

















## 10 400m Freestyle Women Final

Official

[Entries](#)
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[Summary](#)

Total

All ages

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Hunter Mackenzie	18	 SWIMMIN...			4:17.49 <b>+2.89</b> Entry: 4:14.60
	50m: 30.30	100m: 1:02.80 (32.50)	150m: 1:35.44 (32.64)			
	200m: 2:07.96 (32.52)	250m: 2:40.52 (32.56)	300m: 3:13.27 (32.75)			
	350m: 3:45.79 (32.52)	400m: 4:17.49 (31.70)				
2	 De Coster Nina	17	 TEAM WHITE			4:19.83 <b>+4.40</b> Entry: 4:15.43
	50m: 30.07	100m: 1:03.11 (33.04)	150m: 1:35.84 (32.73)			
	200m: 2:08.68 (32.84)	250m: 2:41.84 (33.16)	300m: 3:14.70 (32.86)			
	350m: 3:47.62 (32.92)	400m: 4:19.83 (32.21)				
3	 Abdou Hanna	18	 TEAM WHITE			4:21.03 <b>+5.98</b> Entry: 4:15.05
	50m: 30.35	100m: 1:03.42 (33.07)	150m: 1:36.44 (33.02)			
	200m: 2:09.73 (33.29)	250m: 2:42.36 (32.63)	300m: 3:15.95 (33.59)			
	350m: 3:49.24 (33.29)	400m: 4:21.03 (31.79)				
4	 Bennett Brooke	18	 TEAM BLA...			4:21.82 <b>+9.46</b> Entry: 4:12.36
	50m: 29.87	100m: 1:02.83 (32.96)	150m: 1:36.18 (33.35)			
	200m: 2:09.46 (33.28)	250m: 2:42.80 (33.34)	300m: 3:16.57 (33.77)			
	350m: 3:50.31 (33.74)	400m: 4:21.82 (31.51)				
5	 Cross Delta	15	 WESTERN ...			4:22.10 <b>-1.85</b> Entry: 4:23.95
	50m: 29.82	100m: 1:03.07 (33.25)	150m: 1:36.18 (33.11)			
	200m: 2:09.71 (33.53)	250m: 2:42.86 (33.15)	300m: 3:16.51 (33.65)			
	350m: 3:49.67 (33.16)	400m: 4:22.10 (32.43)				
6	 Mooney Kiara	17	 SWIMMIN...			4:33.65
	50m: 30.26	100m: 1:03.56 (33.30)	150m: 1:37.87 (34.31)			
	200m: 2:12.56 (34.69)	250m: 2:47.79 (35.23)	300m: 3:23.19 (35.40)			
	350m: 3:58.77 (35.58)	400m: 4:33.65 (34.88)				
7	 Aburn Charlotte	16	 TEAM BLA...			4:35.57 <b>+9.85</b> Entry: 4:25.72
	50m: 30.89	100m: 1:04.79 (33.90)	150m: 1:39.65 (34.86)			
	200m: 2:15.51 (35.86)	250m: 2:50.87 (35.36)	300m: 3:26.04 (35.17)			
	350m: 4:01.27 (35.23)	400m: 4:35.57 (34.30)				
8	 Stewart Emma	16	 WESTERN ...			4:36.29
	50m: 31.02	100m: 1:04.77 (33.75)	150m: 1:40.11 (35.34)			
	200m: 2:15.08 (34.97)	250m: 2:50.85 (35.77)	300m: 3:26.40 (35.55)			
	350m: 4:02.37 (35.97)	400m: 4:36.29 (33.92)				