



2022-04-04 00:38:02  
 Choose competition:  
 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.

Choose session: [Session 1](#) [Session 2](#) [Session 3](#) [Session 4](#) [Session 5](#) [Session 6](#) [Session 7](#) [Session 8](#) [Session 9](#) [Session 10](#)  
[Session 11](#) [Session 12](#) [Session 13](#) [Session 14](#) [Session 15](#) [Session 16](#) [Session 17](#) [Session 18](#) [Session 19](#) [Session 20](#) [Session 21](#)  
[Session 22](#) [Session 23](#) [Session 24](#)

### Session 1 - Male Heats

## 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 - Heat

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		<b>4:17.78</b>	Q
	50m: 25.94		100m: 56.23 (30.29)		150m: 1:30.08 (33.85)	200m: 2:02.59 (32.51)	
	250m: 2:39.39 (36.80)		300m: 3:17.43 (38.04)		350m: 3:48.24 (30.81)	400m: 4:17.78 (29.54)	
2	Sam Brown		Capital Swim Club	+0.71		<b>4:26.40</b>	+8.62 Q
	50m: 27.50		100m: 1:00.15 (32.65)		150m: 1:34.21 (34.06)	200m: 2:08.29 (34.08)	
	250m: 2:45.60 (37.31)		300m: 3:23.50 (37.90)		350m: 3:55.71 (32.21)	400m: 4:26.40 (30.69)	
3	Blair Helms		North Shore Swimming Club	+0.60		<b>4:33.06</b>	+15.28 Q
	50m: 27.17		100m: 59.70 (32.53)		150m: 1:35.10 (35.40)	200m: 2:10.15 (35.05)	
	250m: 2:49.50 (39.35)		300m: 3:28.61 (39.11)		350m: 4:01.27 (32.66)	400m: 4:33.06 (31.79)	
4	Benjamin Silipo		Wanaka Swimming Club	+0.69		<b>4:42.90</b>	+25.12 Q
	50m: 29.68		100m: 1:04.20 (34.52)		150m: 1:40.97 (36.77)	200m: 2:16.86 (35.89)	
	250m: 2:56.66 (39.80)		300m: 3:37.52 (40.86)		350m: 4:10.62 (33.10)	400m: 4:42.90 (32.28)	
5	Ryan Peck		Parnell Swimming	+0.67		<b>4:43.61</b>	+25.83 Q
	50m: 28.74		100m: 1:02.14 (33.40)		150m: 1:37.26 (35.12)	200m: 2:12.78 (35.52)	
	250m: 2:54.63 (41.85)		300m: 3:37.44 (42.81)		350m: 4:10.90 (33.46)	400m: 4:43.61 (32.71)	
6	Isaac Williams		Evolution Aquatics Tauranga	+0.69		<b>4:45.40</b>	+27.62 Q
	50m: 27.66		100m: 59.76 (32.10)		150m: 1:37.40 (37.64)	200m: 2:13.73 (36.33)	
	250m: 2:56.11 (42.38)		300m: 3:39.29 (43.18)		350m: 4:13.05 (33.76)	400m: 4:45.40 (32.35)	
7	Curtis Mellsop		Neptune Swim Club	+0.66		<b>4:47.24</b>	+29.46 Q
	50m: 28.21		100m: 1:00.82 (32.61)		150m: 1:36.86 (36.04)	200m: 2:13.51 (36.65)	
	250m: 2:58.10 (44.59)		300m: 3:43.17 (45.07)		350m: 4:15.87 (32.70)	400m: 4:47.24 (31.37)	
8	Harrison Cooke		North Shore Swimming Club	+0.65		<b>4:49.35</b>	+31.57 Q
	50m: 29.10		100m: 1:03.64 (34.54)		150m: 1:42.34 (38.70)	200m: 2:19.76 (37.42)	
	250m: 3:00.09 (40.33)		300m: 3:41.40 (41.31)		350m: 4:15.96 (34.56)	400m: 4:49.35 (33.39)	
9	Luke Gibson		United Swimming Club	+0.69		<b>4:58.06</b>	+40.28
	50m: 29.40		100m: 1:04.18 (34.78)		150m: 1:42.03 (37.85)	200m: 2:19.97 (37.94)	
	250m: 3:04.44 (44.47)		300m: 3:48.90 (44.46)		350m: 4:24.38 (35.48)	400m: 4:58.06 (33.68)	
10	Howard Lu		North Shore Swimming Club	+0.67		<b>4:58.37</b>	+40.59
	50m: 28.22		100m: 1:01.21 (32.99)		150m: 1:39.80 (38.59)	200m: 2:17.34 (37.54)	
	250m: 3:01.05 (43.71)		300m: 3:46.75 (45.70)		350m: 4:23.37 (36.62)	400m: 4:58.37 (35.00)	
11	James Crosbie		United Swimming Club	+0.70		<b>5:00.09</b>	+42.31
	50m: 29.58		100m: 1:04.59 (35.01)		150m: 1:41.60 (37.01)	200m: 2:18.65 (37.05)	
	250m: 3:03.37 (44.72)		300m: 3:49.59 (46.22)		350m: 4:25.10 (35.51)	400m: 5:00.09 (34.99)	

Event official at: 4/4/2022 10:16:40 AM

2022-04-04 10:17:09 Datahandling: WinGrodan 2.9 Licensed to: Swimming New Zealand

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