

10 400m Freestyle Men Heat

Official

WC QT **World Champs QT**

3:48.15

NZR	Open New Zealand Long Course Record	3:47.09	2012-03-25	Matthew Stanley MATWK
18yr NZR	18 Years New Zealand Long Course Records	3:49.50		Standrad
17yr NZR	17 Years New Zealand Long Course Records	3:49.97	1992-07-29	Danyon Loader OT
15yr NZR	15 Years New Zealand Long Course Records	3:55.98	1990-09-22	Danyon Loader OT
14yr NZR	14 Years New Zealand Long Course Records	4:03.94	2011-04-21	Michael Mincham AK
13yrs NZR	13 Years New Zealand Long Course Records	4:12.69	2010-04-09	Michael Mincham AK

Show less



Entries





















Heats

Summary

Total

Rank	Competitor	Age	Club	RT	WA	Result	
1	Clark Louis	22	North Shore Swimmi...	0.70		4:00.46 Entry: 3:52.74 (+7.72)	Q
	50m: 26.87 100m: 56.54 (29.67) 150m: 1:26.91 (30.37)					200m: 1:57.27 (30.36) 250m: 2:27.91 (30.64) 300m: 2:58.83 (30.92)	
	350m: 3:29.84 (31.01) 400m: 4:00.46 (30.62)						
2	Reid Zac	23	Neptune Swim Club	0.69		4:01.64 Entry: 3:47.87 (+13.77)	Q
	50m: 27.66 100m: 58.29 (30.63) 150m: 1:29.21 (30.92)					200m: 1:59.90 (30.69) 250m: 2:30.35 (30.45) 300m: 3:00.97 (30.62)	
	350m: 3:30.96 (29.99) 400m: 4:01.64 (30.68)						
3	Visser Brendan	17	Coast Swimming Club	0.65		4:02.55 Entry: 3:57.63 (+4.92)	Q
	50m: 27.44 100m: 57.99 (30.55) 150m: 1:28.96 (30.97)					200m: 1:59.86 (30.90) 250m: 2:30.37 (30.51) 300m: 3:01.40 (31.03)	
	350m: 3:32.23 (30.83) 400m: 4:02.55 (30.32)						
4	Potier Jack	16	Coast Swimming Club	0.70		4:09.38 Entry: 4:08.78 (+0.60)	Q
	50m: 28.21 100m: 59.21 (31.00) 150m: 1:30.71 (31.50)					200m: 2:02.41 (31.70) 250m: 2:33.96 (31.55) 300m: 3:06.45 (32.49)	
	350m: 3:38.38 (31.93) 400m: 4:09.38 (31.00)						
5	Buisinne Dieter	20	North Shore Swimmi...	0.66		4:14.55 Entry: 4:13.28 (+1.27)	Q
	50m: 28.31 100m: 59.83 (31.52) 150m: 1:32.28 (32.45)					200m: 2:05.03 (32.75) 250m: 2:37.32 (32.29) 300m: 3:10.28 (32.96)	
	350m: 3:42.97 (32.69) 400m: 4:14.55 (31.58)						
6	Walker Fraser	15	United Swimming Club	0.78		4:16.83 Entry: 4:15.42 (+1.41)	Q
	50m: 28.59 100m: 1:00.16 (31.57) 150m: 1:32.59 (32.43)					200m: 2:05.65 (33.06) 250m: 2:38.47 (32.82) 300m: 3:11.41 (32.94)	
	350m: 3:44.66 (33.25) 400m: 4:16.83 (32.17)						
7	Lutton Ollie	18	Jasi Swim Club	0.78		4:24.26 Entry: 4:15.23 (+9.03)	Q
	50m: 28.76 100m: 1:01.25 (32.49) 150m: 1:33.99 (32.74)					200m: 2:07.09 (33.10) 250m: 2:40.77 (33.68) 300m: 3:15.66 (34.89)	
	350m: 3:50.38 (34.72) 400m: 4:24.26 (33.88)						

8	 Humphries Jacob	15	 North Shore Swimmi...	0.73	4:25.99 Entry: 4:17.05 (+8.94)	Q
	50m: 29.64 200m: 2:10.44 (33.95) 350m: 3:53.53 (34.54)	100m: 1:02.63 (32.99) 250m: 2:44.65 (34.21) 400m: 4:25.99 (32.46)	150m: 1:36.49 (33.86) 300m: 3:18.99 (34.34)			
9	 Ding Bosco	16	 United Swimming Club	0.69	4:27.91 Entry: 4:24.78 (+3.13)	
	50m: 29.80 200m: 2:11.35 (34.59) 350m: 3:55.67 (35.42)	100m: 1:02.68 (32.88) 250m: 2:45.45 (34.10) 400m: 4:27.91 (32.24)	150m: 1:36.76 (34.08) 300m: 3:20.25 (34.80)			
10	 Sandford Alex	13	 Coast Swimming Club	0.74	4:28.60 Entry: 4:25.46 (+3.14)	
	50m: 29.47 200m: 2:13.28 (35.27) 350m: 3:56.04 (33.58)	100m: 1:03.21 (33.74) 250m: 2:47.51 (34.23) 400m: 4:28.60 (32.56)	150m: 1:38.01 (34.80) 300m: 3:22.46 (34.95)			
11	 Searle Bradley	14	 United Swimming Club	0.60	4:30.83 Entry: 4:24.86 (+5.97)	
	50m: 30.03 200m: 2:14.07 (35.34) 350m: 3:57.60 (33.88)	100m: 1:04.07 (34.04) 250m: 2:48.47 (34.40) 400m: 4:30.83 (33.23)	150m: 1:38.73 (34.66) 300m: 3:23.72 (35.25)			
12	 Elliott Ryan	16	Pukekohe Swimming ...	0.64	4:40.83 Entry: 4:39.30 (+1.53)	
	50m: 30.10 200m: 2:14.96 (35.32) 350m: 4:04.56 (36.74)	100m: 1:04.40 (34.30) 250m: 2:51.26 (36.30) 400m: 4:40.83 (36.27)	150m: 1:39.64 (35.24) 300m: 3:27.82 (36.56)			
13	 Asiata Samuel	15	 Howick Pakuranga	0.70	4:41.99 Entry: 4:36.40 (+5.59)	
	50m: 30.56 200m: 2:17.17 (36.26) 350m: 4:06.58 (36.32)	100m: 1:05.54 (34.98) 250m: 2:53.78 (36.61) 400m: 4:41.99 (35.41)	150m: 1:40.91 (35.37) 300m: 3:30.26 (36.48)			
14	 Burns Remy	16	Pukekohe Swimming ...	0.74	4:49.23 Entry: 4:49.57 (-0.34)	
	50m: 29.29 200m: 2:15.68 (36.40) 350m: 4:11.05 (38.85)	100m: 1:03.28 (33.99) 250m: 2:53.46 (37.78) 400m: 4:49.23 (38.18)	150m: 1:39.28 (36.00) 300m: 3:32.20 (38.74)			
15	 Beck David	S14 27	 Club 37	0.83	4:50.05 Entry: 4:44.18 (+5.87)	
	50m: 31.69 200m: 2:21.06 (36.89) 350m: 4:13.10 (37.33)	100m: 1:07.71 (36.02) 250m: 2:58.18 (37.12) 400m: 4:50.05 (36.95)	150m: 1:44.17 (36.46) 300m: 3:35.77 (37.59)			
16	 Chan Yoichi	16	 Parnell Swimming	0.67	4:52.09 Entry: 4:50.00 (+2.09)	
	50m: 32.09 200m: 2:22.38 (37.47) 350m: 4:15.64 (37.75)	100m: 1:07.47 (35.38) 250m: 3:00.08 (37.70) 400m: 4:52.09 (36.45)	150m: 1:44.91 (37.44) 300m: 3:37.89 (37.81)			
17	 Pedersen Oscar	14	 Coast Swimming Club	0.71	5:02.43 Entry: 4:58.52 (+3.91)	
	50m: 32.76 200m: 2:25.80 (38.66) 350m: 4:23.26 (38.85)	100m: 1:09.81 (37.05) 250m: 3:04.96 (39.16) 400m: 5:02.43 (39.17)	150m: 1:47.14 (37.33) 300m: 3:44.41 (39.45)			
18	 Tyagi Gyan	15	 Mt Eden Swimming	0.75	5:08.21 Entry: 5:00.60 (+7.61)	
	50m: 33.12 200m: 2:29.12 (39.41) 350m:	100m: 1:10.73 (37.61) 250m: 3:09.07 (39.95) 400m: 5:08.21(5:08.21)	150m: 1:49.71 (38.98) 300m:			