






15 400m Individual Medley Men Final

Official

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Broadfoot ...	15	 Pirates Swi...	0.65		4:31.36 Entry: 4:37.35 -5.99
	25m: 13.18		50m: 28.78 (15.60)			
	75m: 45.27 (16.49)		100m: 1:01.90 (16.63)			
	125m: 1:19.92 (18.02)		150m: 1:36.59 (16.67)			
	175m: 1:53.95 (17.36)		200m: 2:11.05 (17.10)			
	225m: 2:30.12 (19.07)		250m: 2:49.80 (19.68)			
	275m: 3:09.44 (19.64)		300m: 3:29.24 (19.80)			
	325m: 3:45.17 (15.93)		350m: 4:00.88 (15.71)			
	375m: 4:16.39 (15.51)		400m: 4:31.36 (14.97)			
2	 Downs-Hon...	26	 Club 37	0.62		4:45.65 Entry: 4:54.95 -9.30
	25m: 13.26		50m: 29.99 (16.73)			
	75m: 47.28 (17.29)		100m: 1:05.11 (17.83)			
	125m: 1:24.45 (19.34)		150m: 1:42.41 (17.96)			
	175m: 2:00.89 (18.48)		200m: 2:18.80 (17.91)			
	225m: 2:39.28 (20.48)		250m: 2:59.54 (20.26)			
	275m: 3:19.94 (20.40)		300m: 3:40.63 (20.69)			
	325m: 3:57.74 (17.11)		350m: 4:14.23 (16.49)			
	375m: 4:30.34 (16.11)		400m: 4:45.65 (15.31)			
3	 Trotter Bartly	15	 Trojans Swi...	0.61		5:07.94 Entry: 5:29.55 -21.61
	25m: 14.00		50m: 30.93 (16.93)			
	75m: 49.26 (18.33)		100m: 1:08.60 (19.34)			
	125m: 1:28.31 (19.71)		150m: 1:47.17 (18.86)			
	175m: 2:06.47 (19.30)		200m: 2:25.27 (18.80)			
	225m: 2:48.67 (23.40)		250m: 3:11.73 (23.06)			
	275m: 3:35.34 (23.61)		300m: 3:58.71 (23.37)			
	325m: 4:16.46 (17.75)		350m: 4:34.00 (17.54)			
	375m: 4:51.51 (17.51)		400m: 5:07.94 (16.43)			
4	 Sasamoto ...	14	 Enterprise ...	0.56		5:17.30 Entry: 5:16.73 +0.57
	25m: 14.75		50m: 33.33 (18.58)			
	75m: 52.38 (19.05)		100m: 1:11.79 (19.41)			
	125m: 1:33.79 (22.00)		150m: 1:54.26 (20.47)			
	175m: 2:14.57 (20.31)		200m: 2:34.69 (20.12)			
	225m: 2:57.03 (22.34)		250m: 3:20.30 (23.27)			
	275m: 3:44.58 (24.28)		300m: 4:07.89 (23.31)			
	325m: 4:25.81 (17.92)		350m: 4:43.39 (17.58)			
	375m: 5:00.62 (17.23)		400m: 5:17.30 (16.68)			
5	 Alexander ...	13	 Enterprise ...	0.50		5:17.64 Entry: 5:25.69 -8.05
	25m: 15.62		50m: 34.76 (19.14)			
	75m: 55.02 (20.26)		100m: 1:15.34 (20.32)			
	125m: 1:35.73 (20.39)		150m: 1:55.06 (19.33)			
	175m: 2:14.67 (19.61)		200m: 2:33.51 (18.84)			

225m: 2:57.08 (23.57)	250m: 3:20.52 (23.44)
275m: 3:44.31 (23.79)	300m: 4:08.10 (23.79)
325m: 4:26.26 (18.16)	350m: 4:43.77 (17.51)
375m: 5:01.21 (17.44)	400m: 5:17.64 (16.43)

6



Carlisle Aiden

13



Napier Aqu...

0.72

5:19.73

Entry: 5:24.28 -4.55

25m: 14.27	50m: 32.52 (18.25)
75m: 52.00 (19.48)	100m: 1:12.19 (20.19)
125m: 1:34.59 (22.40)	150m: 1:55.94 (21.35)
175m: 2:17.16 (21.22)	200m: 2:38.04 (20.88)
225m: 2:59.43 (21.39)	250m: 3:21.65 (22.22)
275m: 3:44.72 (23.07)	300m: 4:07.38 (22.66)
325m: 4:26.75 (19.37)	350m: 4:45.12 (18.37)
375m: 5:03.14 (18.02)	400m: 5:19.73 (16.59)

7



Singh Tara...

14



Napier Aqu...

0.72

5:35.73

Entry: 5:32.84 +2.89

25m: 16.65	50m: 36.58 (19.93)
75m: 58.31 (21.73)	100m: 1:21.77 (23.46)
125m: 1:43.37 (21.60)	150m: 2:04.34 (20.97)
175m: 2:25.00 (20.66)	200m: 2:45.77 (20.77)
225m: 3:07.53 (21.76)	250m: 3:30.01 (22.48)
275m: 3:52.89 (22.88)	300m: 4:16.44 (23.55)
325m: 4:36.96 (20.52)	350m: 4:56.89 (19.93)
375m: 5:16.40 (19.51)	400m: 5:35.73 (19.33)

8



Lahav Shai

13



Pirates Swi...

0.57

5:52.06

Entry: 6:11.18 -19.12

25m: 17.26	50m: 37.20 (19.94)
75m: 59.26 (22.06)	100m: 1:19.65 (20.39)
125m: 1:44.22 (24.57)	150m: 2:07.58 (23.36)
175m: 2:31.11 (23.53)	200m: 2:53.80 (22.69)
225m: 3:18.71 (24.91)	250m: 3:43.08 (24.37)
275m: 4:07.96 (24.88)	300m: 4:32.66 (24.70)
325m: 4:53.46 (20.80)	350m: 5:13.28 (19.82)
375m: 5:33.21 (19.93)	400m: 5:52.06 (18.85)