

31 400m Individual Medley Men Final

NZR	Open New Zealand Long Course Record	4:08.70	2022-07-31	Lewis Clareburt	Capital Swim Club
18yr NZR	18 Years New Zealand Long Course Records	4:14.42	2018-04-06	Lewis Clareburt	WN
17yr	17 Years New Zealand Long	4:24.05	2017-04-04	Lewis Clareburt	

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☰ Qualified ½☰ Heats 🏠 Summary

Total

Rank	Competitor	Age	Club	RT	PTS	Result
1	Hamblyn-Ough Larn	18	Coast Swi...	+0.73		4:35.15 Entry: 4:42.24 (-7.09)
	50m: 27.99 100m: 1:00.61 (32.62) 150m: 1:36.21 (35.60)					200m: 2:11.47 (35.26) 250m: 2:53.29 (41.82) 300m: 3:34.99 (41.70)
	350m: 4:06.42 (31.43) 400m: 4:35.15 (28.73)					
2	Visser Brendan	18	Coast Swi...	+0.72		4:35.49 Entry: 4:42.80 (-7.31)
	50m: 27.88 100m: 1:01.01 (33.13) 150m: 1:36.67 (35.66)					200m: 2:12.51 (35.84) 250m: 2:54.14 (41.63) 300m: 3:36.13 (41.99)
	350m: 4:06.96 (30.83) 400m: 4:35.49 (28.53)					
3	Muchirahondo Ariel	15	Swim Rotor...	+0.73		4:38.55 Entry: 4:39.68 (-1.13)
	50m: 28.13 100m: 1:00.97 (32.84) 150m: 1:35.45 (34.48)					200m: 2:09.84 (34.39) 250m: 2:51.11 (41.27) 300m: 3:33.16 (42.05)
	350m: 4:06.66 (33.50) 400m: 4:38.55 (31.89)					
4	Peck Ryan	18	United Swi...	+0.66		4:40.03 Entry: 4:42.86 (-2.83)
	50m: 26.70 100m: 59.64 (32.94) 150m: 1:35.15 (35.51)					200m: 2:10.91 (35.76) 250m: 2:52.56 (41.65) 300m: 3:34.84 (42.28)
	350m: 4:07.53 (32.69) 400m: 4:40.03 (32.50)					
5	Lloyd Hunter	16	Raumati S...	+0.66		4:42.62 Entry: 4:53.76 (-11.14)
	50m: 28.46 100m: 1:01.38 (32.92) 150m: 1:37.37 (35.99)					200m: 2:13.74 (36.37) 250m: 2:56.15 (42.41) 300m: 3:38.67 (42.52)
	350m: 4:11.78 (33.11) 400m: 4:42.62 (30.84)					
6	Kregting Daniel	16	Roskill Swi...	+0.60		4:44.04 Entry: 4:58.11 (-14.07)
	50m: 27.48 100m: 59.89 (32.41) 150m: 1:37.12 (37.23)					200m: 2:14.08 (36.96) 250m: 2:57.60 (43.52) 300m: 3:41.39 (43.79)
	350m: 4:13.13 (31.74) 400m: 4:44.04 (30.91)					
7	Arrowsmith Leo	17	United Swi...	+0.64		4:44.38 Entry: 4:49.41 (-5.03)
	50m: 29.01 100m: 1:02.51 (33.50) 150m: 1:42.68 (40.17)					200m: 2:22.09 (39.41) 250m: 3:00.83 (38.74) 300m: 3:39.60 (38.77)
	350m: 4:12.64 (33.04) 400m: 4:44.38 (31.74)					
8	Love Jack	17	Blenheim S...	+0.68		4:46.38 Entry: 4:46.11 (+0.27)
	50m: 28.69 100m: 1:02.59 (33.90) 150m: 1:39.44 (36.85)					200m: 2:15.67 (36.23) 250m: 2:59.43 (43.76) 300m: 3:43.07 (43.64)
	350m: 4:15.35 (32.28) 400m: 4:46.38 (31.03)					
9	Markovich Nemanya	15	Roskill Swi...	+0.66		4:46.53 Entry: 4:56.87 (-10.34)
	50m: 28.88 100m: 1:02.06 (33.18) 150m: 1:40.50 (38.44)					200m: 2:18.72 (38.22) 250m: 2:58.74 (40.02) 300m: 3:39.62 (40.88)
	350m: 4:14.35 (34.73) 400m: 4:46.53 (32.18)					
10	Gibson Luke	17	United Swi...	+0.57		4:46.92 Entry: 4:51.80 (-4.88)
	50m: 27.89 100m: 1:01.90 (34.01) 150m: 1:38.62 (36.72)					200m: 2:15.69 (37.07) 250m: 2:57.39 (41.70) 300m: 3:40.37 (42.98)
	350m: 4:13.55 (33.18) 400m: 4:46.92 (33.37)					
11	Walker Nathan	18	Aquagym S...	+0.66		4:48.51 Entry: 4:55.48 (-6.97)
	50m: 29.09 100m: 1:04.15 (35.06) 150m: 1:42.31 (38.16)					200m: 2:20.20 (37.89) 250m: 2:59.94 (39.74) 300m: 3:40.34 (40.40)
	350m: 4:15.30 (34.96) 400m: 4:48.51 (33.21)					
12	Feng Andrew	14	North Shor...	+0.69		4:50.10 Entry: 4:56.95 (-6.85)


50m: 30.38 100m: 1:04.96 (34.58) 150m: 1:43.66 (38.70)
 200m: 2:22.53 (38.87) 250m: 3:02.26 (39.73) 300m: 3:43.29 (41.03)
 350m: 4:17.00 (34.75) 400m: 4:56.16 (39.16)

13  **Overend Charlie** 10  **Seiwyn Swi...** +0.71 **4:51.00**
 Entry: 4:57.89 (-6.29)



50m: 30.14 100m: 1:06.57 (36.43) 150m: 1:42.99 (36.42)
 200m: 2:19.19 (36.20) 250m: 3:02.33 (43.14) 300m: 3:46.01 (43.68)
 350m: 4:19.14 (33.13) 400m: 4:51.60 (32.46)

14  **Wells Soeren** 14  **Wharenui S...** +0.72 **4:51.77**
 Entry: 4:58.06 (-6.29)


50m: 30.47 100m: 1:06.28 (35.81) 150m: 1:42.72 (36.44)
 200m: 2:19.51 (36.79) 250m: 3:02.71 (43.20) 300m: 3:47.20 (44.49)
 350m: 4:20.00 (32.80) 400m: 4:51.77 (31.77)

15  **Verran Joel** 18  **Wharenui S...** +0.75 **4:52.54**
 Entry: 4:53.90 (-1.36)

50m: 28.42 100m: 1:02.50 (34.08) 150m: 1:41.42 (38.92)
 200m: 2:19.71 (38.29) 250m: 3:02.74 (43.03) 300m: 3:46.27 (43.53)
 350m: 4:20.16 (33.89) 400m: 4:52.54 (32.38)

16  **Weatherston Harvey Alfie** 16  **Kiwi ASC** +0.62 **4:54.65**
 Entry: 5:00.03 (-5.38)



50m: 29.58 100m: 1:05.80 (36.22) 150m: 1:43.09 (37.29)
 200m: 2:18.73 (35.64) 250m: 3:04.17 (45.44) 300m: 3:49.68 (45.51)
 350m: 4:23.27 (33.59) 400m: 4:54.65 (31.38)

17  **Pask Zack** 15  **Liz van Wel...** +0.84 **4:54.88**
 Entry: 4:56.54 (-1.66)



50m: 31.12 100m: 1:07.79 (36.67) 150m: 1:46.24 (38.45)
 200m: 2:24.17 (37.93) 250m: 3:06.32 (42.15) 300m: 3:48.76 (42.44)
 350m: 4:22.36 (33.60) 400m: 4:54.88 (32.52)

17  **Solodi Nico** 17  **Aquagym S...** +0.65 **4:54.88**
 Entry: 4:55.02 (-0.14)



50m: 30.10 100m: 1:05.31 (35.21) 150m: 1:43.89 (38.58)
 200m: 2:21.74 (37.85) 250m: 3:04.30 (42.56) 300m: 3:47.76 (43.46)
 350m: 4:21.59 (33.83) 400m: 4:54.88 (33.29)

19  **Shanks Curtis** 16  **Jasi Swim ...** +0.63 **4:55.98**
 Entry: 4:59.35 (-3.37)



50m: 30.58 100m: 1:07.47 (36.89) 150m: 1:47.62 (40.15)
 200m: 2:25.83 (38.21) 250m: 3:06.17 (40.34) 300m: 3:48.65 (42.48)
 350m: 4:23.63 (34.98) 400m: 4:55.98 (32.35)

20  **Broadfoot Declan** 14  **Pirates Swi...** +0.64 **4:57.13**
 Entry: 4:59.51 (-2.38)

50m: 29.39 100m: 1:04.50 (35.11) 150m: 1:44.01 (39.51)
 200m: 2:23.04 (39.03) 250m: 3:05.92 (42.88) 300m: 3:48.94 (43.02)
 350m: 4:23.39 (34.45) 400m: 4:57.13 (33.74)

21  **Paki Te** 13  **Northwave ...** +0.69 **4:58.75**
 Entry: 5:08.06 (-9.31)

50m: 29.79 100m: 1:05.17 (35.38) 150m: 1:44.53 (39.36)
 200m: 2:23.21 (38.68) 250m: 3:06.64 (43.43) 300m: 3:50.75 (44.11)
 350m: 4:25.59 (34.84) 400m: 4:58.75 (33.16)

22  **Barton Jack** 16  **North Shor...** +0.72 **4:59.19**
 Entry: 4:58.43 (+0.76)

50m: 30.41 100m: 1:06.60 (36.19) 150m: 1:47.63 (41.03)
 200m: 2:26.63 (39.00) 250m: 3:10.89 (44.26) 300m: 3:55.36 (44.47)
 350m: 4:28.32 (32.96) 400m: 4:59.19 (30.87)

23  **Russell Charlie** 16  **TBSS Cent...** +0.79 **4:59.99**
 Entry: 4:58.14 (+1.85)


50m: 30.91 100m: 1:07.38 (36.47) 150m: 1:47.17 (39.79)
 200m: 2:27.19 (40.02) 250m: 3:08.40 (41.21) 300m: 3:51.10 (42.70)
 350m: 4:25.82 (34.72) 400m: 4:59.99 (34.17)

24  **Nicholson Beau** 16  **Howick Pak...** +0.71 **5:00.36**
 Entry: 5:00.12 (+0.24)

50m: 29.85 100m: 1:05.67 (35.82) 150m: 1:44.10 (38.43)
 200m: 2:21.38 (37.28) 250m: 3:07.16 (45.78) 300m: 3:52.97 (45.81)
 350m: 4:27.75 (34.78) 400m: 5:00.36 (32.61)

25  **Beattie Flynn** 15  **Mt Maunga...** +0.72 **5:02.12**
 Entry: 5:04.58 (-2.46)



50m: 29.79 100m: 1:04.95 (35.16) 150m: 1:44.37 (39.42)
 200m: 2:23.87 (39.50) 250m: 3:07.53 (43.66) 300m: 3:53.76 (46.23)
 350m: 4:28.97 (35.21) 400m: 5:02.12 (33.15)

26  **Yoon Jethrow** 14  **Phoenix Aq...** +0.60 **5:02.43**
 Entry: 5:14.33 (-11.90)



50m: 30.76 100m: 1:06.22 (35.46) 150m: 1:47.81 (41.59)
 200m: 2:28.50 (40.69) 250m: 3:09.55 (41.05) 300m: 3:52.49 (42.94)
 350m: 4:28.18 (35.69) 400m: 5:02.43 (34.25)

27  **Sands Hunter** 16  **Liz van Wel...** +0.78 **5:03.01**
 Entry: 5:02.06 (+0.95)


50m: 29.71 100m: 1:06.18 (36.47) 150m: 1:47.91 (41.73)
200m: 2:27.72 (39.81) 250m: 3:11.10 (43.38) 300m: 3:54.56 (43.46)
350m: 4:29.39 (34.83) 400m: 5:03.01 (33.62)



28  Taylor Aidan 14  HPK Howick Pak... +0.70 **5:04.07**
Entry: 5:09.11 (-5.04)
50m: 30.42 100m: 1:06.31 (35.89) 150m: 1:48.51 (42.20)
200m: 2:29.18 (40.67) 250m: 3:11.12 (41.94) 300m: 3:54.78 (43.66)
350m: 4:29.82 (35.04) 400m: 5:04.07 (34.25)

29  Searle Bradley 15  United Swi... +0.50 **5:04.51**
Entry: 5:08.24 (-3.73)
50m: 30.36 100m: 1:06.67 (36.31) 150m: 1:46.46 (39.79)
200m: 2:25.92 (39.46) 250m: 3:11.59 (45.67) 300m: 3:57.63 (46.04)
350m: 4:31.75 (34.12) 400m: 5:04.51 (32.76)


30  Bell Lucas 14  Tasman Sw... +0.77 **5:05.05**
Entry: 5:06.30 (-1.25)
50m: 31.99 100m: 1:11.93 (39.94) 150m: 1:52.93 (41.00)
200m: 2:32.58 (39.65) 250m: 3:13.69 (41.11) 300m: 3:56.03 (42.34)
350m: 4:31.02 (34.99) 400m: 5:05.05 (34.03)


31  Cowen Nicholas 17  North Shor... +0.65 **5:05.84**
Entry: 4:54.11 (+11.73)
50m: 30.84 100m: 1:06.67 (35.83) 150m: 1:45.69 (39.02)
200m: 2:24.51 (38.82) 250m: 3:07.44 (42.93) 300m: 3:52.15 (44.71)
350m: 4:29.31 (37.16) 400m: 5:05.84 (36.53)



32  Dickison Jayden 15  Nga Tai Tu... +0.70 **5:06.61**
Entry: 5:10.99 (-4.38)
50m: 30.11 100m: 1:06.43 (36.32) 150m: 1:46.77 (40.34)
200m: 2:26.31 (39.54) 250m: 3:11.83 (45.52) 300m: 3:57.25 (45.42)
350m: 4:33.21 (35.96) 400m: 5:06.61 (33.40)

33  Segers Seb 14  United Swi... +0.61 **5:07.59**
Entry: 5:11.40 (-3.81)
50m: 29.35 100m: 1:04.06 (34.71) 150m: 1:41.95 (37.89)
200m: 2:19.37 (37.42) 250m: 3:06.97 (47.60) 300m: 3:55.20 (48.23)
350m: 4:31.64 (36.44) 400m: 5:07.59 (35.95)



34  Shivan Charlie 15  Mt Maunga... +0.67 **5:07.79**
Entry: 5:10.25 (-2.46)
50m: 31.10 100m: 1:08.85 (37.75) 150m: 1:49.15 (40.30)
200m: 2:29.60 (40.45) 250m: 3:14.73 (45.13) 300m: 4:00.41 (45.68)
350m: 4:34.02 (33.61) 400m: 5:07.79 (33.77)



35  Asiata Samuel 15  HPK Howick Pak... +0.74 **5:08.78**
Entry: 5:10.36 (-1.58)
50m: 30.72 100m: 1:07.81 (37.09) 150m: 1:47.79 (39.98)
200m: 2:27.03 (39.24) 250m: 3:13.04 (46.01) 300m: 3:58.94 (45.90)
350m: 4:34.65 (35.71) 400m: 5:08.78 (34.13)

36  Anderson Roman 15  Tawa Swim... +0.68 **5:10.28**
Entry: 5:10.01 (+0.27)
50m: 30.36 100m: 1:08.23 (37.87) 150m: 1:47.85 (39.62)
200m: 2:28.73 (40.88) 250m: 3:13.28 (44.55) 300m: 3:58.62 (45.34)
350m: 4:35.15 (36.53) 400m: 5:10.28 (35.13)

37  Callow William 13  Aquagym S... +0.77 **5:11.68**
Entry: 5:21.01 (-9.33)
50m: 33.25 100m: 1:10.45 (37.20) 150m: 1:51.93 (41.48)
200m: 2:31.29 (39.36) 250m: 3:17.01 (45.72) 300m: 4:01.25 (44.24)
350m: 4:37.02 (35.77) 400m: 5:11.68 (34.66)

38  Wang Henry 13  North Shor... +0.70 **5:14.27**
Entry: 5:25.41 (-11.14)
50m: 31.55 100m: 1:09.70 (38.15) 150m: 1:51.16 (41.46)
200m: 2:31.85 (40.69) 250m: 3:18.16 (46.31) 300m: 4:04.82 (46.66)
350m: 4:40.19 (35.37) 400m: 5:14.27 (34.08)


39  Lushkott Tyler 13  United Swi... +0.62 **5:14.55**
Entry: 5:20.96 (-6.41)
50m: 32.36 100m: 1:12.06 (39.70) 150m: 1:56.11 (44.05)
200m: 2:38.50 (42.39) 250m: 3:22.48 (43.98) 300m: 4:07.35 (44.87)
350m: 4:42.90 (35.55) 400m: 5:14.55 (31.65)

40  Eagar (V) Alex 13  Australia +0.68 **5:20.47**
Entry: 5:29.12 (-8.65)
50m: 33.26 100m: 1:14.56 (41.30) 150m: 1:56.37 (41.81)
200m: 2:37.11 (40.74) 250m: 3:22.77 (45.66) 300m: 4:08.41 (45.64)
350m: 4:44.82 (36.41) 400m: 5:20.47 (35.65)


41  Abdou Faris 13  Wharenui S... +0.57 **5:22.92**
Entry: 5:29.68 (-6.76)
50m: 34.16 100m: 1:15.88 (41.72) 150m: 1:56.40 (40.52)
200m: 2:36.73 (40.33) 250m: 3:24.47 (47.74) 300m: 4:13.35 (48.88)
350m: 4:48.71 (35.36) 400m: 5:22.92 (34.21)

42  Wang Justin 13  Porirua City... +0.82 **5:27.69**
Entry: 5:40.56 (-12.87)

50m: 33.76 100m: 1:13.85 (40.09) 150m: 1:56.44 (42.59)
 200m: 2:37.56 (41.12) 250m: 3:25.73 (48.17) 300m: 4:14.28 (48.55)
 350m: 4:51.38 (37.10) 400m: 5:27.69 (36.31)

43  **Yee Jaeci** 14  **Capital Swi...** +0.66 **5:28.52**
 Entry: 5:36.40 (-7.88)

50m: 29.41 100m: 1:05.89 (36.48) 150m: 1:50.85 (44.96)
 200m: 2:32.88 (42.03) 250m: 3:21.99 (49.11) 300m: 4:12.99 (51.00)
 350m: 4:51.00 (38.01) 400m: 5:28.52 (37.52)

-  **Narayan Ari** 14  **Hamilton Aq...** +0.61 **DSQ**

-  **Joyce Josiah** 15  **St Paul's S...** +0.69 **DSQ**

-  **Wang Elvin** 13  **North Shor...** +0.68 **DSQ**

-  **Grace Flynn** 16  **Vikings Swi...** +0.74 **DSQ**