

15

400m Individual Medley Men Heat

Official


13NZR

13 Years New Zealand Short
Course Record

4:35.84 2006-09-25

Mitchell Donaldson
PARAK

14NZR

14 Years New Zealand Short
Course Record4:28.23  Hawkes BayAriel Muchirahondo
 Swim Rotorua

NZR

Open New Zealand Short Course

4:06.66 2003-01-25

Dean Kent

Show more



Entries













Heats





Summary



Total

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Brown Sam	20	 Coast Swi...	0.73		4:20.03 Entry: 4:13.55 (+6.48) Q
	25m: 12.12	50m: 27.08 (14.96)	75m: 42.52 (15.44)			
	100m: 58.54 (16.02)	125m: 1:15.16 (16.62)	150m: 1:31.15 (15.99)			
	175m: 1:47.67 (16.52)	200m: 2:03.63 (15.96)	225m: 2:21.62 (17.99)			
	250m: 2:39.80 (18.18)	275m: 2:58.26 (18.46)	300m: 3:16.71 (18.45)			
	325m: 3:33.20 (16.49)	350m: 3:48.90 (15.70)	375m: 4:04.86 (15.96)			
	400m: 4:20.03 (15.17)					
2	 Helms Blair	22	 North Shor...	0.64		4:21.19 Entry: 4:15.71 (+5.48) Q
	25m: 11.98	50m: 27.04 (15.06)	75m: 42.78 (15.74)			
	100m: 58.87 (16.09)	125m: 1:16.13 (17.26)	150m: 1:32.48 (16.35)			
	175m: 1:49.18 (16.70)	200m: 2:05.39 (16.21)	225m: 2:23.69 (18.30)			
	250m: 2:42.17 (18.48)	275m: 3:01.04 (18.87)	300m: 3:19.77 (18.73)			
	325m: 3:35.93 (16.16)	350m: 3:51.08 (15.15)	375m: 4:06.38 (15.30)			
	400m: 4:21.19 (14.81)					
3	 Muchirahondo Ariel	15	 Swim Rotor...	0.71		4:22.32 Entry: 4:28.23 (-5.91) Q
	25m: 12.51	50m: 27.82 (15.31)	75m: 43.45 (15.63)			
	100m: 59.95 (16.50)	125m: 1:16.54 (16.59)	150m: 1:32.78 (16.24)			
	175m: 1:49.21 (16.43)	200m: 2:05.39 (16.18)	225m: 2:23.92 (18.53)			
	250m: 2:42.69 (18.77)	275m: 3:01.68 (18.99)	300m: 3:21.39 (19.71)			
	325m: 3:37.14 (15.75)	350m: 3:52.21 (15.07)	375m: 4:07.65 (15.44)			
	400m: 4:22.32 (14.67)					
4	 Eley (V) Cael	16	 Australia	0.71		4:23.48 Entry: 4:25.68 (-2.20) Q
	25m: 12.50	50m: 27.79 (15.29)	75m: 43.58 (15.79)			
	100m: 1:00.13 (16.55)	125m: 1:16.89 (16.76)	150m: 1:33.16 (16.27)			
	175m: 1:49.46 (16.30)	200m: 2:05.79 (16.33)	225m: 2:24.12 (18.33)			
	250m: 2:42.82 (18.70)	275m: 3:01.65 (18.83)	300m: 3:20.58 (18.93)			
	325m: 3:37.12 (16.54)	350m: 3:52.62 (15.50)	375m: 4:08.36 (15.74)			
	400m: 4:23.48 (15.12)					
5	 Biddell (V) Harrison	19	 Australia	0.65		4:25.12 Entry: 4:20.03 (+5.09) Q
	25m: 12.63	50m: 28.21 (15.58)	75m: 44.28 (16.07)			
	100m: 1:00.92 (16.64)	125m: 1:19.47 (18.55)	150m: 1:36.88 (17.41)			
	175m: 1:54.59 (17.71)	200m: 2:11.97 (17.38)	225m: 2:29.35 (17.38)			
	250m: 2:47.14 (17.79)	275m: 3:05.05 (17.91)	300m: 3:23.47 (18.42)			

325m: 3:40.06 (16.59) 350m: 3:55.93 (15.87) 375m: 4:10.96 (15.03)
400m: 4:25.12 (14.16)

6  **Love Jack** 18  **Blenheim S...** 0.69 **4:25.98**
Entry: 4:31.90 (-5.92) Q



25m: 12.60 50m: 27.90 (15.30) 75m: 43.88 (15.98)
100m: 1:00.21 (16.33) 125m: 1:17.13 (16.92) 150m: 1:33.45 (16.32)
175m: 1:50.00 (16.55) 200m: 2:06.55 (16.55) 225m: 2:26.26 (19.71)
250m: 2:46.15 (19.89) 275m: 3:06.00 (19.85) 300m: 3:26.21 (20.21)
325m: 3:41.57 (15.36) 350m: 3:56.50 (14.93) 375m: 4:11.29 (14.79)
400m: 4:25.98 (14.69)

7  **Batchelor Hugo** 19  **United Swi...** 0.70 **4:26.94**
Entry: 4:27.67 (-0.73) Q



25m: 12.54 50m: 27.71 (15.17) 75m: 43.30 (15.59)
100m: 59.26 (15.96) 125m: 1:17.10 (17.84) 150m: 1:34.43 (17.33)
175m: 1:51.45 (17.02) 200m: 2:07.91 (16.46) 225m: 2:26.70 (18.79)
250m: 2:46.03 (19.33) 275m: 3:05.11 (19.08) 300m: 3:24.32 (19.21)
325m: 3:40.45 (16.13) 350m: 3:56.08 (15.63) 375m: 4:11.84 (15.76)
400m: 4:26.94 (15.10)

8  **Gibson Luke** 18  **Club 37** 0.74 **4:29.23**
Entry: 4:31.32 (-2.09) Q



25m: 12.56 50m: 27.60 (15.04) 75m: 43.52 (15.92)
100m: 1:00.07 (16.55) 125m: 1:17.47 (17.40) 150m: 1:34.46 (16.99)
175m: 1:51.68 (17.22) 200m: 2:08.58 (16.90) 225m: 2:28.56 (19.98)
250m: 2:48.04 (19.48) 275m: 3:07.48 (19.44) 300m: 3:26.62 (19.14)
325m: 3:42.76 (16.14) 350m: 3:58.37 (15.61) 375m: 4:13.91 (15.54)
400m: 4:29.23 (15.32)

9  **Grigor (V) Leny** 15  **Australia** 0.64 **4:30.00**
Entry: 4:25.42 (+4.58) Q


25m: 12.44 50m: 27.67 (15.23) 75m: 43.57 (15.90)
100m: 59.91 (16.34) 125m: 1:17.64 (17.73) 150m: 1:34.72 (17.08)
175m: 1:52.55 (17.83) 200m: 2:10.69 (18.14) 225m: 2:29.21 (18.52)
250m: 2:48.01 (18.80) 275m: 3:07.24 (19.23) 300m: 3:26.94 (19.70)
325m: 3:42.85 (15.91) 350m: 3:58.65 (15.80) 375m: 4:14.85 (16.20)
400m: 4:30.00 (15.15)

10  **Markovich Nemanya** 16  **Roskill Swi...** 0.65 **4:30.96**
Entry: 4:32.88 (-1.92) Q

25m: 12.69 50m: 28.15 (15.46) 75m: 44.36 (16.21)
100m: 1:01.17 (16.81) 125m: 1:19.26 (18.09) 150m: 1:37.25 (17.99)
175m: 1:54.78 (17.53) 200m: 2:12.45 (17.67) 225m: 2:30.80 (18.35)
250m: 2:50.07 (19.27) 275m: 3:09.18 (19.11) 300m: 3:28.73 (19.55)
325m: 3:44.48 (15.75) 350m: 4:00.35 (15.87) 375m: 4:16.04 (15.69)
400m: 4:30.96 (14.92)



11  **Crosbie James** 18  **United Swi...** 0.72 **4:32.64**
Entry: 4:40.62 (-7.98) Q

25m: 12.61 50m: 28.35 (15.74) 75m: 44.56 (16.21)
100m: 1:01.18 (16.62) 125m: 1:18.52 (17.34) 150m: 1:35.22 (16.70)
175m: 1:52.06 (16.84) 200m: 2:08.82 (16.76) 225m: 2:28.46 (19.64)
250m: 2:48.47 (20.01) 275m: 3:08.62 (20.15) 300m: 3:28.73 (20.11)
325m: 3:45.12 (16.39) 350m: 4:01.04 (15.92) 375m: 4:17.19 (16.15)
400m: 4:32.64 (15.45)



12  **Kregting Daniel** 16  **Roskill Swi...** 0.63 **4:33.29**
Entry: 4:37.05 (-3.76) Q

25m: 12.24 50m: 27.44 (15.20) 75m: 43.03 (15.59)
100m: 59.55 (16.52) 125m: 1:17.64 (18.09) 150m: 1:35.61 (17.97)
175m: 1:53.60 (17.99) 200m: 2:11.62 (18.02) 225m: 2:32.04 (20.42)
250m: 2:52.69 (20.65) 275m: 3:13.38 (20.69) 300m: 3:34.27 (20.89)



325m: 3:49.73 (15.46) 350m: 4:04.43 (14.70) 375m: 4:19.25 (14.82)
400m: 4:33.29 (14.04)

13  **Walker Nathan** **19**  **Aquagym S...** 0.67 **4:35.03**
Entry: 4:35.09 (-0.06) Q



25m: 13.05	50m: 29.18 (16.13)	75m: 45.87 (16.69)
100m: 1:02.90 (17.03)	125m: 1:20.93 (18.03)	150m: 1:38.76 (17.83)
175m: 1:56.71 (17.95)	200m: 2:14.62 (17.91)	225m: 2:33.22 (18.60)
250m: 2:52.21 (18.99)	275m: 3:11.46 (19.25)	300m: 3:30.76 (19.30)
325m: 3:47.54 (16.78)	350m: 4:03.45 (15.91)	375m: 4:19.58 (16.13)
400m: 4:35.03 (15.45)		

14  **Lloyd Hunter** **16**  **Raumati S...** 0.67 **4:35.24**
Entry: 4:35.38 (-0.14) Q



25m: 12.68	50m: 28.45 (15.77)	75m: 44.69 (16.24)
100m: 1:01.40 (16.71)	125m: 1:19.25 (17.85)	150m: 1:36.52 (17.27)
175m: 1:53.86 (17.34)	200m: 2:11.35 (17.49)	225m: 2:31.40 (20.05)
250m: 2:51.55 (20.15)	275m: 3:11.75 (20.20)	300m: 3:32.17 (20.42)
325m: 3:48.27 (16.10)	350m: 4:03.94 (15.67)	375m: 4:19.77 (15.83)
400m: 4:35.24 (15.47)		

15  **Luscombe (V) Clancy** **19**  **Australia** 0.75 **4:36.52**
Entry: 4:25.60 (+10.92) Q

25m: 13.02	50m: 28.69 (15.67)	75m: 45.26 (16.57)
100m: 1:02.32 (17.06)	125m: 1:20.41 (18.09)	150m: 1:37.48 (17.07)
175m: 1:54.82 (17.34)	200m: 2:11.78 (16.96)	225m: 2:31.61 (19.83)
250m: 2:52.20 (20.59)	275m: 3:12.35 (20.15)	300m: 3:32.90 (20.55)
325m: 3:49.58 (16.68)	350m: 4:05.53 (15.95)	375m: 4:21.45 (15.92)
400m: 4:36.52 (15.07)		

16  **Manning (V) Benjamin** **15**  **Australia** 0.69 **4:37.77**
Entry: 4:40.92 (-3.15) Q


25m: 12.79	50m: 28.10 (15.31)	75m: 43.80 (15.70)
100m: 59.97 (16.17)	125m: 1:17.38 (17.41)	150m: 1:34.51 (17.13)
175m: 1:51.98 (17.47)	200m: 2:09.25 (17.27)	225m: 2:30.34 (21.09)
250m: 2:51.32 (20.98)	275m: 3:12.84 (21.52)	300m: 3:34.78 (21.94)
325m: 3:51.09 (16.31)	350m: 4:06.90 (15.81)	375m: 4:22.67 (15.77)
400m: 4:37.77 (15.10)		

17  **Solodi Nico** **18**  **Aquagym S...** 0.63 **4:37.95**
Entry: 4:44.68 (-6.73) Q

25m: 13.20	50m: 29.16 (15.96)	75m: 45.80 (16.64)
100m: 1:03.28 (17.48)	125m: 1:22.16 (18.88)	150m: 1:40.08 (17.92)
175m: 1:57.76 (17.68)	200m: 2:15.31 (17.55)	225m: 2:35.25 (19.94)
250m: 2:55.14 (19.89)	275m: 3:14.81 (19.67)	300m: 3:34.62 (19.81)
325m: 3:51.25 (16.63)	350m: 4:07.05 (15.80)	375m: 4:22.84 (15.79)
400m: 4:37.95 (15.11)		

18  **Mellsop Curtis** **21**  **Nga Tai Tu...** 0.68 **4:38.29**
Entry: 4:36.48 (+1.81) Q

25m: 12.64	50m: 27.81 (15.17)	75m: 43.62 (15.81)
100m: 59.84 (16.22)	125m: 1:17.62 (17.78)	150m: 1:35.05 (17.43)
175m: 1:53.09 (18.04)	200m: 2:11.40 (18.31)	225m: 2:31.85 (20.45)
250m: 2:52.69 (20.84)	275m: 3:13.26 (20.57)	300m: 3:34.25 (20.99)
325m: 3:51.25 (17.00)	350m: 4:07.59 (16.34)	375m: 4:23.10 (15.51)
400m: 4:38.29 (15.19)		

19  **Wells Soeren** **15**  **Wharenui S...** 0.74 **4:39.66**
Entry: 4:44.53 (-4.87) Q

25m: 13.47	50m: 29.51 (16.04)	75m: 46.93 (17.42)
100m: 1:04.15 (17.22)	125m: 1:22.18 (18.03)	150m: 1:39.94 (17.76)
175m: 1:58.11 (18.17)	200m: 2:15.76 (17.65)	225m: 2:36.40 (20.64)
250m: 2:56.98 (20.58)	275m: 3:17.81 (20.83)	300m: 3:39.42 (21.61)



325m: 3:55.60 (16.18) 350m: 4:10.65 (15.05) 375m: 4:25.51 (14.86)
400m: 4:39.66 (14.15)

20  **Ellis Mitchell** **15**  **Liz van Wel...** 0.75 **4:41.25**
Entry: 4:49.53 (-8.28) **Q**

25m: 13.58	50m: 29.95 (16.37)	75m: 47.32 (17.37)
100m: 1:04.73 (17.41)	125m: 1:22.33 (17.60)	150m: 1:39.07 (16.74)
175m: 1:55.98 (16.91)	200m: 2:13.43 (17.45)	225m: 2:35.38 (21.95)
250m: 2:56.63 (21.25)	275m: 3:17.32 (20.69)	300m: 3:38.50 (21.18)
325m: 3:54.56 (16.06)	350m: 4:10.11 (15.55)	375m: 4:25.86 (15.75)
400m: 4:41.25 (15.39)		

21  **Cowen Nicholas** **17**  **North Shore...** 0.68 **4:41.32**
Entry: 4:40.15 (+1.17) **Q**



25m: 13.57	50m: 29.47 (15.90)	75m: 46.02 (16.55)
100m: 1:02.95 (16.93)	125m: 1:21.80 (18.85)	150m: 1:40.09 (18.29)
175m: 1:58.18 (18.09)	200m: 2:16.19 (18.01)	225m: 2:35.18 (18.99)
250m: 2:54.59 (19.41)	275m: 3:14.43 (19.84)	300m: 3:34.39 (19.96)
325m: 3:51.66 (17.27)	350m: 4:08.41 (16.75)	375m: 4:24.89 (16.48)
400m: 4:41.32 (16.43)		

22  **Broadfoot Declan** **14**  **Pirates Swi...** 0.74 **4:42.32**
Entry: 4:43.16 (-0.84) **Q**

25m: 13.33	50m: 29.07 (15.74)	75m: 45.38 (16.31)
100m: 1:02.67 (17.29)	125m: 1:21.19 (18.52)	150m: 1:38.52 (17.33)
175m: 1:56.10 (17.58)	200m: 2:13.64 (17.54)	225m: 2:33.42 (19.78)
250m: 2:53.68 (20.26)	275m: 3:14.57 (20.89)	300m: 3:35.81 (21.24)
325m: 3:53.04 (17.23)	350m: 4:09.51 (16.47)	375m: 4:26.39 (16.88)
400m: 4:42.32 (15.93)		

23  **Buissinne Dieter** **20**  **North Shore...** 0.67 **4:42.65**
Entry: 4:36.67 (+5.98) **Q**



25m: 12.77	50m: 29.31 (16.54)	75m: 46.74 (17.43)
100m: 1:04.20 (17.46)	125m: 1:23.48 (19.28)	150m: 1:41.71 (18.23)
175m: 1:59.63 (17.92)	200m: 2:17.19 (17.56)	225m: 2:37.25 (20.06)
250m: 2:57.71 (20.46)	275m: 3:17.77 (20.06)	300m: 3:38.37 (20.60)
325m: 3:54.84 (16.47)	350m: 4:10.71 (15.87)	375m: 4:26.93 (16.22)
400m: 4:42.65 (15.72)		

24  **Luff Ry** **17**  **Northwave ...** 0.76 **4:45.15**
Entry: 4:45.02 (+0.13) **Q**

25m: 13.17	50m: 29.23 (16.06)	75m: 45.95 (16.72)
100m: 1:03.07 (17.12)	125m: 1:22.32 (19.25)	150m: 1:41.05 (18.73)
175m: 1:59.25 (18.20)	200m: 2:17.15 (17.90)	225m: 2:37.36 (20.21)
250m: 2:58.24 (20.88)	275m: 3:18.95 (20.71)	300m: 3:39.92 (20.97)
325m: 3:57.13 (17.21)	350m: 4:13.29 (16.16)	375m: 4:29.64 (16.35)
400m: 4:45.15 (15.51)		



25  **Grace Flynn** **16**  **Vikings Swi...** 0.77 **4:45.19**
Entry: 4:49.20 (-4.01) **Q**

25m: 13.13	50m: 29.09 (15.96)	75m: 45.95 (16.86)
100m: 1:03.31 (17.36)	125m: 1:21.84 (18.53)	150m: 1:40.16 (18.32)
175m: 1:58.13 (17.97)	200m: 2:16.73 (18.60)	225m: 2:35.87 (19.14)
250m: 2:56.67 (20.80)	275m: 3:17.60 (20.93)	300m: 3:38.75 (21.15)
325m: 3:56.05 (17.30)	350m: 4:12.41 (16.36)	375m: 4:29.13 (16.72)
400m: 4:45.19 (16.06)		

26  **Taylor Aidan** **15**  **Howick Pak...** 0.71 **4:45.21**
Entry: 4:51.72 (-6.51) **Q**

25m: 13.59	50m: 30.17 (16.58)	75m: 47.48 (17.31)
100m: 1:05.28 (17.80)	125m: 1:25.54 (20.26)	150m: 1:44.22 (18.68)
175m: 2:02.94 (18.72)	200m: 2:21.19 (18.25)	225m: 2:40.24 (19.05)
250m: 2:59.85 (19.61)	275m: 3:19.48 (19.63)	300m: 3:40.04 (20.56)

325m: 3:56.86 (16.82) 350m: 4:13.00 (16.14) 375m: 4:29.23 (16.23)
400m: 4:45.21 (15.98)

27  **Kolenbet (V) Oscar** 15  **Australia** 0.64 **4:45.50**
Entry: 4:52.84 (-7.34) Q

25m: 13.29	50m: 29.70 (16.41)	75m: 46.55 (16.85)
100m: 1:04.26 (17.71)	125m: 1:23.88 (19.62)	150m: 1:43.25 (19.37)
175m: 2:01.87 (18.62)	200m: 2:21.12 (19.25)	225m: 2:40.62 (19.50)
250m: 3:00.43 (19.81)	275m: 3:19.96 (19.53)	300m: 3:40.03 (20.07)
325m: 3:57.26 (17.23)	350m: 4:13.79 (16.53)	375m: 4:29.99 (16.20)
400m: 4:45.50 (15.51)		

28  **Yoon Jethrow** 15  **Phoenix Aq...** 0.66 **4:46.21**
Entry: 4:55.63 (-9.42) Q



25m: 13.61	50m: 30.57 (16.96)	75m: 47.78 (17.21)
100m: 1:05.58 (17.80)	125m: 1:24.70 (19.12)	150m: 1:43.52 (18.82)
175m: 2:02.30 (18.78)	200m: 2:21.66 (19.36)	225m: 2:40.47 (18.81)
250m: 2:59.60 (19.13)	275m: 3:19.80 (20.20)	300m: 3:40.59 (20.79)
325m: 3:57.68 (17.09)	350m: 4:14.24 (16.56)	375m: 4:30.88 (16.64)
400m: 4:46.21 (15.33)		

29  **Joyce Josiah** 15  **St Paul's S...** 0.63 **4:46.70**
Entry: 4:51.29 (-4.59) Q



25m: 13.51	50m: 29.84 (16.33)	75m: 46.78 (16.94)
100m: 1:04.23 (17.45)	125m: 1:22.31 (18.08)	150m: 1:39.55 (17.24)
175m: 1:57.23 (17.68)	200m: 2:14.77 (17.54)	225m: 2:35.88 (21.11)
250m: 2:57.04 (21.16)	275m: 3:18.45 (21.41)	300m: 3:40.10 (21.65)
325m: 3:57.13 (17.03)	350m: 4:13.52 (16.39)	375m: 4:30.30 (16.78)
400m: 4:46.70 (16.40)		

30  **Robinson Ollie** 17  **Tawa Swim...** 0.72 **4:47.58**
Entry: 4:56.39 (-8.81) Q



25m: 13.03	50m: 29.46 (16.43)	75m: 46.58 (17.12)
100m: 1:04.29 (17.71)	125m: 1:22.30 (18.01)	150m: 1:40.14 (17.84)
175m:	200m: 2:16.06 (2:16.06)	225m: 2:36.43 (20.37)
250m: 2:57.90 (21.47)	275m: 3:19.08 (21.18)	300m: 3:40.74 (21.66)
325m: 3:58.01 (17.27)	350m: 4:14.81 (16.80)	375m: 4:31.62 (16.81)
400m: 4:47.58 (15.96)		

31  **Beattie Flynn** 16  **Mt Maunga...** 0.69 **4:48.89**
Entry: 4:55.32 (-6.43) R1

25m: 13.38	50m: 29.69 (16.31)	75m: 46.98 (17.29)
100m: 1:04.95 (17.97)	125m: 1:24.33 (19.38)	150m: 1:42.47 (18.14)
175m: 2:01.38 (18.91)	200m: 2:20.09 (18.71)	225m: 2:40.69 (20.60)
250m: 3:01.19 (20.50)	275m: 3:22.47 (21.28)	300m: 3:43.83 (21.36)
325m: 4:00.59 (16.76)	350m: 4:16.66 (16.07)	375m: 4:33.40 (16.74)
400m: 4:48.89 (15.49)		

32  **Copocean Alexander** 15  **St Paul's S...** 0.72 **4:49.82**
Entry: 4:53.24 (-3.42) R2

25m: 14.03	50m: 31.23 (17.20)	75m: 49.12 (17.89)
100m: 1:07.35 (18.23)	125m: 1:26.06 (18.71)	150m: 1:43.76 (17.70)
175m: 2:01.04 (17.28)	200m: 2:18.34 (17.30)	225m: 2:39.35 (21.01)
250m: 3:00.50 (21.15)	275m: 3:21.49 (20.99)	300m: 3:42.86 (21.37)
325m: 4:00.48 (17.62)	350m: 4:17.12 (16.64)	375m: 4:33.72 (16.60)
400m: 4:49.82 (16.10)		

33  **Segers Sebastian** 15  **United Swi...** 0.77 **4:50.37**
Entry: 5:00.79 (-10.42)

25m: 13.51	50m: 29.82 (16.31)	75m: 46.60 (16.78)
100m: 1:04.32 (17.72)	125m: 1:21.92 (17.60)	150m: 1:39.60 (17.68)
175m: 1:57.40 (17.80)	200m: 2:14.91 (17.51)	225m: 2:36.31 (21.40)
250m: 2:58.42 (22.11)	275m: 3:20.15 (21.73)	300m: 3:42.46 (22.31)

325m: 3:59.76 (17.30) 350m: 4:16.77 (17.01) 375m: 4:33.57 (16.80)
400m: 4:50.37 (16.80)

34  Sugiyama Taka

16  Kiwi ASC 0.68

4:51.26
Entry: 4:51.33 (-0.07)

25m: 13.73 50m: 30.41 (16.68) 75m: 47.06 (16.65)
100m: 1:05.09 (18.03) 125m: 1:23.75 (18.66) 150m: 1:41.95 (18.20)
175m: 2:00.61 (18.66) 200m: 2:18.86 (18.25) 225m: 2:39.65 (20.79)
250m: 3:01.07 (21.42) 275m: 3:22.20 (21.13) 300m: 3:43.93 (21.73)
325m: 4:01.32 (17.39) 350m: 4:18.01 (16.69) 375m: 4:34.89 (16.88)
400m: 4:51.26 (16.37)

35  BakerSefo Ionatana

16  Pirates Swi... 0.69

4:51.43
Entry: 4:59.63 (-8.20)

25m: 13.23 50m: 29.79 (16.56) 75m: 46.92 (17.13)
100m: 1:05.29 (18.37) 125m: 1:25.39 (20.10) 150m: 1:44.17 (18.78)
175m: 2:02.97 (18.80) 200m: 2:21.63 (18.66) 225m: 2:41.24 (19.61)
250m: 3:01.79 (20.55) 275m: 3:22.31 (20.52) 300m: 3:43.59 (21.28)
325m: 4:01.06 (17.47) 350m: 4:17.96 (16.90) 375m: 4:35.03 (17.07)
400m: 4:51.43 (16.40)

36  Overend Charlie

16  Selwyn Swi... 0.75

4:53.14
Entry: 4:44.80 (+8.34)

25m: 13.07 50m: 29.78 (16.71) 75m: 46.91 (17.13)
100m: 1:05.00 (18.09) 125m: 1:23.06 (18.06) 150m: 1:40.23 (17.17)
175m: 1:57.82 (17.59) 200m: 2:15.16 (17.34) 225m: 2:37.18 (22.02)
250m: 2:58.91 (21.73) 275m: 3:21.39 (22.48) 300m: 3:43.94 (22.55)
325m: 4:01.43 (17.49) 350m: 4:18.48 (17.05) 375m: 4:36.09 (17.61)
400m: 4:53.14 (17.05)

37  Asiata Samuel

16  Howick Pak... 0.69

4:53.42
Entry: 5:01.98 (-8.56)

25m: 13.20 50m: 29.44 (16.24) 75m: 46.73 (17.29)
100m: 1:04.56 (17.83) 125m: 1:24.08 (19.52) 150m: 1:42.75 (18.67)
175m: 2:01.42 (18.67) 200m: 2:20.38 (18.96) 225m: 2:41.58 (21.20)
250m: 3:03.07 (21.49) 275m: 3:24.23 (21.16) 300m: 3:45.65 (21.42)
325m: 4:03.06 (17.41) 350m: 4:19.98 (16.92) 375m: 4:36.82 (16.84)
400m: 4:53.42 (16.60)

38  Brady Michael

15  North Shor... 0.68

4:53.63
Entry: 4:57.82 (-4.19)

25m: 13.87 50m: 31.27 (17.40) 75m: 48.77 (17.50)
100m: 1:07.06 (18.29) 125m: 1:26.80 (19.74) 150m: 1:45.74 (18.94)
175m: 2:04.65 (18.91) 200m: 2:22.83 (18.18) 225m: 2:43.84 (21.01)
250m: 3:05.02 (21.18) 275m: 3:26.25 (21.23) 300m: 3:47.57 (21.32)
325m: 4:05.64 (18.07) 350m: 4:22.13 (16.49) 375m: 4:38.59 (16.46)
400m: 4:53.63 (15.04)

39  Sun Danny

14  United Swi... 0.79

4:53.81
Entry: 5:11.35 (-17.54)

25m: 13.48 50m: 29.70 (16.22) 75m: 48.21 (18.51)
100m: 1:07.53 (19.32) 125m: 1:26.68 (19.15) 150m: 1:45.26 (18.58)
175m: 2:03.84 (18.58) 200m: 2:22.17 (18.33) 225m: 2:42.91 (20.74)
250m: 3:03.59 (20.68) 275m: 3:24.53 (20.94) 300m: 3:45.57 (21.04)
325m: 4:03.38 (17.81) 350m: 4:20.06 (16.68) 375m: 4:36.98 (16.92)
400m: 4:53.81 (16.83)

40  Fuatimau Caden

13  Mt Wellingt... 0.67

4:55.22
Entry: 4:59.03 (-3.81)

25m: 13.70 50m: 30.66 (16.96) 75m: 47.83 (17.17)
100m: 1:05.45 (17.62) 125m: 1:25.08 (19.63) 150m: 1:43.56 (18.48)
175m: 2:02.49 (18.93) 200m: 2:21.25 (18.76) 225m: 2:42.76 (21.51)
250m: 3:03.71 (20.95) 275m: 3:24.78 (21.07) 300m: 3:46.34 (21.56)

325m: 4:03.67 (17.33) 350m: 4:20.78 (17.11) 375m: 4:38.31 (17.53)
400m: 4:55.22 (16.91)

41  **Liu Sonny** **14**  **North Shore...** 0.64 **4:55.75**
Entry: 5:10.22 (-14.47)



25m: 14.59	50m: 31.71 (17.12)	75m: 49.04 (17.33)
100m: 1:07.11 (18.07)	125m: 1:26.68 (19.57)	150m: 1:45.54 (18.86)
175m: 2:04.45 (18.91)	200m: 2:23.73 (19.28)	225m: 2:44.33 (20.60)
250m: 3:04.97 (20.64)	275m: 3:25.81 (20.84)	300m: 3:47.08 (21.27)
325m: 4:04.36 (17.28)	350m: 4:21.38 (17.02)	375m: 4:38.73 (17.35)
400m: 4:55.75 (17.02)		

42  **Park John** **16**  **St Paul's S...** 0.68 **4:55.81**
Entry: 4:50.56 (+5.25)



25m: 13.64	50m: 30.54 (16.90)	75m: 47.52 (16.98)
100m: 1:05.56 (18.04)	125m: 1:25.23 (19.67)	150m: 1:44.51 (19.28)
175m: 2:03.79 (19.28)	200m: 2:22.96 (19.17)	225m: 2:43.74 (20.78)
250m: 3:04.74 (21.00)	275m: 3:25.82 (21.08)	300m: 3:47.34 (21.52)
325m: 4:05.24 (17.90)	350m: 4:22.34 (17.10)	375m: 4:39.33 (16.99)
400m: 4:55.81 (16.48)		

43  **Dickison Jayden** **15**  **Nga Tai Tu...** 0.73 **4:56.12**
Entry: 4:52.45 (+3.67)

25m: 13.36	50m: 29.92 (16.56)	75m: 47.01 (17.09)
100m: 1:04.39 (17.38)	125m: 1:23.72 (19.33)	150m: 1:42.25 (18.53)
175m: 2:01.06 (18.81)	200m: 2:19.45 (18.39)	225m: 2:40.87 (21.42)
250m: 3:02.72 (21.85)	275m: 3:24.77 (22.05)	300m: 3:47.35 (22.58)
325m: 4:05.28 (17.93)	350m: 4:22.50 (17.22)	375m: 4:39.68 (17.18)
400m: 4:56.12 (16.44)		

44  **McFarlane William** **16**  **Kiwi ASC** 0.72 **4:56.15**
Entry: 4:59.57 (-3.42)

25m: 13.92	50m: 31.58 (17.66)	75m: 50.06 (18.48)
100m: 1:09.01 (18.95)	125m: 1:28.63 (19.62)	150m: 1:47.84 (19.21)
175m: 2:06.86 (19.02)	200m: 2:25.63 (18.77)	225m: 2:47.08 (21.45)
250m: 3:08.56 (21.48)	275m: 3:31.07 (22.51)	300m: 3:53.33 (22.26)
325m: 4:09.68 (16.35)	350m: 4:25.24 (15.56)	375m: 4:41.14 (15.90)
400m: 4:56.15 (15.01)		

45  **Lushkott Tyler** **14**  **United Swi...** 0.66 **4:56.37**
Entry: 5:07.51 (-11.14)

25m: 13.72	50m: 30.79 (17.07)	75m: 48.50 (17.71)
100m: 1:07.18 (18.68)	125m: 1:27.77 (20.59)	150m: 1:47.83 (20.06)
175m: 2:07.67 (19.84)	200m: 2:27.10 (19.43)	225m: 2:48.05 (20.95)
250m: 3:09.37 (21.32)	275m: 3:31.03 (21.66)	300m: 3:52.97 (21.94)
325m: 4:09.81 (16.84)	350m: 4:26.05 (16.24)	375m: 4:42.01 (15.96)
400m: 4:56.37 (14.36)		

46  **Glintmeyer Kase** **13**  **Coast Swi...** 0.73 **4:56.57**
Entry: 5:09.34 (-12.77)

25m: 13.43	50m: 29.76 (16.33)	75m: 46.93 (17.17)
100m: 1:04.91 (17.98)	125m: 1:23.03 (18.12)	150m: 1:40.72 (17.69)
175m: 1:58.53 (17.81)	200m: 2:16.17 (17.64)	225m: 2:38.58 (22.41)
250m: 3:01.04 (22.46)	275m: 3:23.71 (22.67)	300m: 3:46.88 (23.17)
325m: 4:05.50 (18.62)	350m: 4:23.01 (17.51)	375m: 4:40.43 (17.42)
400m: 4:56.57 (16.14)		

47  **Searle Bradley** **15**  **United Swi...** 0.63 **4:57.51**
Entry: 4:57.71 (-0.20)

25m: 13.61	50m: 30.17 (16.56)	75m: 47.69 (17.52)
100m: 1:05.83 (18.14)	125m: 1:25.59 (19.76)	150m: 1:44.67 (19.08)
175m: 2:03.89 (19.22)	200m: 2:22.64 (18.75)	225m: 2:43.69 (21.05)
250m: 3:05.77 (22.08)	275m: 3:28.10 (22.33)	300m: 3:51.27 (23.17)

325m: 4:08.76 (17.49) 350m: 4:24.98 (16.22) 375m: 4:41.75 (16.77)
400m: 4:57.51 (15.76)


48  Lee Yen-Cheng

15  United Swi... 0.68

4:57.96
Entry: 5:06.22 (-8.26)

25m: 13.71	50m: 30.51 (16.80)	75m: 48.22 (17.71)
100m: 1:07.27 (19.05)	125m: 1:26.93 (19.66)	150m: 1:45.35 (18.42)
175m: 2:04.17 (18.82)	200m: 2:22.18 (18.01)	225m: 2:43.27 (21.09)
250m: 3:04.99 (21.72)	275m: 3:26.77 (21.78)	300m: 3:49.41 (22.64)
325m: 4:07.18 (17.77)	350m: 4:24.56 (17.38)	375m: 4:41.72 (17.16)
400m: 4:57.96 (16.24)		


49  Sands Hunter

16  Liz van Wel... 0.70

4:58.35
Entry: 4:55.26 (+3.09)

25m: 13.33	50m: 29.73 (16.40)	75m: 46.84 (17.11)
100m: 1:05.26 (18.42)	125m: 1:24.66 (19.40)	150m: 1:43.93 (19.27)
175m: 2:02.84 (18.91)	200m: 2:21.99 (19.15)	225m: 2:44.18 (22.19)
250m: 3:06.03 (21.85)	275m: 3:27.21 (21.18)	300m: 3:49.33 (22.12)
325m: 4:06.89 (17.56)	350m: 4:24.50 (17.61)	375m: 4:41.51 (17.01)
400m: 4:58.35 (16.84)		


50  Wang Henry

13  North Shor... 0.72

4:58.46
Entry: 5:07.47 (-9.01)

25m: 14.37	50m: 31.60 (17.23)	75m: 49.68 (18.08)
100m: 1:08.17 (18.49)	125m: 1:27.83 (19.66)	150m: 1:47.32 (19.49)
175m: 2:05.55 (18.23)	200m: 2:24.20 (18.65)	225m: 2:45.62 (21.42)
250m: 3:07.14 (21.52)	275m: 3:27.94 (20.80)	300m: 3:49.66 (21.72)
325m: 4:07.15 (17.49)	350m: 4:24.36 (17.21)	375m: 4:41.74 (17.38)
400m: 4:58.46 (16.72)		

51  Shanks Curtis

17  Jasi Swim ... 0.76

4:58.66
Entry: 4:49.18 (+9.48)

25m: 13.81	50m: 30.77 (16.96)	75m: 48.17 (17.40)
100m: 1:05.79 (17.62)	125m: 1:25.52 (19.73)	150m: 1:44.02 (18.50)
175m: 2:03.07 (19.05)	200m: 2:22.35 (19.28)	225m: 2:42.89 (20.54)
250m: 3:03.99 (21.10)	275m: 3:25.27 (21.28)	300m: 3:46.77 (21.50)
325m: 4:05.76 (18.99)	350m: 4:23.92 (18.16)	375m: 4:41.72 (17.80)
400m: 4:58.66 (16.94)		

52  Cleverly Matthew

17  Wharenui S... 0.74

4:58.76
Entry: 4:55.27 (+3.49)

25m: 13.84	50m: 30.16 (16.32)	75m: 47.36 (17.20)
100m: 1:05.50 (18.14)	125m: 1:24.45 (18.95)	150m: 1:43.23 (18.78)
175m: 2:01.97 (18.74)	200m: 2:21.31 (19.34)	225m: 2:42.55 (21.24)
250m: 3:04.71 (22.16)	275m: 3:26.77 (22.06)	300m: 3:49.94 (23.17)
325m: 4:07.85 (17.91)	350m: 4:25.08 (17.23)	375m: 4:42.43 (17.35)
400m: 4:58.76 (16.33)		

53  Bell Lucas

15  Tasman Sw... 0.73

4:59.74
Entry: 4:58.25 (+1.49)

25m: 13.27	50m: 30.98 (17.71)	75m: 49.08 (18.10)
100m: 1:07.59 (18.51)	125m: 1:26.30 (18.71)	150m: 1:43.83 (17.53)
175m: 2:02.13 (18.30)	200m: 2:20.88 (18.75)	225m: 2:41.88 (21.00)
250m: 3:04.54 (22.66)	275m: 3:26.52 (21.98)	300m: 3:50.02 (23.50)
325m: 4:07.65 (17.63)	350m: 4:24.89 (17.24)	375m: 4:42.34 (17.45)
400m: 4:59.74 (17.40)		

54  Feng Andrew

15  North Shor... 0.66

5:00.61
Entry: 4:43.15 (+17.46)

25m: 13.46	50m: 29.62 (16.16)	75m: 46.79 (17.17)
100m: 1:04.35 (17.56)	125m: 1:22.68 (18.33)	150m: 1:41.12 (18.44)
175m: 1:59.65 (18.53)	200m: 2:19.15 (19.50)	225m: 2:38.35 (19.20)
250m: 2:59.28 (20.93)	275m: 3:21.09 (21.81)	300m: 3:42.96 (21.87)


325m: 4:02.12 (19.16) 350m: 4:21.24 (19.12) 375m: 4:40.98 (19.74)
400m: 5:00.61 (19.63)

55  **McAlister Sam**

16  **Wharehenui S...** 0.72

5:00.99
Entry: 5:04.05 (-3.06)


25m: 14.23	50m: 31.69 (17.46)	75m: 50.19 (18.50)
100m: 1:10.04 (19.85)	125m: 1:31.56 (21.52)	150m: 1:51.77 (20.21)
175m: 2:11.61 (19.84)	200m: 2:31.93 (20.32)	225m: 2:52.05 (20.12)
250m: 3:12.66 (20.61)	275m: 3:32.57 (19.91)	300m: 3:53.12 (20.55)
325m: 4:10.77 (17.65)	350m: 4:27.76 (16.99)	375m: 4:44.49 (16.73)
400m: 5:00.99 (16.50)		

56  **Nicholson Beau**

16  **Howick Pak...** 0.75

5:01.26
Entry: 4:53.32 (+7.94)

25m: 13.65	50m: 30.48 (16.83)	75m: 48.34 (17.86)
100m: 1:06.88 (18.54)	125m: 1:26.56 (19.68)	150m: 1:44.85 (18.29)
175m: 2:02.91 (18.06)	200m: 2:21.71 (18.80)	225m: 2:44.72 (23.01)
250m: 3:07.44 (22.72)	275m: 3:30.11 (22.67)	300m: 3:52.56 (22.45)
325m: 4:10.72 (18.16)	350m: 4:27.81 (17.09)	375m: 4:44.66 (16.85)
400m: 5:01.26 (16.60)		

57  **McNabb Finlay**

16  **Blenheim S...** 0.68

5:02.47
Entry: 5:00.27 (+2.20)

25m: 13.71	50m: 29.97 (16.26)	75m: 47.04 (17.07)
100m: 1:04.94 (17.90)	125m: 1:24.05 (19.11)	150m: 1:42.61 (18.56)
175m: 2:01.33 (18.72)	200m: 2:20.21 (18.88)	225m: 2:43.93 (23.72)
250m: 3:07.56 (23.63)	275m: 3:30.13 (22.57)	300m: 3:54.27 (24.14)
325m: 4:11.66 (17.39)	350m: 4:28.96 (17.30)	375m: 4:45.86 (16.90)
400m: 5:02.47 (16.61)		

58  **Woodward Monte**

16  **Aquabladz ...** 0.77

5:02.86
Entry: 5:00.84 (+2.02)

25m: 14.16	50m: 30.94 (16.78)	75m: 48.47 (17.53)
100m: 1:06.67 (18.20)	125m: 1:26.57 (19.90)	150m: 1:45.78 (19.21)
175m: 2:05.32 (19.54)	200m: 2:24.46 (19.14)	225m: 2:46.79 (22.33)
250m: 3:09.10 (22.31)	275m: 3:32.53 (23.43)	300m: 3:55.67 (23.14)
325m: 4:13.23 (17.56)	350m: 4:29.94 (16.71)	375m: 4:46.77 (16.83)
400m: 5:02.86 (16.09)		

59  **Callow William**

13  **Aquagym S...** 0.76

5:03.36
Entry: 5:00.37 (+2.99)

25m: 14.82	50m: 32.30 (17.48)	75m: 49.83 (17.53)
100m: 1:08.14 (18.31)	125m: 1:28.07 (19.93)	150m: 1:46.88 (18.81)
175m: 2:05.70 (18.82)	200m: 2:24.74 (19.04)	225m: 2:46.96 (22.22)
250m: 3:08.84 (21.88)	275m: 3:31.00 (22.16)	300m: 3:53.25 (22.25)
325m: 4:11.64 (18.39)	350m: 4:29.22 (17.58)	375m: 4:46.49 (17.27)
400m: 5:03.36 (16.87)		

60  **Wilson Joel**

16  **Hokonui Aq...** 0.74

5:03.75
Entry: 4:59.63 (+4.12)

25m: 14.55	50m: 31.93 (17.38)	75m: 49.63 (17.70)
100m: 1:08.20 (18.57)	125m: 1:29.36 (21.16)	150m: 1:49.35 (19.99)
175m: 2:09.48 (20.13)	200m: 2:29.56 (20.08)	225m: 2:49.77 (20.21)
250m: 3:10.72 (20.95)	275m: 3:31.45 (20.73)	300m: 3:52.73 (21.28)
325m: 4:11.87 (19.14)	350m: 4:29.54 (17.67)	375m: 4:47.23 (17.69)
400m: 5:03.75 (16.52)		

61  **Savry Emeric**


15  **North Cant...** 0.73

5:05.00
Entry: 5:07.69 (-2.69)

25m: 13.82	50m: 31.06 (17.24)	75m: 49.46 (18.40)
100m: 1:08.31 (18.85)	125m: 1:30.27 (21.96)	150m: 1:50.37 (20.10)
175m: 2:10.09 (19.72)	200m: 2:30.00 (19.91)	225m: 2:51.04 (21.04)
250m: 3:12.39 (21.35)	275m: 3:33.84 (21.45)	300m: 3:55.53 (21.69)

325m: 4:13.80 (18.27) 350m: 4:31.18 (17.38) 375m: 4:48.50 (17.32)
400m: 5:05.00 (16.50)

62  **Norgate Charlie**

14  **Jasi Swim ...** 0.69

5:09.43
Entry: 5:10.43 (-1.00)

25m: 15.28	50m: 34.48 (19.20)	75m: 54.24 (19.76)
100m: 1:14.96 (20.72)	125m: 1:34.89 (19.93)	150m: 1:53.88 (18.99)
175m: 2:13.67 (19.79)	200m: 2:32.98 (19.31)	225m: 2:54.69 (21.71)
250m: 3:16.37 (21.68)	275m: 3:37.53 (21.16)	300m: 3:59.46 (21.93)
325m: 4:17.11 (17.65)	350m: 4:34.65 (17.54)	375m: 4:52.45 (17.80)
400m: 5:09.43 (16.98)		


63  **Xie Jasper**

13  **United Swi...** 0.64

5:12.41
Entry: 5:31.55 (-19.14)

25m: 14.99	50m: 32.94 (17.95)	75m: 52.72 (19.78)
100m: 1:12.98 (20.26)	125m: 1:33.78 (20.80)	150m: 1:54.61 (20.83)
175m: 2:14.43 (19.82)	200m: 2:35.33 (20.90)	225m: 2:55.28 (19.95)
250m: 3:15.80 (20.52)	275m: 3:36.72 (20.92)	300m: 3:57.73 (21.01)
325m: 4:17.19 (19.46)	350m: 4:35.83 (18.64)	375m: 4:54.38 (18.55)
400m: 5:12.41 (18.03)		

64  **Wang Justin**

14  **Porirua City...** 0.71

5:13.89
Entry: 5:12.91 (+0.98)

25m: 14.85	50m: 32.66 (17.81)	75m: 51.45 (18.79)
100m: 1:10.96 (19.51)	125m: 1:32.38 (21.42)	150m: 1:52.00 (19.62)
175m: 2:11.29 (19.29)	200m: 2:31.13 (19.84)	225m: 2:53.66 (22.53)
250m: 3:16.12 (22.46)	275m: 3:38.56 (22.44)	300m: 4:01.02 (22.46)
325m: 4:19.68 (18.66)	350m: 4:38.03 (18.35)	375m: 4:56.47 (18.44)
400m: 5:13.89 (17.42)		

65  **Abdou Faris**

13  **Wharenui S...** 0.72

5:16.45
Entry: 5:16.12 (+0.33)

25m: 15.35	50m: 34.76 (19.41)	75m: 54.63 (19.87)
100m: 1:15.53 (20.90)	125m: 1:35.86 (20.33)	150m: 1:55.25 (19.39)
175m: 2:15.72 (20.47)	200m: 2:34.86 (19.14)	225m: 2:57.94 (23.08)
250m: 3:21.14 (23.20)	275m: 3:44.65 (23.51)	300m: 4:08.13 (23.48)
325m: 4:25.67 (17.54)	350m: 4:42.95 (17.28)	375m: 5:00.25 (17.30)
400m: 5:16.45 (16.20)		

66  **Beeby Hugo**

13  **Neptune S...** 0.77

5:23.37
Entry: 5:26.37 (-3.00)

25m: 15.48	50m: 33.79 (18.31)	75m: 52.88 (19.09)
100m: 1:12.97 (20.09)	125m: 1:33.95 (20.98)	150m: 1:54.25 (20.30)
175m: 2:14.78 (20.53)	200m: 2:35.53 (20.75)	225m: 2:58.89 (23.36)
250m: 3:22.04 (23.15)	275m: 3:45.90 (23.86)	300m: 4:09.95 (24.05)
325m: 4:29.40 (19.45)	350m: 4:47.75 (18.35)	375m: 5:06.28 (18.53)
400m: 5:23.37 (17.09)		

67  **Revell Harvey**

13  **Capital Swi...** 0.68

5:26.11
Entry: 5:33.30 (-7.19)

25m: 14.57	50m: 32.30 (17.73)	75m: 50.94 (18.64)
100m: 1:10.42 (19.48)	125m: 1:31.93 (21.51)	150m: 1:53.21 (21.28)
175m: 2:13.98 (20.77)	200m: 2:34.14 (20.16)	225m: 2:57.71 (23.57)
250m: 3:22.16 (24.45)	275m: 3:45.91 (23.75)	300m: 4:10.98 (25.07)
325m: 4:30.07 (19.09)	350m: 4:48.57 (18.50)	375m: 5:07.62 (19.05)
400m: 5:26.11 (18.49)		

68  **Yang Jonathan**

13  **North Shor...** 0.68

5:30.70
Entry: 5:33.63 (-2.93)

25m: 16.84	50m: 37.01 (20.17)	75m: 58.74 (21.73)
100m: 1:20.61 (21.87)	125m: 1:41.05 (20.44)	150m: 2:00.84 (19.79)
175m: 2:21.25 (20.41)	200m: 2:41.12 (19.87)	225m: 3:04.29 (23.17)
250m: 3:27.78 (23.49)	275m: 3:50.79 (23.01)	300m: 4:14.29 (23.50)

325m: 4:34.05 (19.76)
400m: 5:30.70 (18.02)

350m: 4:53.51 (19.46)

375m: 5:12.68 (19.17)

69



Forlong Hayden

13



Papamoa S... 0.82

5:42.00

Entry: 5:38.84 (+3.16)

25m: 15.87

50m: 35.20 (19.33)

75m: 55.56 (20.36)

100m: 1:17.18 (21.62)

125m: 1:40.58 (23.40)

150m: 2:03.65 (23.07)

175m: 2:26.55 (22.90)

200m: 2:48.34 (21.79)

225m: 3:11.24 (22.90)

250m: 3:35.39 (24.15)

275m: 3:59.64 (24.25)

300m: 4:24.69 (25.05)

325m: 4:44.68 (19.99)

350m: 5:04.31 (19.63)

375m: 5:23.77 (19.46)

400m: 5:42.00 (18.23)

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Pask Zack

16



Liz van Wel... 0.77

DSQ