

11 400m Individual Medley Women Final

Official

Entries

Heats

Summary



Total

13 years

14 years

15 years

16 and older

Rank	Competitor	Age	Club	RT	PTS	Result
1	Leon Merissa	16	Howick Pak...	0.82		5:26.97 -11.76 Entry: 5:38.73
	25m: 16.20	50m: 35.73 (19.53)	75m: 55.51 (19.78)			
	100m: 1:16.32 (20.81)	125m: 1:38.66 (22.34)	150m: 1:59.40 (20.74)			
	175m: 2:19.48 (20.08)	200m: 2:39.92 (20.44)	225m: 3:03.30 (23.38)			
	250m: 3:27.14 (23.84)	275m: 3:50.56 (23.42)	300m: 4:14.34 (23.78)			
	325m: 4:32.98 (18.64)	350m: 4:51.64 (18.66)	375m: 5:09.63 (17.99)			
	400m: 5:26.97 (17.34)					
2	Blackmore Isabelle	16	St Paul's S...	0.69		5:28.92 -10.49 Entry: 5:39.41
	25m: 16.12	50m: 35.46 (19.34)	75m: 55.74 (20.28)			
	100m: 1:17.24 (21.50)	125m: 1:39.41 (22.17)	150m: 2:00.70 (21.29)			
	175m: 2:22.13 (21.43)	200m: 2:43.64 (21.51)	225m: 3:06.41 (22.77)			
	250m: 3:29.03 (22.62)	275m: 3:52.10 (23.07)	300m: 4:15.82 (23.72)			
	325m: 4:35.33 (19.51)	350m: 4:53.75 (18.42)	375m: 5:11.73 (17.98)			
	400m: 5:28.92 (17.19)					
3	Evans Lucy	16	Pirates Swi...	0.83		5:29.72 -7.73 Entry: 5:37.45
	25m: 16.20	50m: 37.12 (20.92)	75m: 59.42 (22.30)			
	100m: 1:22.96 (23.54)	125m: 1:44.82 (21.86)	150m: 2:05.56 (20.74)			
	175m: 2:26.73 (21.17)	200m: 2:47.77 (21.04)	225m: 3:09.64 (21.87)			
	250m: 3:31.92 (22.28)	275m: 3:54.40 (22.48)	300m: 4:17.20 (22.80)			
	325m: 4:36.62 (19.42)	350m: 4:54.87 (18.25)	375m: 5:12.78 (17.91)			
	400m: 5:29.72 (16.94)					
4	Thompson Emily	16	Ice Breaker ...	0.71		5:29.79 -9.01 Entry: 5:38.80
	25m: 14.26	50m: 32.71 (18.45)	75m: 53.05 (20.34)			
	100m: 1:15.66 (22.61)	125m: 1:38.90 (23.24)	150m: 2:01.02 (22.12)			
	175m: 2:23.42 (22.40)	200m: 2:45.22 (21.80)	225m: 3:06.48 (21.26)			
	250m: 3:29.24 (22.76)	275m: 3:52.29 (23.05)	300m: 4:15.36 (23.07)			
	325m: 4:34.76 (19.40)	350m: 4:54.23 (19.47)	375m: 5:13.20 (18.97)			
	400m: 5:29.79 (16.59)					
5	Salmons Alyssa	15	Liz van Weli...	0.73		5:30.65 -6.51 Entry: 5:37.16
	25m: 15.21	50m: 33.94 (18.73)	75m: 53.67 (19.73)			
	100m: 1:14.69 (21.02)	125m: 1:37.94 (23.25)	150m: 1:59.74 (21.80)			
	175m: 2:21.82 (22.08)	200m: 2:43.66 (21.84)	225m: 3:06.39 (22.73)			
	250m: 3:29.14 (22.75)	275m: 3:51.94 (22.80)	300m: 4:14.62 (22.68)			
	325m: 4:34.79 (20.17)	350m: 4:53.86 (19.07)	375m: 5:12.64 (18.78)			
	400m: 5:30.65 (18.01)					
6	Shields Annabelle	14	Pukekohe S...	0.74		5:34.80 -21.90 Entry: 5:56.70
	25m: 16.48	50m: 36.25 (19.77)	75m: 57.53 (21.28)			
	100m: 1:20.61 (23.08)	125m: 1:42.06 (21.45)	150m: 2:04.08 (22.02)			
	175m: 2:25.79 (21.71)	200m: 2:47.12 (21.33)	225m: 3:09.82 (22.70)			
	250m: 3:32.56 (22.74)	275m: 3:56.03 (23.47)	300m: 4:20.21 (24.18)			

325m: 4:39.83 (19.62) 350m: 4:58.73 (18.90) 375m: 5:17.69 (18.96)
 400m: 5:34.80 (17.11)

7  **Harper Maggie** 13  **Trojans Swi...** 0.76 **5:34.87 -16.94**
 Entry: 5:51.81

25m: 16.41 50m: 36.32 (19.91) 75m: 57.75 (21.43)
 100m: 1:19.16 (21.41) 125m: 1:40.52 (21.36) 150m: 2:00.81 (20.29)
 175m: 2:21.60 (20.79) 200m: 2:41.77 (20.17) 225m: 3:06.01 (24.24)
 250m: 3:30.77 (24.76) 275m: 3:55.48 (24.71) 300m: 4:20.54 (25.06)
 325m: 4:40.40 (19.86) 350m: 4:58.88 (18.48) 375m: 5:17.38 (18.50)
 400m: 5:34.87 (17.49)

8  **Bryan Emma** 14  **Greymouth ...** 0.62 **5:35.24 -10.96**
 Entry: 5:46.20

25m: 15.04 50m: 33.28 (18.24) 75m: 52.42 (19.14)
 100m: 1:12.54 (20.12) 125m: 1:34.20 (21.66) 150m: 1:55.43 (21.23)
 175m: 2:16.26 (20.83) 200m: 2:37.20 (20.94) 225m: 3:02.64 (25.44)
 250m: 3:26.96 (24.32) 275m: 3:52.43 (25.47) 300m: 4:17.31 (24.88)
 325m: 4:38.13 (20.82) 350m: 4:57.94 (19.81) 375m: 5:17.70 (19.76)
 400m: 5:35.24 (17.54)

9  **D'Ath Nicola** 15  **St Peter's S...** 0.65 **5:35.67 -10.78**
 Entry: 5:46.45

25m: 15.51 50m: 36.34 (20.83) 75m: 58.99 (22.65)
 100m: 1:21.91 (22.92) 125m: 1:42.82 (20.91) 150m: 2:03.94 (21.12)
 175m: 2:25.71 (21.77) 200m: 2:47.12 (21.41) 225m: 3:10.28 (23.16)
 250m: 3:32.68 (22.40) 275m: 3:55.77 (23.09) 300m: 4:19.51 (23.74)
 325m: 4:39.28 (19.77) 350m: 4:58.71 (19.43) 375m: 5:17.67 (18.96)
 400m: 5:35.67 (18.00)

10  **Duske Georgia** 13  **Evolution A...** 0.67 **5:35.77 -25.66**
 Entry: 6:01.43

25m: 14.95 50m: 33.87 (18.92) 75m: 53.91 (20.04)
 100m: 1:14.84 (20.93) 125m: 1:36.56 (21.72) 150m: 1:57.39 (20.83)
 175m: 2:18.44 (21.05) 200m: 2:39.99 (21.55) 225m: 3:05.38 (25.39)
 250m: 3:31.76 (26.38) 275m: 3:57.13 (25.37) 300m: 4:22.85 (25.72)
 325m: 4:41.44 (18.59) 350m: 4:59.77 (18.33) 375m: 5:18.19 (18.42)
 400m: 5:35.77 (17.58)

11  **Humphries Hadassah** 15  **Tawa Swim...** 0.79 **5:40.99 -13.79**
 Entry: 5:54.78

25m: 16.69 50m: 36.99 (20.30) 75m: 58.52 (21.53)
 100m: 1:21.18 (22.66) 125m: 1:43.13 (21.95) 150m: 2:03.77 (20.64)
 175m: 2:24.91 (21.14) 200m: 2:46.15 (21.24) 225m: 3:11.54 (25.39)
 250m: 3:36.41 (24.87) 275m: 4:01.58 (25.17) 300m: 4:26.76 (25.18)
 325m: 4:46.05 (19.29) 350m: 5:04.57 (18.52) 375m: 5:23.01 (18.44)
 400m: 5:40.99 (17.98)

12  **Singleton Alahna** 17  **Ice Breaker ...** 0.73 **5:41.96 +9.01**
 Entry: 5:32.95

25m: 15.72 50m: 35.09 (19.37) 75m: 56.79 (21.70)
 100m: 1:19.32 (22.53) 125m: 1:42.81 (23.49) 150m: 2:05.05 (22.24)
 175m: 2:27.75 (22.70) 200m: 2:50.69 (22.94) 225m: 3:12.22 (21.53)
 250m: 3:35.10 (22.88) 275m: 3:58.72 (23.62) 300m: 4:22.68 (23.96)
 325m: 4:43.47 (20.79) 350m: 5:03.54 (20.07) 375m: 5:23.45 (19.91)
 400m: 5:41.96 (18.51)

13  **Blackburn Cayleigh** 16  **Waterhole ...** 0.81 **5:42.72 -1.92**
 Entry: 5:44.64

25m: 15.36 50m: 33.82 (18.46) 75m: 54.70 (20.88)
 100m: 1:16.70 (22.00) 125m: 1:39.08 (22.38) 150m: 1:59.55 (20.47)
 175m: 2:20.23 (20.68) 200m: 2:40.93 (20.70) 225m: 3:06.33 (25.40)
 250m: 3:32.48 (26.15) 275m: 3:58.99 (26.51) 300m: 4:25.86 (26.87)

325m: 4:45.40 (19.54) 350m: 5:04.99 (19.59) 375m: 5:24.20 (19.21)
 400m: 5:42.72 (18.52)

14  Welch Addison

15  St Paul's S... 0.78

5:43.58 -7.78
Entry: 5:51.36

25m: 15.44 50m: 34.37 (18.93) 75m: 54.83 (20.46)
 100m: 1:17.18 (22.35) 125m: 1:38.60 (21.42) 150m: 1:59.82 (21.22)
 175m: 2:21.06 (21.24) 200m: 2:42.03 (20.97) 225m: 3:07.17 (25.14)
 250m: 3:32.67 (25.50) 275m: 3:58.89 (26.22) 300m: 4:24.96 (26.07)
 325m: 4:45.03 (20.07) 350m: 5:04.83 (19.80) 375m: 5:24.49 (19.66)
 400m: 5:43.58 (19.09)

15  Lam Ashley

13  Howick Pak... 0.75

5:45.91 -13.84
Entry: 5:59.75

25m: 15.76 50m: 35.78 (20.02) 75m: 57.85 (22.07)
 100m: 1:22.38 (24.53) 125m: 1:46.79 (24.41) 150m: 2:09.05 (22.26)
 175m: 2:31.83 (22.78) 200m: 2:53.42 (21.59) 225m: 3:17.76 (24.34)
 250m: 3:41.85 (24.09) 275m: 4:05.68 (23.83) 300m: 4:30.01 (24.33)
 325m: 4:49.82 (19.81) 350m: 5:09.34 (19.52) 375m: 5:28.18 (18.84)
 400m: 5:45.91 (17.73)

16  Watson Elliot

15  Ashburton ... 0.71

5:46.23 +6.74
Entry: 5:39.49

25m: 16.03 50m: 34.84 (18.81) 75m: 55.16 (20.32)
 100m: 1:17.78 (22.62) 125m: 1:40.14 (22.36) 150m: 2:01.78 (21.64)
 175m: 2:23.62 (21.84) 200m: 2:45.24 (21.62) 225m: 3:09.24 (24.00)
 250m: 3:34.11 (24.87) 275m: 3:59.16 (25.05) 300m: 4:25.07 (25.91)
 325m: 4:44.94 (19.87) 350m: 5:05.12 (20.18) 375m: 5:25.89 (20.77)
 400m: 5:46.23 (20.34)

17  Packham Ana

14  Waverley S... 0.84

5:48.87 -4.23
Entry: 5:53.10

25m: 16.73 50m: 36.83 (20.10) 75m: 59.67 (22.84)
 100m: 1:22.38 (22.71) 125m: 1:44.63 (22.25) 150m: 2:06.16 (21.53)
 175m: 2:27.99 (21.83) 200m: 2:49.55 (21.56) 225m: 3:15.45 (25.90)
 250m: 3:40.86 (25.41) 275m: 4:06.60 (25.74) 300m: 4:31.96 (25.36)
 325m: 4:51.58 (19.62) 350m: 5:10.25 (18.67) 375m: 5:29.84 (19.59)
 400m: 5:48.87 (19.03)

18  Cunningham Kate

14  Vikings Swi... 0.84

5:58.43 +3.93
Entry: 5:54.50

25m: 17.32 50m: 38.54 (21.22) 75m: 1:01.60 (23.06)
 100m: 1:25.00 (23.40) 125m: 1:48.32 (23.32) 150m: 2:10.95 (22.63)
 175m: 2:33.39 (22.44) 200m: 2:55.08 (21.69) 225m: 3:21.42 (26.34)
 250m: 3:47.54 (26.12) 275m: 4:13.29 (25.75) 300m: 4:38.58 (25.29)
 325m: 4:59.18 (20.60) 350m: 5:19.63 (20.45) 375m: 5:39.97 (20.34)
 400m: 5:58.43 (18.46)

19  Bowskill Charlotte

16  Pukekohe S... 0.79

5:58.60 +13.05
Entry: 5:45.55

25m: 16.90 50m: 37.52 (20.62) 75m: 59.40 (21.88)
 100m: 1:22.14 (22.74) 125m: 1:45.63 (23.49) 150m: 2:07.22 (21.59)
 175m: 2:28.72 (21.50) 200m: 2:49.98 (21.26) 225m: 3:17.51 (27.53)
 250m: 3:44.86 (27.35) 275m: 4:11.69 (26.83) 300m: 4:38.80 (27.11)
 325m: 4:59.49 (20.69) 350m: 5:19.41 (19.92) 375m: 5:39.25 (19.84)
 400m: 5:58.60 (19.35)

20  Groot Elise

13  Swim Timaru 0.76

5:59.35 -1.82
Entry: 6:01.17

25m: 17.89 50m: 40.34 (22.45) 75m: 1:04.82 (24.48)
 100m: 1:30.87 (26.05) 125m: 1:53.90 (23.03) 150m: 2:15.92 (22.02)
 175m: 2:37.97 (22.05) 200m: 2:59.84 (21.87) 225m: 3:24.78 (24.94)
 250m: 3:50.19 (25.41) 275m: 4:16.20 (26.01) 300m: 4:41.99 (25.79)

325m: 5:01.59 (19.60)
400m: 5:59.35 (19.03)

350m: 5:21.10 (19.51)

375m: 5:40.32 (19.22)

21  Herbert Josie

13  Swim Timaru 0.82

6:00.75 +2.85
Entry: 5:57.90

25m: 16.91
100m: 1:24.10 (23.18)
175m: 2:33.80 (22.35)
250m: 3:48.67 (26.20)
325m: 5:01.39 (20.84)
400m: 6:00.75 (19.20)

50m: 39.77 (22.86)
125m: 1:48.60 (24.50)
200m: 2:55.80 (22.00)
275m: 4:15.03 (26.36)
350m: 5:21.68 (20.29)

75m: 1:00.92 (21.15)
150m: 2:11.45 (22.85)
225m: 3:22.47 (26.67)
300m: 4:40.55 (25.52)
375m: 5:41.55 (19.87)

22  Savry Melody

13  North Cant... 0.68

6:09.56 +11.63
Entry: 5:57.93

25m: 17.19
100m: 1:24.81 (23.87)
175m: 2:38.58 (24.86)
250m: 3:57.08 (27.29)
325m: 5:10.66 (20.82)
400m: 6:09.56 (18.13)

50m: 38.37 (21.18)
125m: 1:50.23 (25.42)
200m: 3:03.04 (24.46)
275m: 4:22.16 (25.08)
350m: 5:30.99 (20.33)

75m: 1:00.94 (22.57)
150m: 2:13.72 (23.49)
225m: 3:29.79 (26.75)
300m: 4:49.84 (27.68)
375m: 5:51.43 (20.44)

23  Rollo Elysia

13  Pukekohe S... 0.75

6:11.62 +13.11
Entry: 5:58.51

25m: 17.03
100m: 1:29.98 (25.95)
175m: 2:38.57 (22.54)
250m: 3:54.62 (26.95)
325m: 5:10.11 (20.89)
400m: 6:11.62 (19.43)

50m: 39.30 (22.27)
125m: 1:53.89 (23.91)
200m: 3:00.45 (21.88)
275m: 4:21.93 (27.31)
350m: 5:31.25 (21.14)

75m: 1:04.03 (24.73)
150m: 2:16.03 (22.14)
225m: 3:27.67 (27.22)
300m: 4:49.22 (27.29)
375m: 5:52.19 (20.94)