

12 400m Individual Medley Women Heat

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 2021-04-06
Sir Owen G Glenn...

Georgina McCarthy
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

Entries Heats Summary

Total

Rank	Competitor	Age	Club	RT	WA	Result	
1	McCarthy Gina	21	Hamilton Aquatics	0.78		4:59.99 Entry: 4:45.49 (+14.50)	Q
	50m: 30.91 100m: 1:05.82 (34.91) 150m: 1:42.28 (36.46) 200m: 2:19.89 (37.61) 250m: 3:02.40 (42.51) 300m: 3:45.64 (43.24) 350m: 4:22.94 (37.30) 400m: 4:59.99 (37.05)						
2	Finer Emilia	19	Neptune Swim Club	0.72		5:08.40 Entry: 5:02.94 (+5.46)	Q
	50m: 32.86 100m: 1:10.12 (37.26) 150m: 1:50.33 (40.21) 200m: 2:29.60 (39.27) 250m: 3:15.65 (46.05) 300m: 4:02.18 (46.53) 350m: 4:35.89 (33.71) 400m: 5:08.40 (32.51)						
3	Asiata Danielle	17	HPK Howick Pakuranga	0.67		5:16.43 Entry: 4:57.89 (+18.54)	Q
	50m: 32.69 100m: 1:10.64 (37.95) 150m: 1:49.92 (39.28) 200m: 2:29.02 (39.10) 250m: 3:16.01 (46.99) 300m: 4:03.37 (47.36) 350m: 4:40.19 (36.82) 400m: 5:16.43 (36.24)						
4	Hingston Freya	16	United Swimming Club	0.74		5:20.21 Entry: 5:08.85 (+11.36)	Q
	50m: 32.40 100m: 1:11.03 (38.63) 150m: 1:53.38 (42.35) 200m: 2:35.42 (42.04) 250m: 3:20.94 (45.52) 300m: 4:07.45 (46.51) 350m: 4:44.40 (36.95) 400m: 5:20.21 (35.81)						
5	Buisinne Alexis	15	North Shore Swimmi...	0.76		5:22.41 Entry: 5:20.57 (+1.84)	Q
	50m: 33.01 100m: 1:11.25 (38.24) 150m: 1:52.20 (40.95) 200m: 2:31.67 (39.47) 250m: 3:19.79 (48.12) 300m: 4:07.96 (48.17) 350m: 4:45.73 (37.77) 400m: 5:22.41 (36.68)						
6	Twose Charlie	18	Coast Swimming Club	0.71		5:22.65 Entry: 5:00.27 (+22.38)	Q
	50m: 33.33 100m: 1:11.79 (38.46) 150m: 1:52.59 (40.80) 200m: 2:32.91 (40.32) 250m: 3:20.48 (47.57) 300m: 4:08.83 (48.35) 350m: 4:45.70 (36.87) 400m: 5:22.65 (36.95)						
7	Buisinne Kezia	15	North Shore Swimmi...	0.76		5:26.05 Entry: 5:21.32 (+4.73)	Q
	50m: 33.40 100m: 1:12.62 (39.22) 150m: 1:56.11 (43.49) 200m: 2:37.83 (41.72) 250m: 3:24.87 (47.04) 300m: 4:11.96 (47.09) 350m: 4:49.91 (37.95) 400m: 5:26.05 (36.14)						

8	 Wills Grace	14	 TBSS Central City S...	0.88	5:43.47 Entry: 5:35.44 (+8.03)	Q	50m: 35.24	100m: 1:15.24 (40.00)	150m: 2:01.76 (46.52)
							200m: 2:45.19 (43.43)	250m: 3:32.73 (47.54)	300m: 4:21.29 (48.56)
							350m: 5:03.02 (41.73)	400m: 5:43.47 (40.45)	
9	 Williams Eliza	14	 North Shore Swimmi...	0.68	5:45.86 Entry: 5:48.97 (-3.11)		50m: 35.87	100m: 1:16.54 (40.67)	150m: 2:03.55 (47.01)
							200m: 2:47.64 (44.09)	250m: 3:39.23 (51.59)	300m: 4:30.83 (51.60)
							350m: 5:10.11 (39.28)	400m: 5:45.86 (35.75)	
10	 Fletcher Emma	15	 St Paul's Swimming ...	0.67	5:48.13 Entry: 5:49.08 (-0.95)		50m: 34.10	100m: 1:15.05 (40.95)	150m: 1:59.54 (44.49)
							200m: 2:43.30 (43.76)	250m: 3:34.22 (50.92)	300m: 4:24.95 (50.73)
							350m: 5:06.84 (41.89)	400m: 5:48.13 (41.29)	
11	 Strombeck Tannah	14	 North Shore Swimmi...	0.76	5:49.96 Entry: 5:52.89 (-2.93)		50m: 38.34	100m: 1:24.41 (46.07)	150m: 2:10.24 (45.83)
							200m: 2:54.23 (43.99)	250m: 3:42.51 (48.28)	300m: 4:31.21 (48.70)
							350m: 5:11.49 (40.28)	400m: 5:49.96 (38.47)	