





## 38 400m Freestyle Men Final

Official

Rank	Competitor	Age	Club	RT	PTS	Result
1	 Alexander ...	13	 Enterprise ...	0.51		<b>4:36.30</b> Entry: 4:32.89 <span style="color: red;">+3.41</span>
	25m: 14.32		50m: 30.56 (16.24)			
	75m: 47.81 (17.25)		100m: 1:05.49 (17.68)			
	125m: 1:23.07 (17.58)		150m: 1:40.87 (17.80)			
	175m: 1:58.51 (17.64)		200m: 2:16.12 (17.61)			
	225m: 2:33.60 (17.48)		250m: 2:51.64 (18.04)			
	275m: 3:09.38 (17.74)		300m: 3:27.14 (17.76)			
	325m: 3:44.56 (17.42)		350m: 4:02.31 (17.75)			
	375m: 4:19.51 (17.20)		400m: 4:36.30 (16.79)			
2	 Hodge Oscar	13	 Pirates Swi...	0.54		<b>4:49.25</b> Entry: 5:00.23 <span style="color: green;">-10.98</span>
	25m: 15.06		50m: 31.74 (16.68)			
	75m: 49.43 (17.69)		100m: 1:07.75 (18.32)			
	125m: 1:25.97 (18.22)		150m: 1:44.44 (18.47)			
	175m: 2:03.12 (18.68)		200m: 2:21.53 (18.41)			
	225m: 2:39.44 (17.91)		250m: 2:57.79 (18.35)			
	275m: 3:16.12 (18.33)		300m: 3:35.47 (19.35)			
	325m: 3:53.24 (17.77)		350m: 4:11.60 (18.36)			
	375m: 4:30.98 (19.38)		400m: 4:49.25 (18.27)			
3	 Birkett Tho...	14	 Heretaunga...	0.71		<b>5:04.75</b> Entry: 5:22.86 <span style="color: green;">-18.11</span>
	25m: 14.72		50m: 31.96 (17.24)			
	75m: 50.23 (18.27)		100m: 1:09.27 (19.04)			
	125m: 1:29.11 (19.84)		150m: 1:48.73 (19.62)			
	175m: 2:09.04 (20.31)		200m: 2:28.82 (19.78)			
	225m: 2:48.14 (19.32)		250m: 3:07.99 (19.85)			
	275m: 3:28.19 (20.20)		300m: 3:48.25 (20.06)			
	325m: 4:08.27 (20.02)		350m: 4:28.16 (19.89)			
	375m: 4:46.35 (18.19)		400m: 5:04.75 (18.40)			
4	 Hutton Nash	13	 Trojans Swi...	0.75		<b>5:05.25</b> Entry: 5:17.05 <span style="color: green;">-11.80</span>
	25m: 16.09		50m: 34.10 (18.01)			
	75m: 53.02 (18.92)		100m: 1:11.74 (18.72)			
	125m: 1:31.02 (19.28)		150m:			
	175m: 2:09.65 (2:09.65)		200m:			
	225m: 2:49.24 (2:49.24)		250m:			
	275m: 3:28.64 (3:28.64)		300m: 3:48.74 (20.10)			
	325m: 4:07.99 (19.25)		350m: 4:27.50 (19.51)			
	375m: 4:46.83 (19.33)		400m: 5:05.25 (18.42)			
5	 Lahav Shai	13	 Pirates Swi...	0.51		<b>5:20.26</b> Entry: 5:20.65 <span style="color: green;">-0.39</span>
	25m: 17.21		50m: 36.04 (18.83)			
	75m: 56.01 (19.97)		100m: 1:16.38 (20.37)			
	125m: 1:37.08 (20.70)		150m: 1:57.87 (20.79)			
	175m: 2:18.46 (20.59)		200m: 2:39.35 (20.89)			

225m: 2:59.92 (20.57)	250m: 3:20.62 (20.70)
275m: 3:41.34 (20.72)	300m: 4:02.06 (20.72)
325m: 4:22.11 (20.05)	350m: 4:42.37 (20.26)
375m: 5:01.95 (19.58)	400m: 5:20.26 (18.31)

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Kendrick R...

14



Heretaunga... 0.60

5:25.04

Entry: 5:29.67 -4.63

25m: 15.70	50m: 33.33 (17.63)
75m: 52.33 (19.00)	100m: 1:11.93 (19.60)
125m: 1:32.33 (20.40)	150m: 1:53.13 (20.80)
175m: 2:14.13 (21.00)	200m: 2:35.35 (21.22)
225m: 2:57.07 (21.72)	250m:
275m: 3:40.08 (3:40.08)	300m: 4:01.77 (21.69)
325m: 4:23.73 (21.96)	350m: 4:45.63 (21.90)
375m: 5:06.71 (21.08)	400m: 5:25.04 (18.33)

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Kinsella Gus

14



Comet Swi... 0.53

5:26.83

Entry: 5:35.60 -8.77

25m: 16.57	50m: 35.73 (19.16)
75m: 55.87 (20.14)	100m: 1:16.30 (20.43)
125m: 1:37.27 (20.97)	150m: 1:57.87 (20.60)
175m: 2:18.97 (21.10)	200m: 2:40.39 (21.42)
225m: 3:01.48 (21.09)	250m: 3:22.84 (21.36)
275m: 3:44.91 (22.07)	300m: 4:06.26 (21.35)
325m: 4:26.72 (20.46)	350m: 4:47.67 (20.95)
375m: 5:07.84 (20.17)	400m: 5:26.83 (18.99)

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Parlane Gr...

14



Ice Breaker... 0.73

5:36.25

Entry: 5:38.74 -2.49

25m: 16.99	50m: 36.30 (19.31)
75m: 56.92 (20.62)	100m: 1:18.16 (21.24)
125m: 1:39.03 (20.87)	150m: 2:00.06 (21.03)
175m: 2:21.59 (21.53)	200m: 2:42.98 (21.39)
225m: 3:04.65 (21.67)	250m: 3:26.38 (21.73)
275m: 3:48.27 (21.89)	300m: 4:10.32 (22.05)
325m: 4:32.34 (22.02)	350m: 4:54.23 (21.89)
375m: 5:16.01 (21.78)	400m: 5:36.25 (20.24)