

## 37 400m Freestyle Women Final

Official

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Macdonald ...	17	 Hamilton Aq...	0.72		<b>4:21.08</b> Entry: 4:22.37 <b>-1.29</b>
	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		<b>4:28.20</b> Entry: 4:30.23 <b>-2.03</b>
	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	 Percy Sadie	14	 Pirates Swi...	0.84		<b>4:36.28</b> Entry: 4:35.10 <b>+1.18</b>
	25m: 14.76		50m: 31.42 (16.66)			
	75m: 48.04 (16.62)		100m: 1:05.14 (17.10)			
	125m: 1:22.31 (17.17)		150m: 1:39.71 (17.40)			
	175m: 1:57.17 (17.46)		200m: 2:15.02 (17.85)			
	225m: 2:33.05 (18.03)		250m: 2:50.91 (17.86)			
	275m: 3:08.78 (17.87)		300m: 3:26.67 (17.89)			
	325m: 3:44.39 (17.72)		350m: 4:02.23 (17.84)			
	375m: 4:19.89 (17.66)		400m: 4:36.28 (16.39)			
4	 Carter Scout	17	 Ice Breaker...	0.63		<b>4:38.08</b> Entry: 4:31.35 <b>+6.73</b>
	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)			
5	 McLaren K...	18	 Trojans Swi...	0.74		<b>4:38.43</b> Entry: 4:46.71 <b>-8.28</b>
	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)

6



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)

7



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)

8



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)

9



Bunker Ziva

13



Whanganui...

0.73

4:46.69

Entry: 4:41.95 +4.74

25m: 14.74      50m: 31.99 (17.25)  
 75m: 49.95 (17.96)      100m: 1:07.96 (18.01)  
 125m: 1:26.30 (18.34)      150m: 1:44.60 (18.30)  
 175m: 2:03.04 (18.44)      200m: 2:21.37 (18.33)  
 225m: 2:39.70 (18.33)      250m: 2:57.73 (18.03)  
 275m: 3:16.22 (18.49)      300m: 3:34.43 (18.21)  
 325m: 3:52.65 (18.22)      350m: 4:10.74 (18.09)  
 375m: 4:29.02 (18.28)      400m: 4:46.69 (17.67)

10



Elers Eva

12















Trojans Swi...

4:51.73

Entry: 5:05.06 -13.33

25m: 15.54      50m: 32.90 (17.36)  
 75m: 51.06 (18.16)      100m: 1:09.58 (18.52)  
 125m: 1:28.16 (18.58)      150m: 1:47.13 (18.97)  
 175m: 2:06.14 (19.01)      200m: 2:25.03 (18.89)  
 225m: 2:43.61 (18.58)      250m: 3:02.40 (18.79)  
 275m: 3:20.94 (18.54)      300m: 3:39.77 (18.83)  
 325m: 3:58.19 (18.42)      350m: 4:17.06 (18.87)  
 375m: 4:34.97 (17.91)      400m: 4:51.73 (16.76)

11	 Ridgewell ...	16	 Pirates Swi...	0.79	<b>4:51.94</b> +5.06 Entry: 4:46.88
	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)		
12	 Gollan Elea...	14	 Pirates Swi...	0.85	<b>4:56.76</b> -2.23 Entry: 4:58.99
	25m: 16.43		50m: 34.41 (17.98)		
	75m: 52.85 (18.44)		100m: 1:11.75 (18.90)		
	125m: 1:31.07 (19.32)		150m: 1:50.57 (19.50)		
	175m: 2:10.03 (19.46)		200m: 2:29.16 (19.13)		
	225m: 2:47.39 (18.23)		250m: 3:06.15 (18.76)		
	275m: 3:24.91 (18.76)		300m: 3:43.78 (18.87)		
	325m: 4:02.19 (18.41)		350m: 4:20.96 (18.77)		
	375m: 4:39.44 (18.48)		400m: 4:56.76 (17.32)		
13	 Dorricott R...	13	 Whanganui...	0.67	<b>4:59.27</b> -5.95 Entry: 5:05.22
	25m: 15.72		50m: 33.64 (17.92)		
	75m: 52.44 (18.80)		100m: 1:11.39 (18.95)		
	125m: 1:30.79 (19.40)		150m: 1:49.92 (19.13)		
	175m: 2:08.90 (18.98)		200m: 2:27.31 (18.41)		
	225m: 2:46.55 (19.24)		250m: 3:05.86 (19.31)		
	275m: 3:25.02 (19.16)		300m: 3:44.12 (19.10)		
	325m: 4:02.86 (18.74)		350m: 4:22.25 (19.39)		
	375m: 4:41.33 (19.08)		400m: 4:59.27 (17.94)		
14	 Deeprise L...	17	 Heretaunga...	0.73	<b>4:59.97</b> -19.55 Entry: 5:19.52
	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)		
15	 Carter Pho...	13	 Ice Breaker...	0.62	<b>5:01.78</b> -4.10 Entry: 5:05.88
	25m: 16.67		50m: 35.05 (18.38)		
	75m: 53.01 (17.96)		100m: 1:11.50 (18.49)		
	125m: 1:30.39 (18.89)		150m: 1:49.48 (19.09)		
	175m: 2:08.46 (18.98)		200m: 2:27.96 (19.50)		
	225m: 2:47.02 (19.06)		250m: 3:06.64 (19.62)		
	275m: 3:25.75 (19.11)		300m: 3:45.75 (20.00)		
	325m: 4:04.60 (18.85)		350m: 4:24.03 (19.43)		
	375m: 4:43.28 (19.25)		400m: 5:01.78 (18.50)		
16	 Fuller Sophie	14	 Pirates Swi...	0.85	<b>5:05.08</b> -1.63 Entry: 5:06.71
	25m: 16.40		50m: 34.90 (18.50)		
	75m: 53.85 (18.95)		100m: 1:13.24 (19.39)		
	125m: 1:32.40 (19.16)		150m: 1:51.76 (19.36)		

175m: 2:11.87 (20.11)	200m: 2:31.49 (19.62)
225m: 2:50.41 (18.92)	250m: 3:09.72 (19.31)
275m: 3:28.99 (19.27)	300m: 3:49.23 (20.24)
325m: 4:08.72 (19.49)	350m: 4:27.60 (18.88)
375m: 4:46.98 (19.38)	400m: 5:05.08 (18.10)

**17**  **Henricksen...****12**  **Palmerston...** 0.75**5:06.61**Entry: 5:16.23 **-9.62**

25m: 15.67	50m: 33.19 (17.52)
75m: 51.94 (18.75)	100m: 1:10.77 (18.83)
125m: 1:30.45 (19.68)	150m: 1:49.40 (18.95)
175m: 2:09.04 (19.64)	200m: 2:28.68 (19.64)
225m: 2:48.10 (19.42)	250m: 3:08.41 (20.31)
275m: 3:28.55 (20.14)	300m: 3:48.82 (20.27)
325m: 4:08.05 (19.23)	350m: 4:28.04 (19.99)
375m: 4:47.66 (19.62)	400m: 5:06.61 (18.95)

**18**  **Thirkell So...****13**  **Palmerston...** 0.79**5:10.72**Entry: 5:20.28 **-9.56**

25m: 15.34	50m: 32.97 (17.63)
75m: 51.44 (18.47)	100m: 1:10.51 (19.07)
125m: 1:29.83 (19.32)	150m: 1:49.80 (19.97)
175m: 2:09.80 (20.00)	200m: 2:30.53 (20.73)
225m: 2:50.98 (20.45)	250m: 3:52.89 (1:01.91)
275m: 3:32.45	300m: 4:32.85 (1:00.40)
325m: 4:12.59	350m: 5:09.82 (57.23)
375m: 4:51.95	400m: 5:10.72 (18.77)

**19**  **Stuttle Grace****13**  **Heretaunga...** 0.58**5:16.00**Entry: 5:29.26 **-13.26**


25m: 15.65	50m: 33.21 (17.56)
75m: 52.09 (18.88)	100m: 1:11.93 (19.84)
125m: 1:32.02 (20.09)	150m: 1:52.51 (20.49)
175m: 2:13.15 (20.64)	200m: 2:33.76 (20.61)
225m: 2:54.13 (20.37)	250m: 3:14.70 (20.57)
275m: 3:35.26 (20.56)	300m: 3:55.69 (20.43)
325m: 4:16.11 (20.42)	350m: 4:36.73 (20.62)
375m: 4:57.08 (20.35)	400m: 5:16.00 (18.92)

**20**  **Travers Syl...****14**  **Pirates Swi...** 0.89**5:34.70**Entry: 5:47.87 **-13.17**

25m: 17.77	50m: 37.69 (19.92)
75m: 58.45 (20.76)	100m: 1:19.58 (21.13)
125m: 1:41.14 (21.56)	150m: 2:02.78 (21.64)
175m: 2:24.38 (21.60)	200m: 2:46.15 (21.77)
225m: 3:07.76 (21.61)	250m: 3:28.77 (21.01)
275m: 3:50.36 (21.59)	300m: 4:11.68 (21.32)
325m: 4:33.41 (21.73)	350m: 4:54.33 (20.92)
375m: 5:15.34 (21.01)	400m: 5:34.70 (19.36)

**21**  **Thirkell Mya****11**  **Palmerston...** 0.81**5:38.03**Entry: 5:38.01 **+0.02**

25m: 17.27	50m: 37.17 (19.90)
75m: 57.44 (20.27)	100m: 1:18.85 (21.41)
125m: 1:40.35 (21.50)	150m: 2:02.70 (22.35)
175m: 2:24.53 (21.83)	200m: 2:46.75 (22.22)
225m: 3:08.89 (22.14)	250m: 3:30.65 (21.76)
275m: 3:51.67 (21.02)	300m: 4:13.83 (22.16)
325m: 4:35.70 (21.87)	350m: 4:56.88 (21.18)
375m: 5:18.17 (21.29)	400m: 5:38.03 (19.86)

<b>22</b>	 <b>Kopu Sophia</b>	11	 <b>Whanganui...</b>	0.92	<b>5:55.68</b>
	25m: 17.92		50m: 39.01 (21.09)		
	75m: 1:00.26 (21.25)		100m: 1:22.66 (22.40)		
	125m: 1:45.43 (22.77)		150m: 2:08.63 (23.20)		
	175m: 2:31.42 (22.79)		200m: 2:54.23 (22.81)		
	225m: 3:17.13 (22.90)		250m: 3:40.94 (23.81)		
	275m: 4:03.32 (22.38)		300m: 4:26.94 (23.62)		
	325m: 4:49.67 (22.73)		350m: 5:13.38 (23.71)		
	375m: 5:34.99 (21.61)		400m: 5:55.68 (20.69)		
<b>23</b>	 <b>Wilson-Win...</b>	10	 <b>Whanganui...</b>		<b>6:05.28</b> Entry: 6:20.72 <b>-15.44</b>
	25m: 17.76		50m: 38.51 (20.75)		
	75m: 1:00.57 (22.06)		100m: 1:23.50 (22.93)		
	125m: 1:46.68 (23.18)		150m: 2:10.14 (23.46)		
	175m: 2:33.23 (23.09)		200m: 2:56.75 (23.52)		
	225m: 3:20.70 (23.95)		250m: 3:44.87 (24.17)		
	275m: 4:08.59 (23.72)		300m: 4:32.51 (23.92)		
	325m: 4:56.18 (23.67)		350m: 5:20.32 (24.14)		
	375m: 5:43.57 (23.25)		400m: 6:05.28 (21.71)		
<b>24</b>	 <b>Johnson H...</b>	10	 <b>Trojans Swi...</b>	0.65	<b>6:17.79</b>
	25m: 20.00		50m: 42.07 (22.07)		
	75m: 1:05.43 (23.36)		100m: 1:29.64 (24.21)		
	125m: 1:54.23 (24.59)		150m: 2:18.91 (24.68)		
	175m: 2:43.16 (24.25)		200m: 3:07.70 (24.54)		
	225m: 3:32.35 (24.65)		250m: 3:57.03 (24.68)		
	275m: 4:21.85 (24.82)		300m: 4:47.15 (25.30)		
	325m: 5:11.31 (24.16)		350m: 5:35.82 (24.51)		
	375m: 5:56.93 (21.11)		400m: 6:17.79 (20.86)		