

1 400m Individual Medley Men Heat


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

Show more

 Entries  Heats  Summary

Total

Rank	Competitor	Age	Club	RT	PTS	Result	
1	 Brown Sam	20	 Coast Swimming Club	+0.75		4:26.93 Entry: 4:20.35 (+6.58)	Q
	50m: 28.37 100m: 1:00.56 (32.19) 150m: 1:34.13 (33.57)					200m: 2:07.74 (33.61) 250m: 2:44.83 (37.09) 300m: 3:23.20 (38.37)	
	350m: 3:55.38 (32.18) 400m: 4:26.93 (31.55)						
2	 Helms Blair	22	 North Shore Swimmi...	+0.62		4:31.23 Entry: 4:22.51 (+8.72)	Q
	50m: 28.20 100m: 1:00.94 (32.74) 150m: 1:36.41 (35.47)					200m: 2:11.05 (34.64) 250m: 2:49.01 (37.96) 300m: 3:27.36 (38.35)	
	350m: 3:59.70 (32.34) 400m: 4:31.23 (31.53)						
3	 Muchirahondo Ariel	15	 Swim Rotorua	+0.71		4:39.25 Entry: 4:35.03 (+4.22)	Q
	50m: 28.32 100m: 1:01.04 (32.72) 150m: 1:35.38 (34.34)					200m: 2:09.27 (33.89) 250m: 2:50.17 (40.90) 300m: 3:32.60 (42.43)	
	350m: 4:06.48 (33.88) 400m: 4:39.25 (32.77)						
4	 Mellsoy Curtis	21	 Nga Tai Tuatea a Tar...	+0.68		4:56.70 Entry: 4:43.28 (+13.42)	Q
	50m: 28.94 100m: 1:02.44 (33.50) 150m: 1:41.64 (39.20)					200m: 2:22.06 (40.42) 250m: 3:04.04 (41.98) 300m: 3:47.03 (42.99)	
	350m: 4:22.49 (35.46) 400m: 4:56.70 (34.21)						
5	 Willis Alex	17	 Ice Breaker Aquatics	+0.61		4:58.06 Entry: 4:44.34 (+13.72)	Q
	50m: 28.57 100m: 1:02.09 (33.52) 150m: 1:41.73 (39.64)					200m: 2:20.49 (38.76) 250m: 3:02.46 (41.97) 300m: 3:46.13 (43.67)	
	350m: 4:23.01 (36.88) 400m: 4:58.06 (35.05)						
6	 Rees Liam	17	 Alexandra Swimming...	+0.55		4:59.01 Entry: 4:51.06 (+7.95)	Q
	50m: 30.21 100m: 1:05.01 (34.80) 150m: 1:42.72 (37.71)					200m: 2:20.76 (38.04) 250m: 3:03.64 (42.88) 300m: 3:46.62 (42.98)	
	350m: 4:23.38 (36.76) 400m: 4:59.01 (35.63)						
7	 Chen Ian	SM19 19	 St Paul's Swimming ...	+0.77	1108	5:14.18 S19 NZR Entry: 5:03.94 (+10.24)	-
	50m: 32.83 100m: 1:10.90 (38.07) 150m: 1:53.46 (42.56)					200m: 2:33.76 (40.30) 250m: 3:16.07 (42.31) 300m: 3:59.71 (43.64)	
	350m: 4:37.45 (37.74) 400m: 5:14.18 (36.73)						