

3 400m Individual Medley Women Final


Official

OLY QT **Olympic Standard**

4:39.92

NZR **Open New Zealand Long Course Record**

4:39.07 2008-03-25

Helen Norfolk
 AK

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

~~4:47.19~~ 2021-04-06

Georgina McCarthy

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☰ Qualified 1/2 ☰ Heats Summary

Total

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Pratt-Smith Zyleika	20	 Coast Swimming Club	+0.71		4:59.32 Entry: 5:02.32 (-3.00)
	50m: 30.12 100m: 1:05.43 (35.31) 150m: 1:45.00 (39.57)					200m: 2:23.86 (38.86) 250m: 3:05.77 (41.91) 300m: 3:48.31 (42.54)
	350m: 4:23.89 (35.58) 400m: 4:59.32 (35.43)					
2	 Adams Maia	19	 Raumati Swimming C...	+0.68		5:03.17 Entry: 5:13.02 (-9.85)
	50m: 31.75 100m: 1:09.05 (37.30) 150m: 1:48.59 (39.54)					200m: 2:27.84 (39.25) 250m: 3:10.70 (42.86) 300m: 3:53.87 (43.17)
	350m: 4:29.31 (35.44) 400m: 5:03.17 (33.86)					
3	 Riley Ariella	15	 Hamilton Aquatics	+0.75		5:04.65 Entry: 5:14.80 (-10.15)
	50m: 31.59 100m: 1:07.92 (36.33) 150m: 1:46.13 (38.21)					200m: 2:23.99 (37.86) 250m: 3:09.43 (45.44) 300m: 3:55.13 (45.70)
	350m: 4:30.50 (35.37) 400m: 5:04.65 (34.15)					
4	 Finer Emilia	19	 Neptune Swim Club	+0.70		5:09.54 Entry: 5:09.14 (+0.40)
	50m: 31.74 100m: 1:08.18 (36.44) 150m: 1:47.95 (39.77)					200m: 2:27.63 (39.68) 250m: 3:14.41 (46.78) 300m: 4:01.74 (47.33)
	350m: 4:36.04 (34.30) 400m: 5:09.54 (33.50)					
5	 van Veldhuizen Breeze	16	 Heretaunga Sundevils	+0.75		5:15.26 Entry: 5:20.77 (-5.51)
	50m: 32.12 100m: 1:10.07 (37.95) 150m: 1:49.12 (39.05)					200m: 2:27.27 (38.15) 250m: 3:14.52 (47.25) 300m: 4:02.47 (47.95)
	350m: 4:39.86 (37.39) 400m: 5:15.26 (35.40)					
6	 Twose Charlie	19	 Coast Swimming Club	+0.70		5:15.35 Entry: 5:18.17 (-2.82)
	50m: 32.12 100m: 1:09.54 (37.42) 150m: 1:48.77 (39.23)					200m: 2:27.33 (38.56) 250m: 3:15.10 (47.77) 300m: 4:02.45 (47.35)
	350m: 4:39.72 (37.27) 400m: 5:15.35 (35.63)					
7	 Fisher Jaimee	26	Enterprise Swim Team	+0.79		5:20.87 Entry: 5:22.98 (-2.11)
	50m: 32.62 100m: 1:10.07 (37.45) 150m: 1:51.00 (40.93)					200m: 2:32.14 (41.14) 250m: 3:19.89 (47.75) 300m: 4:08.21 (48.32)
	350m: 4:45.28 (37.07) 400m: 5:20.87 (35.59)					
8	 Carter Scout	16	 Ice Breaker Aquatics			5:21.17 Entry: 5:19.96 (+1.21)
	50m: 34.21 100m: 1:13.34 (39.13) 150m: 1:57.04 (43.70)					200m: 2:39.36 (42.32) 250m: 3:23.17 (43.81) 300m: 4:08.66 (45.49)
	350m: 4:45.94 (37.28) 400m: 5:21.17 (35.23)					