

# 12 400m Individual Medley Women Final

Official

WC QT World Champs QT

4:43.06

NZR

Open New Zealand Long Course  
Record

4:39.07 2008-03-25

Helen Norfolk  
 AK

18yr  
NZR

18 Years New Zealand Long Course  
Record

4:47.19 Sir Owen G Glenn...

2021-04-06  
 Hamilton Aquatics

17yr  
NZR

17 Years New Zealand Long Course  
Records

4:42.19 2017-07-21

Mya Rasmussen  
 MW

15yr  
NZR

15 Years New Zealand Long Course  
Record

4:46.87 2016-03-31

Mya Rasmussen  
 MW

14yr  
NZR

14 Years New Zealand Long Course  
Records

4:51.85 2015-02-08

Mya Rasmussen  
 MW

13yr  
NZR

13 Years New Zealand Long Course  
Records

4:59.78 2014-04-14

Mya Rasmussen  
 MW

Show less

Qualified Heats Summary

## Total

Rank	Competitor	Age	Club	RT	WA	Result
1	McCarthy Gina	21	Hamilton Aquatics	0.73		<b>4:44.32</b> Entry: 4:59.99 (-15.67)
	50m: 30.89      100m: 1:06.25 (35.36)      150m: 1:42.06 (35.81)					200m: 2:17.07 (35.01)      250m: 2:57.43 (40.36)      300m: 3:37.99 (40.56)
	350m: 4:11.44 (33.45)      400m: 4:44.32 (32.88)					
2	Finer Emilia	19	Neptune Swim Club	0.68		<b>5:08.68</b> Entry: 5:08.40 (+0.28)
	50m: 32.14      100m: 1:08.79 (36.65)      150m: 1:48.51 (39.72)					200m: 2:28.14 (39.63)      250m: 3:14.90 (46.76)      300m: 4:02.03 (47.13)
	350m: 4:35.95 (33.92)      400m: 5:08.68 (32.73)					
3	Asiata Danielle	17	HPK Howick Pakuranga	0.68		<b>5:10.18</b> Entry: 5:16.43 (-6.25)
	50m: 32.79      100m: 1:09.66 (36.87)      150m: 1:49.56 (39.90)					200m: 2:28.01 (38.45)      250m: 3:14.03 (46.02)      300m: 3:59.81 (45.78)
	350m: 4:35.65 (35.84)      400m: 5:10.18 (34.53)					
4	Hingston Freya	16	United Swimming Club	0.78		<b>5:13.49</b> Entry: 5:20.21 (-6.72)
	50m: 32.82      100m: 1:10.65 (37.83)      150m: 1:52.11 (41.46)					200m: 2:32.50 (40.39)      250m: 3:17.69 (45.19)      300m: 4:03.33 (45.64)
	350m: 4:38.46 (35.13)      400m: 5:13.49 (35.03)					
5	Buisinne Alexis	15	North Shore Swimmi...	0.71		<b>5:17.41</b> Entry: 5:22.41 (-5.00)
	50m: 32.99      100m: 1:10.87 (37.88)      150m: 1:52.04 (41.17)					200m: 2:31.46 (39.42)      250m: 3:18.36 (46.90)      300m: 4:04.86 (46.50)
	350m: 4:42.41 (37.55)      400m: 5:17.41 (35.00)					
6	Buisinne Kezia	15	North Shore Swimmi...	0.73		<b>5:19.39</b> Entry: 5:26.05 (-6.66)
	50m: 32.94      100m: 1:12.45 (39.51)      150m: 1:55.22 (42.77)					200m: 2:36.61 (41.39)      250m: 3:21.87 (45.26)      300m: 4:08.87 (47.00)
	350m: 4:44.48 (35.61)      400m: 5:19.39 (34.91)					
7	Wills Grace	14	TBSS Central City S...	0.90		<b>5:40.78</b> Entry: 5:43.47 (-2.69)
	50m: 35.45      100m: 1:16.44 (40.99)      150m: 2:01.77 (45.33)					200m: 2:45.49 (43.72)      250m: 3:32.66 (47.17)      300m: 4:20.58 (47.92)
	350m: 5:02.22 (41.64)      400m: 5:40.78 (38.56)					

8



Williams Eliza

14



North Shore Swimmi...

0.69

**5:42.53**

Entry: 5:45.86 (-3.33)

50m: 36.06

100m: 1:16.82 (40.76)

150m: 2:02.26 (45.44)

200m: 2:46.47 (44.21)

250m: 3:38.42 (51.95)

300m: 4:29.93 (51.51)

350m: 5:07.57 (37.64)

400m: 5:42.53 (34.96)