


37 400m Freestyle Women Final

Official

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Macdonald ...	17	 Hamilton Aq...	0.72		4:21.08 Entry: 4:22.37 -1.29
	25m: 13.83		50m: 29.20 (15.37)			
	75m: 45.11 (15.91)		100m: 1:01.27 (16.16)			
	125m: 1:17.68 (16.41)		150m: 1:34.29 (16.61)			
	175m: 1:50.89 (16.60)		200m: 2:07.64 (16.75)			
	225m: 2:24.16 (16.52)		250m: 2:40.79 (16.63)			
	275m: 2:57.49 (16.70)		300m: 3:14.31 (16.82)			
	325m: 3:30.99 (16.68)		350m: 3:47.82 (16.83)			
	375m: 4:04.70 (16.88)		400m: 4:21.08 (16.38)			
2	 Adams Maia	21	 Pirates Swi...	0.67		4:28.20 Entry: 4:30.23 -2.03
	25m: 13.87		50m: 29.54 (15.67)			
	75m: 45.61 (16.07)		100m: 1:02.06 (16.45)			
	125m: 1:18.71 (16.65)		150m: 1:35.69 (16.98)			
	175m: 1:52.65 (16.96)		200m: 2:09.72 (17.07)			
	225m: 2:26.97 (17.25)		250m: 2:44.36 (17.39)			
	275m: 3:01.88 (17.52)		300m: 3:19.55 (17.67)			
	325m: 3:37.07 (17.52)		350m: 3:54.48 (17.41)			
	375m: 4:11.76 (17.28)		400m: 4:28.20 (16.44)			
3	 Carter Scout	17	 Ice Breaker...	0.63		4:38.08 Entry: 4:31.35 +6.73
	25m: 15.37		50m: 31.96 (16.59)			
	75m: 48.76 (16.80)		100m: 1:05.80 (17.04)			
	125m: 1:22.97 (17.17)		150m: 1:40.42 (17.45)			
	175m: 1:58.03 (17.61)		200m: 2:15.93 (17.90)			
	225m: 2:33.62 (17.69)		250m: 2:51.67 (18.05)			
	275m: 3:09.46 (17.79)		300m: 3:27.71 (18.25)			
	325m: 3:45.52 (17.81)		350m: 4:03.45 (17.93)			
	375m: 4:21.00 (17.55)		400m: 4:38.08 (17.08)			
4	 McLaren K...	18	 Trojans Swi...	0.74		4:38.43 Entry: 4:46.71 -8.28
	25m: 14.67		50m: 31.08 (16.41)			
	75m: 48.08 (17.00)		100m: 1:05.61 (17.53)			
	125m: 1:23.03 (17.42)		150m: 1:40.71 (17.68)			
	175m: 1:58.37 (17.66)		200m: 2:16.24 (17.87)			
	225m: 2:33.97 (17.73)		250m: 2:51.89 (17.92)			
	275m: 3:09.64 (17.75)		300m: 3:27.69 (18.05)			
	325m: 3:45.45 (17.76)		350m: 4:03.58 (18.13)			
	375m: 4:21.26 (17.68)		400m: 4:38.43 (17.17)			
5	 Sasamoto ...	17	 Enterprise ...	0.57		4:40.04 Entry: 4:35.57 +4.47
	25m: 14.63		50m: 30.98 (16.35)			
	75m: 48.11 (17.13)		100m: 1:05.41 (17.30)			
	125m: 1:23.13 (17.72)		150m: 1:40.65 (17.52)			
	175m: 1:58.15 (17.50)		200m: 2:16.22 (18.07)			

225m: 2:33.94 (17.72)	250m: 2:51.93 (17.99)
275m: 3:10.00 (18.07)	300m: 3:28.25 (18.25)
325m: 3:46.53 (18.28)	350m: 4:04.63 (18.10)
375m: 4:22.62 (17.99)	400m: 4:40.04 (17.42)

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Fisher Jaim...

27



Enterprise ...

0.77

4:40.32

Entry: 4:42.11 -1.79

25m: 14.73	50m: 30.83 (16.10)
75m: 47.67 (16.84)	100m: 1:05.02 (17.35)
125m: 1:22.66 (17.64)	150m: 1:40.63 (17.97)
175m: 1:58.78 (18.15)	200m: 2:16.84 (18.06)
225m: 2:34.70 (17.86)	250m: 2:52.66 (17.96)
275m: 3:10.76 (18.10)	300m: 3:28.74 (17.98)
325m: 3:46.97 (18.23)	350m: 4:05.28 (18.31)
375m: 4:23.35 (18.07)	400m: 4:40.32 (16.97)

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Sonerson ...

19



Pirates Swi...

0.69

4:43.15

Entry: 4:43.19 -0.04

25m: 15.04	50m: 32.01 (16.97)
75m: 49.76 (17.75)	100m: 1:07.32 (17.56)
125m: 1:25.13 (17.81)	150m: 1:42.84 (17.71)
175m: 2:00.79 (17.95)	200m: 2:18.46 (17.67)
225m: 2:36.65 (18.19)	250m: 2:54.91 (18.26)
275m: 3:12.98 (18.07)	300m: 3:30.99 (18.01)
325m: 3:49.25 (18.26)	350m: 4:07.36 (18.11)
375m: 4:25.53 (18.17)	400m: 4:43.15 (17.62)

8



Ridgewell ...

16



Pirates Swi...

0.79

4:51.94

Entry: 4:46.88 +5.06

25m: 15.70	50m: 32.84 (17.14)
75m: 50.60 (17.76)	100m: 1:09.01 (18.41)
125m: 1:27.61 (18.60)	150m: 1:46.43 (18.82)
175m: 2:05.28 (18.85)	200m: 2:24.02 (18.74)
225m: 2:42.82 (18.80)	250m: 3:01.70 (18.88)
275m: 3:20.59 (18.89)	300m: 3:39.20 (18.61)
325m: 3:57.64 (18.44)	350m: 4:16.26 (18.62)
375m: 4:34.61 (18.35)	400m: 4:51.94 (17.33)

9



Deeprope L...

17



Heretaunga...

0.73

4:59.97

Entry: 5:19.52 -19.55

25m: 15.72	50m: 33.26 (17.54)
75m: 51.59 (18.33)	100m: 1:10.05 (18.46)
125m: 1:29.23 (19.18)	150m: 1:47.74 (18.51)
175m: 2:07.34 (19.60)	200m: 2:26.24 (18.90)
225m: 2:46.00 (19.76)	250m: 3:04.80 (18.80)
275m: 3:24.29 (19.49)	300m: 3:43.29 (19.00)
325m: 4:02.92 (19.63)	350m: 4:22.40 (19.48)
375m: 4:41.90 (19.50)	400m: 4:59.97 (18.07)