

1 400m Individual Medley Men Final


Official

OLY QT **Olympic Standard**

4:12.50

NZR **Open New Zealand Long Course Record**

4:08.70 2022-07-31

Lewis Clareburt
 Capital Swim Club

18yr **18 Years New Zealand Long Course**













~~4:14.42~~ 2018-04-06

Lewis Clareburt

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☰ Qualified 1/2 ☰ Heats Summary

Total

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Brown Sam	20	 Coast Swimming Club	+0.72		4:22.88 Entry: 4:26.93 (-4.05)
	50m: 27.26 100m: 58.19 (30.93) 150m: 1:31.25 (33.06)					200m: 2:03.93 (32.68) 250m: 2:41.42 (37.49) 300m: 3:19.77 (38.35)
	350m: 3:51.75 (31.98) 400m: 4:22.88 (31.13)					
2	 Helms Blair	22	 North Shore Swimmi...	+0.63		4:24.77 Entry: 4:31.23 (-6.46)
	50m: 27.14 100m: 58.66 (31.52) 150m: 1:33.09 (34.43)					200m: 2:07.56 (34.47) 250m: 2:44.42 (36.86) 300m: 3:22.02 (37.60)
	350m: 3:53.65 (31.63) 400m: 4:24.77 (31.12)					
3	 Muchirahondo Ariel	15	 Swim Rotorua	+0.71		4:38.24 Entry: 4:39.25 (-1.01)
	50m: 28.10 100m: 1:00.25 (32.15) 150m: 1:35.21 (34.96)					200m: 2:09.42 (34.21) 250m: 2:50.65 (41.23) 300m: 3:33.33 (42.68)
	350m: 4:06.41 (33.08) 400m: 4:38.24 (31.83)					
4	 Mellsoy Curtis	21	 Nga Tai Tuatea a Tar...	+0.66		4:45.39 Entry: 4:56.70 (-11.31)
	50m: 27.93 100m: 1:00.37 (32.44) 150m: 1:36.62 (36.25)					200m: 2:14.10 (37.48) 250m: 2:56.75 (42.65) 300m: 3:39.98 (43.23)
	350m: 4:12.85 (32.87) 400m: 4:45.39 (32.54)					
5	 Rees Liam	17	 Alexandra Swimming...	+0.54		4:52.63 Entry: 4:59.01 (-6.38)
	50m: 28.94 100m: 1:03.11 (34.17) 150m: 1:39.34 (36.23)					200m: 2:14.95 (35.61) 250m: 2:57.94 (42.99) 300m: 3:41.86 (43.92)
	350m: 4:17.50 (35.64) 400m: 4:52.63 (35.13)					
6	 Willis Alex	17	 Ice Breaker Aquatics	+0.60		4:57.07 Entry: 4:58.06 (-0.99)
	50m: 28.50 100m: 1:02.32 (33.82) 150m: 1:41.98 (39.66)					200m: 2:21.16 (39.18) 250m: 3:03.09 (41.93) 300m: 3:46.09 (43.00)
	350m: 4:22.64 (36.55) 400m: 4:57.07 (34.43)					