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 2022 Apollo Projects New Zealand Swimming Championships
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Results for 2022 Apollo Projects New Zealand Swimming Championships

Below are all results from the competition shown by session.

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Session 3 - Male Finals

Heat results

2022 Apollo Projects NZ Swimming Championships

Place: Sir Owen G Glenn National Aquatic Organizer: Swimming New Zealand
 Pool: 50m Competition Date: Apr 4, 2022 to Apr 9, 2022

Event 2, 400m Individual Medley Men - Final

FINA A W 4:17.48
 Mare Nos 4:26.49
 NZR 4:09.29 Lewis Clareburt 1999 Capital Swim Club (NZL) 7/24/2021

Rank	Name	Age	Team	R.T.	FINA	Time	Diff
1	Lewis Clareburt		Capital Swim Club	+0.68		4:14.36	
	50m: 26.54		100m: 57.72 (31.18)		150m: 1:30.27 (32.55)	200m: 2:03.18 (32.91)	
	250m: 2:38.59 (35.41)		300m: 3:15.63 (37.04)		350m: 3:45.77 (30.14)	400m: 4:14.36 (28.59)	
2	Sam Brown		Capital Swim Club	+0.70		4:25.27	+10.91
	50m: 27.34		100m: 59.30 (31.96)		150m: 1:32.96 (33.66)	200m: 2:06.45 (33.49)	
	250m: 2:44.00 (37.55)		300m: 3:22.52 (38.52)		350m: 3:54.54 (32.02)	400m: 4:25.27 (30.73)	
3	Blair Helms		North Shore Swimming Club	+0.60		4:28.24	+13.88
	50m: 27.35		100m: 1:00.26 (32.91)		150m: 1:35.32 (35.06)	200m: 2:10.17 (34.85)	
	250m: 2:48.37 (38.20)		300m: 3:26.37 (38.00)		350m: 3:57.97 (31.60)	400m: 4:28.24 (30.27)	
4	Benjamin Silipo		Wanaka Swimming Club	+0.68		4:38.67	+24.31
	50m: 29.71		100m: 1:04.54 (34.83)		150m: 1:41.28 (36.74)	200m: 2:16.41 (35.13)	
	250m: 2:56.14 (39.73)		300m: 3:35.98 (39.84)		350m: 4:08.17 (32.19)	400m: 4:38.67 (30.50)	
5	Ryan Peck		Parnell Swimming	+0.68		4:40.26	+25.90
	50m: 28.42		100m: 1:02.70 (34.28)		150m: 1:37.44 (34.74)	200m: 2:12.18 (34.74)	
	250m: 2:52.66 (40.48)		300m: 3:35.02 (42.36)		350m: 4:08.50 (33.48)	400m: 4:40.26 (31.76)	
6	Isaac Williams		Evolution Aquatics Tauranga	+0.69		4:45.54	+31.18
	50m: 27.90		100m: 1:01.11 (33.21)		150m: 1:38.24 (37.13)	200m: 2:15.38 (37.14)	
	250m: 2:57.74 (42.36)		300m: 3:41.41 (43.67)		350m: 4:14.25 (32.84)	400m: 4:45.54 (31.29)	
7	Curtis Mellsop		Neptune Swim Club	+0.68		4:45.64	+31.28
	50m: 28.98		100m: 1:02.16 (33.18)		150m: 1:37.45 (35.29)	200m: 2:13.58 (36.13)	
	250m: 2:57.90 (44.32)		300m: 3:41.78 (43.88)		350m: 4:14.80 (33.02)	400m: 4:45.64 (30.84)	
8	Harrison Cooke		North Shore Swimming Club	+0.65		4:46.02	+31.66
	50m: 29.32		100m: 1:04.29 (34.97)		150m: 1:43.73 (39.44)	200m: 2:22.12 (38.39)	
	250m: 3:02.16 (40.04)		300m: 3:43.32 (41.16)		350m: 4:16.00 (32.68)	400m: 4:46.02 (30.02)	

Event official at: 4/4/2022 5:04:08 PM

2022-04-04 17:04:24 Datahandling: WinGrodan 2.9 Licensed to: Swimming New Zealand

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