

# 21 400m Freestyle Women Final

Official

☰ Entries
☰ Heats
🏆 Summary
📄

Total
13 years
14 years
15 years
16 and older

Rank	Competitor	Age	Club	RT	PTS	Result
1	Hingston Freya	17	United Swi...	0.79		<b>4:30.82</b> <span style="color: green;">-17.60</span> Entry: 4:48.42
	25m: 13.64	50m: 28.72 (15.08)	75m: 44.69 (15.97)			
	100m: 1:00.86 (16.17)	125m: 1:17.57 (16.71)	150m: 1:34.49 (16.92)			
	175m: 1:51.67 (17.18)	200m: 2:09.00 (17.33)	225m: 2:26.41 (17.41)			
	250m: 2:44.12 (17.71)	275m: 3:01.88 (17.76)	300m: 3:19.79 (17.91)			
	325m: 3:38.02 (18.23)	350m: 3:55.72 (17.70)	375m: 4:13.71 (17.99)			
	400m: 4:30.82 (17.11)					
2	Neems Sophia	15	Howick Pak...	0.85		<b>4:38.73</b> <span style="color: green;">-10.54</span> Entry: 4:49.27
	25m: 14.91	50m: 31.95 (17.04)	75m: 49.55 (17.60)			
	100m: 1:07.35 (17.80)	125m: 1:25.09 (17.74)	150m: 1:42.65 (17.56)			
	175m: 2:00.18 (17.53)	200m: 2:17.59 (17.41)	225m: 2:34.89 (17.30)			
	250m: 2:52.31 (17.42)	275m: 3:10.05 (17.74)	300m: 3:28.05 (18.00)			
	325m: 3:46.02 (17.97)	350m: 4:03.68 (17.66)	375m: 4:21.57 (17.89)			
	400m: 4:38.73 (17.16)					
3	Leon Merissa	16	Howick Pak...	0.84		<b>4:44.27</b> <span style="color: green;">-8.19</span> Entry: 4:52.46
	25m: 15.29	50m: 32.34 (17.05)	75m: 49.89 (17.55)			
	100m: 1:07.79 (17.90)	125m: 1:25.87 (18.08)	150m: 1:44.05 (18.18)			
	175m: 2:02.19 (18.14)	200m: 2:20.34 (18.15)	225m: 2:38.58 (18.24)			
	250m: 2:56.79 (18.21)	275m: 3:14.91 (18.12)	300m: 3:33.11 (18.20)			
	325m: 3:51.16 (18.05)	350m: 4:09.13 (17.97)	375m: 4:27.18 (18.05)			
	400m: 4:44.27 (17.09)					
4	Evans Lucy	16	Pirates Swi...	0.85		<b>4:44.31</b> <span style="color: green;">-3.59</span> Entry: 4:47.90
	25m: 15.13	50m: 31.53 (16.40)	75m: 49.05 (17.52)			
	100m: 1:06.66 (17.61)	125m: 1:24.57 (17.91)	150m: 1:42.39 (17.82)			
	175m: 2:00.72 (18.33)	200m: 2:18.86 (18.14)	225m: 2:36.91 (18.05)			
	250m: 2:55.08 (18.17)	275m: 3:13.28 (18.20)	300m: 3:31.73 (18.45)			
	325m: 3:50.13 (18.40)	350m: 4:08.40 (18.27)	375m: 4:26.72 (18.32)			
	400m: 4:44.31 (17.59)					
5	Migounoff Lara	14	Pukekohe S...	0.72		<b>4:47.55</b> <span style="color: green;">-7.43</span> Entry: 4:54.98
	25m: 15.11	50m: 31.71 (16.60)	75m: 49.31 (17.60)			
	100m: 1:07.09 (17.78)	125m: 1:25.10 (18.01)	150m: 1:43.34 (18.24)			
	175m: 2:01.84 (18.50)	200m: 2:20.16 (18.32)	225m: 2:39.12 (18.96)			
	250m: 2:57.94 (18.82)	275m: 3:17.23 (19.29)	300m: 3:36.33 (19.10)			
	325m: 3:54.99 (18.66)	350m: 4:13.48 (18.49)	375m: 4:30.97 (17.49)			
	400m: 4:47.55 (16.58)					
6	Story Alicia	15	Mt Eden Sw...	0.81		<b>4:47.61</b> <span style="color: green;">-8.46</span> Entry: 4:56.07
	25m: 15.52	50m: 32.60 (17.08)	75m: 50.33 (17.73)			
	100m: 1:08.53 (18.20)	125m: 1:26.86 (18.33)	150m: 1:45.29 (18.43)			
	175m: 2:03.63 (18.34)	200m: 2:22.15 (18.52)	225m: 2:40.32 (18.17)			
	250m: 2:58.51 (18.19)	275m: 3:16.77 (18.26)	300m: 3:35.34 (18.57)			

325m: 3:53.52 (18.18)    350m: 4:11.89 (18.37)    375m: 4:29.94 (18.05)  
 400m: 4:47.61 (17.67)

**7**  **Doney Aubrey**    14  **Wharenui S...**    0.79    **4:48.85 -8.85**  
 Entry: 4:57.70

25m: 15.28    50m: 31.88 (16.60)    75m: 49.44 (17.56)  
 100m: 1:07.41 (17.97)    125m: 1:25.59 (18.18)    150m: 1:43.93 (18.34)  
 175m: 2:02.57 (18.64)    200m: 2:20.78 (18.21)    225m: 2:39.36 (18.58)  
 250m: 2:58.02 (18.66)    275m: 3:16.24 (18.22)    300m: 3:35.07 (18.83)  
 325m: 3:53.43 (18.36)    350m: 4:12.33 (18.90)    375m: 4:31.16 (18.83)  
 400m: 4:48.85 (17.69)

**8**  **Yuan Talia**    14  **Howick Pak...**    0.74    **4:49.25 -8.71**  
 Entry: 4:57.96

25m: 15.09    50m: 32.09 (17.00)    75m: 49.66 (17.57)  
 100m: 1:07.94 (18.28)    125m: 1:26.41 (18.47)    150m: 1:44.75 (18.34)  
 175m: 2:03.11 (18.36)    200m: 2:21.66 (18.55)    225m: 2:40.37 (18.71)  
 250m: 2:58.72 (18.35)    275m: 3:17.50 (18.78)    300m: 3:36.04 (18.54)  
 325m: 3:54.91 (18.87)    350m: 4:13.46 (18.55)    375m: 4:32.04 (18.58)  
 400m: 4:49.25 (17.21)

**9**  **Maltai-Spence Sophia**    15  **Liz van Weli...**    0.79    **4:50.43 -1.32**  
 Entry: 4:51.75

25m: 15.23    50m: 32.45 (17.22)    75m: 50.81 (18.36)  
 100m: 1:09.16 (18.35)    125m: 1:27.98 (18.82)    150m: 1:46.37 (18.39)  
 175m: 2:05.55 (19.18)    200m: 2:24.43 (18.88)    225m: 2:42.77 (18.34)  
 250m: 3:01.11 (18.34)    275m: 3:19.35 (18.24)    300m: 3:37.50 (18.15)  
 325m: 3:55.75 (18.25)    350m: 4:14.34 (18.59)    375m: 4:32.98 (18.64)  
 400m: 4:50.43 (17.45)

**10**  **Brock Claudia**    16  **Aquabladz NP**    0.73    **4:51.24 +0.82**  
 Entry: 4:50.42

25m: 14.97    50m: 32.33 (17.36)    75m: 49.85 (17.52)  
 100m: 1:08.03 (18.18)    125m: 1:26.32 (18.29)    150m: 2:21.46 (55.14)  
 175m: 2:02.88    200m: 2:58.11 (55.23)    225m: 2:39.73  
 250m: 3:35.70 (55.97)    275m: 3:16.63    300m: 4:13.73 (57.10)  
 325m: 3:54.81    350m: 4:51.24 (56.43)    375m: 4:32.74  
 400m: 4:51.24 (18.50)

**11**  **Humphries Hadassah**    15  **Tawa Swim...**    0.86    **4:51.27 -7.51**  
 Entry: 4:58.78

25m: 15.84    50m: 33.21 (17.37)    75m: 51.18 (17.97)  
 100m: 1:09.50 (18.32)    125m: 1:27.74 (18.24)    150m: 1:46.51 (18.77)  
 175m: 2:05.10 (18.59)    200m: 2:23.73 (18.63)    225m: 2:42.53 (18.80)  
 250m: 3:00.95 (18.42)    275m: 3:19.57 (18.62)    300m: 3:38.25 (18.68)  
 325m: 3:56.77 (18.52)    350m: 4:15.41 (18.64)    375m: 4:33.78 (18.37)  
 400m: 4:51.27 (17.49)

**12**  **Lam Ashley**    13  **Howick Pak...**    0.80    **4:52.63 -12.28**  
 Entry: 5:04.91

25m: 15.23    50m: 32.46 (17.23)    75m: 50.39 (17.93)  
 100m: 1:08.90 (18.51)    125m: 1:27.03 (18.13)    150m: 1:45.66 (18.63)  
 175m: 2:04.40 (18.74)    200m: 2:22.95 (18.55)    225m: 2:41.53 (18.58)  
 250m: 3:00.57 (19.04)    275m: 3:20.38 (19.81)    300m: 3:38.96 (18.58)  
 325m: 3:57.81 (18.85)    350m: 4:16.34 (18.53)    375m: 4:34.97 (18.63)  
 400m: 4:52.63 (17.66)

**13**  **Lietze Milly**    14  **South Otag...**    0.79    **4:56.77 -2.53**  
 Entry: 4:59.30

25m: 14.53    50m: 31.21 (16.68)    75m: 48.83 (17.62)  
 100m: 1:07.03 (18.20)    125m: 1:25.81 (18.78)    150m: 1:44.62 (18.81)  
 175m: 2:03.53 (18.91)    200m: 2:22.48 (18.95)    225m: 2:41.78 (19.30)  
 250m: 3:01.17 (19.39)    275m: 3:20.43 (19.26)    300m: 3:39.88 (19.45)

325m: 3:59.51 (19.63) 350m: 4:18.73 (19.22) 375m: 4:38.08 (19.35)  
400m: 4:56.77 (18.69)

14  Gilmour Cadence

15  Waverley S... 0.79

4:56.90 **-2.06**  
Entry: 4:58.96


25m: 16.79 50m: 34.62 (17.83) 75m: 52.77 (18.15)  
100m: 1:10.94 (18.17) 125m: 1:29.60 (18.66) 150m: 1:48.52 (18.92)  
175m: 2:07.39 (18.87) 200m: 2:26.33 (18.94) 225m: 2:45.99 (19.66)  
250m: 3:04.91 (18.92) 275m: 3:24.51 (19.60) 300m: 3:43.54 (19.03)  
325m: 4:02.23 (18.69) 350m: 4:20.98 (18.75) 375m: 4:40.03 (19.05)  
400m: 4:56.90 (16.87)

15  Bennett Claudine

15  North Cant... 0.76

4:56.98 **+0.80**  
Entry: 4:56.18

25m: 16.00 50m: 33.65 (17.65) 75m: 51.60 (17.95)  
100m: 1:09.69 (18.09) 125m: 1:28.16 (18.47) 150m: 1:46.70 (18.54)  
175m: 2:05.55 (18.85) 200m: 2:24.34 (18.79) 225m: 2:43.52 (19.18)  
250m: 3:02.80 (19.28) 275m: 3:22.58 (19.78) 300m: 3:40.59 (18.01)  
325m: 4:00.38 (19.79) 350m: 4:18.89 (18.51) 375m: 4:38.30 (19.41)  
400m: 4:56.98 (18.68)

16  MacIntyre Millie

13  Jasi Swim ... 0.81

4:57.26 **-9.17**  
Entry: 5:06.43

25m: 15.77 50m: 33.32 (17.55) 75m: 51.51 (18.19)  
100m: 1:09.98 (18.47) 125m: 1:29.30 (19.32) 150m: 1:48.60 (19.30)  
175m: 2:08.13 (19.53) 200m: 2:27.33 (19.20) 225m: 2:46.60 (19.27)  
250m: 3:05.85 (19.25) 275m: 3:25.04 (19.19) 300m: 3:44.13 (19.09)  
325m: 4:03.37 (19.24) 350m: 4:22.28 (18.91) 375m: 4:40.76 (18.48)  
400m: 4:57.26 (16.50)

17  Watt Keira

13  Wharenui S... 0.81

4:57.66 **-13.73**  
Entry: 5:11.39

25m: 15.42 50m: 32.57 (17.15) 75m: 51.10 (18.53)  
100m: 1:09.76 (18.66) 125m: 1:29.28 (19.52) 150m: 1:48.36 (19.08)  
175m: 2:07.54 (19.18) 200m: 2:27.07 (19.53) 225m: 2:46.21 (19.14)  
250m: 3:05.29 (19.08) 275m: 3:24.43 (19.14) 300m: 3:43.78 (19.35)  
325m: 4:02.65 (18.87) 350m: 4:21.77 (19.12) 375m: 4:40.49 (18.72)  
400m: 4:57.66 (17.17)

18  Chitty Sophie

15  Wharenui S... 0.84

4:59.81 **+1.85**  
Entry: 4:57.96

25m: 15.53 50m: 33.07 (17.54) 75m: 51.12 (18.05)  
100m: 1:09.31 (18.19) 125m: 1:27.88 (18.57) 150m: 1:46.86 (18.98)  
175m: 2:05.69 (18.83) 200m: 2:24.52 (18.83) 225m: 2:43.53 (19.01)  
250m: 3:02.65 (19.12) 275m: 3:22.04 (19.39) 300m: 3:41.74 (19.70)  
325m: 4:01.40 (19.66) 350m: 4:21.27 (19.87) 375m: 4:41.18 (19.91)  
400m: 4:59.81 (18.63)


19  Crawford Lauren

13  Swim Timaru 0.77

5:00.95 **-4.09**  
Entry: 5:05.04

25m: 16.41 50m: 34.39 (17.98) 75m: 53.17 (18.78)  
100m: 1:12.30 (19.13) 125m: 1:31.54 (19.24) 150m: 1:50.79 (19.25)  
175m: 2:10.26 (19.47) 200m: 2:29.11 (18.85) 225m: 2:48.49 (19.38)  
250m: 3:07.57 (19.08) 275m: 3:26.85 (19.28) 300m: 3:45.89 (19.04)  
325m: 4:05.50 (19.61) 350m: 4:24.56 (19.06) 375m: 4:43.04 (18.48)  
400m: 5:00.95 (17.91)

20  Sugar Brynn


13  Tasman Swi... 0.76

5:02.55 **-4.86**  
Entry: 5:07.41

25m: 16.07 50m: 34.31 (18.24) 75m: 53.07 (18.76)  
100m: 1:12.48 (19.41) 125m: 1:31.79 (19.31) 150m: 1:51.40 (19.61)  
175m: 2:10.97 (19.57) 200m: 2:30.36 (19.39) 225m: 2:49.94 (19.58)  
250m: 3:09.25 (19.31) 275m: 3:28.95 (19.70) 300m: 3:48.36 (19.41)

325m: 4:07.29 (18.93)    350m: 4:26.34 (19.05)    375m: 4:45.01 (18.67)  
 400m: 5:02.55 (17.54)

**21**  **Bavihal Mana**

14  **Roskill Swi...** 0.75

**5:07.12 +0.64**  
Entry: 5:06.48

25m: 15.66	50m: 33.01 (17.35)	75m: 51.45 (18.44)
100m: 1:10.48 (19.03)	125m: 1:29.71 (19.23)	150m: 1:49.23 (19.52)
175m: 2:09.07 (19.84)	200m: 2:28.76 (19.69)	225m: 2:48.54 (19.78)
250m: 3:08.56 (20.02)	275m: 3:28.28 (19.72)	300m: 3:48.21 (19.93)
325m: 4:08.28 (20.07)	350m: 4:28.33 (20.05)	375m: 4:48.32 (19.99)
400m: 5:07.12 (18.80)		


**22**  **Groot Elise**

13  **Swim Timaru** 0.80

**5:07.25 -4.84**  
Entry: 5:12.09

25m: 16.17	50m: 34.19 (18.02)	75m: 53.26 (19.07)
100m: 1:12.55 (19.29)	125m: 1:32.03 (19.48)	150m: 1:52.15 (20.12)
175m: 2:11.10 (18.95)	200m: 2:30.57 (19.47)	225m: 2:50.78 (20.21)
250m: 3:10.25 (19.47)	275m: 3:29.90 (19.65)	300m: 3:49.89 (19.99)
325m: 4:09.16 (19.27)	350m: 4:28.97 (19.81)	375m: 4:48.41 (19.44)
400m: 5:07.25 (18.84)		

**23**  **Miller Kaylee**

13  **Ice Breaker ...** 0.71

**5:16.07 +2.68**  
Entry: 5:13.39

25m: 15.52	50m: 33.61 (18.09)	75m: 52.73 (19.12)
100m: 1:12.20 (19.47)	125m: 1:32.89 (20.69)	150m: 1:53.27 (20.38)
175m: 2:13.76 (20.49)	200m: 2:34.50 (20.74)	225m: 2:54.94 (20.44)
250m: 3:15.63 (20.69)	275m: 3:36.35 (20.72)	300m: 3:56.30 (19.95)
325m: 4:16.68 (20.38)	350m: 4:37.29 (20.61)	375m: 4:57.66 (20.37)
400m: 5:16.07 (18.41)		