEANIA	15,39,14	PALLISTER LANI	AUS	ADELAIDE	14 June 2025
	28,37-59,54-1,30,74-2,01,98-2,33,22-3,04,69-3,35,90-4,07,40-4,38,53-5,10,26-5,41,48-6,13,10-6,44,40-7,16,03-7,47,27-8,18,92-8,50,10-9,21,72-9,52,89-10,24,66-10,55,96-11,27,74-11,59,39-12,31,04-13,02,57-13,34,68-14,06,15-14,38,04-15,09,35				

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## RECORD CONTINENTALI VASCA LUNGA - FEMMINILI WOMEN'S CONTINENTAL LONG COURSE RECORDS (In giallo i records del mondo - In yellow the World Records)

### 50 DORSO - BACKSTROKE - ESPALDA

AFRICA	27,98	THOMPSON JESSICA	RSA	OTOPENI	22 August 2025
AMERICA	26,97	BERKOFF KATHARINE	USA	INDIANAPOLIS	05 June 2025
ASIA	26,98	LIU XIANG	CHN	JAKARTA	21 August 2018
EUROPE	27,10	TOUSSAINT KIRA	NED	EINDHOVEN	10 April 2021
<b>OCEANIA</b>	<b>26,86</b>	<b>MCKEOWN KAYLEE</b>	<b>AUS</b>	<b>BUDAPEST</b>	<b>20 October 2023</b>

### 100 DORSO - BACKSTROKE - ESPALDA

AFRICA	58,77 28,86	COVENTRY KIRSTY	ZIM	BEIJING	11 August 2008
<b>AMERICA</b>	<b>57,13</b> <b>27,94</b>	<b>SMITH REGAN</b>	<b>USA</b>	<b>INDIANAPOLIS</b>	<b>18 June 2024</b>
ASIA	58,70 28,77	TERAKAWA AYA	JPN	BARCELONA	04 August 2013
EUROPE	58,08 28,23	DAWSON KATHLEEN	GBR	BUDAPEST	23 May 2021
OCEANIA	57,16 27,92	MCKEOWN KAYLEE	AUS	SINGAPORE	29 July 2025

### 200 DORSO - BACKSTROKE - ESPALDA

AFRICA	2,04,81 29,44-1,00,91-1,32,81	COVENTRY KIRSTY	ZIM	ROME	01 August 2009
AMERICA	2,03,35 29,06-1,00,37-1,31,84	SMITH REGAN	USA	GWANGJU	26 July 2019
ASIA	2,06,46 30,40-1,03,13-1,36,01	ZHAO JING	CHN	GUANGZHOU	14 November 2010
EUROPE	2,04,94 30,23-1,02,21-1,33,58	ZUEVA ANASTASIJA	RUS	ROME	01 August 2009
<b>OCEANIA</b>	<b>2,03,14</b> <b>29,34-1,00,73-1,31,84</b>	<b>MCKEOWN KAYLEE</b>	<b>AUS</b>	<b>SYDNEY</b>	<b>10 March 2023</b>

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## RECORD CONTINENTALI VASCA LUNGA - FEMMINILI WOMEN'S CONTINENTAL LONG COURSE RECORDS (In giallo i records del mondo - In yellow the World Records)

### 50 RANA - BREASTSTROKE - BRAZA

AFRICA	29,72	VAN NIEKERK LARA	RSA	GQEBERHA	06 April 2022
AMERICA	29,40	KING LILLY	USA	BUDAPEST	30 July 2017
ASIA	29,51	TANG QIANTING	CHN	DOHA	18 February 2024
<b>EUROPE</b>	<b>29,16</b>	<b>MEILUTYTĖ RŪTA</b>	<b>LTU</b>	<b>FUKUOKA</b>	<b>30 July 2023</b>
OCEANIA	30,05	HODGES CHELSEA	AUS	BIRMINGHAM	30 July 2022

### 100 RANA - BREASTSTROKE - BRAZA

AFRICA	1,04,82 30,21	SCHOENMAKER TATJANA	RSA	TOKYO	25 July 2021
<b>AMERICA</b>	<b>1,04,13</b> <b>29,80</b>	<b>KING LILLY</b>	<b>USA</b>	<b>BUDAPEST</b>	<b>25 July 2017</b>
ASIA	1,04,39 29,64	TANG QIANTING	CHN	SHENZHEN	21 April 2024
EUROPE	1,04,35 29,97	MEILUTYTĖ RŪTA	LTU	BARCELONA	29 July 2013
OCEANIA	1,05,09 30,83	JONES LEISEL	AUS	MELBOURNE	20 March 2006

### 200 RANA - BREASTSTROKE - BRAZA

AFRICA	2,18,95 31,64-1,07,06-1,42,48	SCHOENMAKER TATJANA	RSA	TOKYO	30 July 2021
AMERICA	2,18,50 31,51-1,06,54-1,42,15	DOUGLASS KATHERINE	USA	SINGAPORE	01 August 2025
ASIA	2,19,65 32,54-1,07,93-1,43,76	KANETŌ RIE	JPN	TOKYO	09 April 2016
<b>EUROPE</b>	<b>2,17,55</b> <b>32,13-1,07,28-1,42,47</b>	<b>ČIKUNOVA EVGENIJA</b>	<b>RUS</b>	<b>KAZAN</b>	<b>21 April 2023</b>
OCEANIA	2,20,54 32,19-1,08,52-1,45,02	JONES LEISEL	AUS	MELBOURNE	01 February 2006

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## RECORD CONTINENTALI VASCA LUNGA - FEMMINILI WOMEN'S CONTINENTAL LONG COURSE RECORDS (In giallo i records del mondo - In yellow the World Records)

### 50 FARFALLA - BUTTERFLY - MARIPOSA

AFRICA	25,38	OSMAN FARIDA	EGY	BUDAPEST	24 June 2022
AMERICA	24,66	WALSH GRETCHEN	USA	INDIANAPOLIS	04 June 2025
ASIA	25,05	ZHANG YUFEI	CHN	FUKUOKA	29 July 2023
<b>EUROPE</b>	<b>24,43</b>	<b>SJÖSTRÖM SARAH</b>	<b>SWE</b>	<b>BORÁS</b>	<b>05 July 2014</b>
OCEANIA	25,31	BARRATT HOLLY	AUS	SINGAPORE	16 August 2019
	25,31	PERKINS ALEXANDRIA	AUS	SINGAPORE	02 August 2025

### 100 FARFALLA - BUTTERFLY - MARIPOSA

AFRICA	57,32	GALLAGHER ERIN	RSA	GQEBERHA	12 April 2024
	26,86				
<b>AMERICA</b>	<b>54,60</b>	<b>WALSH GRETCHEN</b>	<b>USA</b>	<b>FORT LAUDERDALE</b>	<b>03 May 2025</b>
	25,32				
ASIA	55,62	ZHANG YUFEI	CHN	QINGDAO	29 September 2020
	25,76				
EUROPE	55,48	SJÖSTRÖM SARAH	SWE	RIO DE JANEIRO	07 August 2016
	26,01				
OCEANIA	55,72	MCKEON EMMA	AUS	TOKYO	26 July 2021
	26,16				

### 200 FARFALLA - BUTTERFLY - MARIPOSA

AFRICA	2,09,41	MEAKLIM KATHRYN	RSA	BEIJING	12 August 2008
	29,20-1,02,32-1,35,74				
AMERICA	2,01,99	MCINTOSH SUMMER	CAN	SINGAPORE	31 July 2025
	27,22-58,41-1,30,00				
<b>ASIA</b>	<b>2,01,81</b>	<b>LIU ZIGE</b>	<b>CHN</b>	<b>JINAN</b>	<b>21 October 2009</b>
	27,19-58,08-1,30,20				
EUROPE	2,04,27	HOSSZÚ KATINKA	HUN	ROME	29 July 2009
	28,71-1,00,71-1,32,78				
OCEANIA	2,03,41	SCHIPPER JESSICAH	AUS	ROME	30 July 2009

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## RECORD CONTINENTALI VASCA LUNGA - FEMMINILI WOMEN'S CONTINENTAL LONG COURSE RECORDS (In giallo i records del mondo - In yellow the World Records)

28,21-1,00,25-1,32,23

### 200 MISTI - INDIVIDUAL MEDLEY - ESTILOS

AFRICA	2,08,59	COVENTRY KIRSTY	ZIM	BEIJING	13 August 2008
	28,47-1,00,16-1,38,27				
AMERICA	2,05,70	MCINTOSH SUMMER	CAN	VICTORIA	09 June 2025
	27,19-57,99-1,35,75				
ASIA	2,07,57	YE SHIWEN	CHN	LONDON	31 July 2012
	28,25-1,00,83-1,38,25				
EUROPE	2,06,12	HOSSZÚ KATINKA	HUN	KAZAN	03 August 2015
	27,30-58,94-1,35,64				
OCEANIA	2,06,63	MCKEOWN KAYLEE	AUS	BRISBANE	10 June 2024
	27,58-59,41-1,36,28				

### 400 MISTI - INDIVIDUAL MEDLEY - ESTILOS

AFRICA	4,29,89	COVENTRY KIRSTY	ZIM	BEIJING	10 August 2008
	29,50-1,02,75-1,36,32-2,09,50-2,48,24-3,28,46-3,59,79				
AMERICA	4,23,65	MCINTOSH SUMMER	CAN	VICTORIA	11 June 2025
	27,75-59,18-1,32,36-2,05,31-2,43,67-3,23,33-3,54,28				
ASIA	4,28,43	YE SHIWEN	CHN	LONDON	28 July 2012
	28,85-1,02,19-1,37,53-2,11,73-2,50,53-3,29,75-3,59,50				
EUROPE	4,26,36	HOSSZÚ KATINKA	HUN	RIO DE JANEIRO	06 August 2016
	28,33-1,00,91-1,35,01-2,08,39-2,45,62-3,24,50-3,55,68				
OCEANIA	4,28,22	MCKEOWN KAYLEE	AUS	GOLD COAST	18 April 2024

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## RECORD CONTINENTALI VASCA LUNGA - FEMMINILI WOMEN'S CONTINENTAL LONG COURSE RECORDS (In giallo i records del mondo - In yellow the World Records)

28,57-1,01,68-1,36,81-2,09,99-2,49,09-3,26,16-3,58,05

### STAFFETTA 4X100 STILE LIBERO - FREESTYLE RELAY - RELEVO LIBRE

AFRICA	3,40,29	KWAZULU NATAL	RSA	GQEBERHA	10 April 2021
		CANNY Aimee - CHELIUS Emma - GALLAGHER Erin - MEDER Rebecca			
AMERICA	3,30,20	NATIONAL TEAM	USA	PARIS	27 July 2024
		DOUGLASS Kate - WALSH Gretchen - HUSKE Torri - MANUEL Simone			
ASIA	3,30,30	NATIONAL TEAM	CHN	PARIS	27 July 2024
		YANG Junxuan - CHENG Yujie - ZHANG Yufei - WU Qingfeng			
EUROPE	3,31,72	NATIONAL TEAM	NED	ROME	26 July 2009
		DEKKER Inge - KROMOWIDJOJO Ranomi - HEEMSKERK Femke - VELDHUIS Marleen			
<b>OCEANIA</b>	<b>3,27,96</b>	<b>NATIONAL TEAM</b>	<b>AUS</b>	<b>FUKUOKA</b>	<b>23 July 2023</b>
		O'CALLAGHAN Mollie - JACK Shayna - HARRIS Meg - MCKEON Emma			

### STAFFETTA 4X200 STILE LIBERO - FREESTYLE RELAY - RELEVO LIBRE

AFRICA	8,01,56	NATIONAL TEAM	RSA	TOKYO	28 July 2021
		CANNY Aimee - MEDER Rebecca - COETZEE Dune - GALLAGHER Erin			
AMERICA	7,40,01	NATIONAL TEAM	USA	SINGAPORE	31 July 2025
		WEINSTEIN Claire - PEPLAWSKI Anna - GEMMELL Erin - LEDECKY Kathleen			
ASIA	7,40,33	NATIONAL TEAM	CHN	TOKYO	29 July 2021
		YANG Junxuan - TANG Muhan - ZHANG Yufei - LI Bingjie			
EUROPE	7,45,51	NATIONAL TEAM	GBR	ROME	30 July 2009
		JACKSON Joanne - CARLIN Jazmin - MC CLATCHEY Caitlin - ADLINGTON Rebecca			
<b>OCEANIA</b>	<b>7,37,50</b>	<b>NATIONAL TEAM</b>	<b>AUS</b>	<b>FUKUOKA</b>	<b>27 July 2023</b>
		O'CALLAGHAN Mollie - JACK Shayna - THROSSELL Brianna - TITMUS Ariame			

### STAFFETTA 4X100 MISTA - MEDLEY RELAY - RELEVO ESTILOS

AFRICA	3,59,47	NATIONAL TEAM	RSA	SINGAPORE	03 August 2025
		NEL Olivia - MEDER Rebecca - GALLAGHER Erin - CANNY Aimee			
<b>AMERICA</b>	<b>3,49,34</b>	<b>NATIONAL TEAM</b>	<b>USA</b>	<b>SINGAPORE</b>	<b>03 August 2025</b>
		SMITH Regan - DOUGLASS Kate - WALSH Gretchen - HUSKE Torri			
ASIA	3,52,19	NATIONAL TEAM	CHN	ROME	01 August 2009
		ZHAO Jing - CHEN Huijia - JIAO Liuyang - LI Zhesi			
EUROPE	3,53,38	NATIONAL TEAM	RUS	BUDAPEST	30 July 2017
		FESIKOVA Anastasija - EFIMOVA Yulija - ČIMROVA Svetlana - POPOVA Veronika			
OCEANIA	3,51,60	NATIONAL TEAM	AUS	TOKYO	01 August 2021