

# ELŐFUTAM ABS. EREDMÉNY

## 400 m férfi gyors

### 19. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
felhőt	03:45.68	KIS Gergő	Róma (ITA)	2009. júl. 26.
18	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
17	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
16	03:54.36	MÁRTON Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:58.16	KAKUK Koppány	LXVII. Országos Serdülő	2023. jún. 21.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA								
1.	3/4	<b>KOVÁCS-SERES Hunor</b>	2006		DKSE Dunaújváros	<b>04:03.08</b>		<b>742</b>								
		Edző:														
	R.Idő	00.77	50m	27.94	100m	58.77 30.83	150m	01:29.34 30.57	200m	02:00.12 30.78	250m	02:30.75 30.63	300m	03:01.66 30.91	350m	03:32.61 30.95
	400m	04:03.08 30.47														
2.	4/5	<b>KAKUK Koppány Zéta</b>	2008		Kaposvári SI	<b>04:04.16</b>	+01.08	<b>732</b>								
	R.Idő	00.70	50m	27.75	100m	59.05 31.30	150m	01:30.47 31.42	200m	02:01.74 31.27	250m	02:32.38 30.64	300m	03:04.39 32.01	350m	03:35.14 30.75
	400m	04:04.16 29.02														
3.	4/6	<b>DUCA Stefan-Mircea</b>	2006		BVSC-Zugló	<b>04:04.67</b>	+01.59	<b>727</b>								
	R.Idő	00.69	50m	27.32	100m	58.43 31.11	150m	01:30.03 31.60	200m	02:01.83 31.80	250m	02:33.38 31.55	300m	03:04.23 30.85	350m	03:34.99 30.76
	400m	04:04.67 29.68														
4.	4/4	<b>HARTMANN Máté</b>	2005		Pécsi Sport Nonprof.	<b>04:04.70</b>	+01.62	<b>727</b>								
	R.Idő	00.65	50m	27.95	100m	59.13 31.18	150m	01:30.27 31.14	200m	02:01.52 31.25	250m	02:32.84 31.32	300m	03:04.15 31.31	350m	03:35.05 30.90
	400m	04:04.70 29.65														
5.	4/2	<b>DEÁK Levente</b>	2005		Soproni Széchy T. SI	<b>04:05.00</b>	+01.92	<b>724</b>								
	R.Idő	00.79	50m	27.83	100m	58.94 31.11	150m	01:30.34 31.40	200m	02:01.74 31.40	250m	02:32.86 31.12	300m	03:04.15 31.29	350m	03:34.97 30.82
	400m	04:05.00 30.03														
6.	3/5	<b>POTECZIN Dániel</b>	2006		Érdi Vízisport Kft	<b>04:05.18</b>	+02.10	<b>723</b>								
	R.Idő	00.71	50m	28.04	100m	58.84 30.80	150m	01:29.91 31.07	200m	02:01.32 31.41	250m	02:32.46 31.14	300m	03:04.21 31.75	350m	03:35.39 31.18
	400m	04:05.18 29.79														
7.	3/6	<b>BUDA Levente</b>	2008		Győri Úszó Sportegy.	<b>04:05.49</b>	+02.41	<b>720</b>								
	R.Idő	00.71	50m	28.02	100m	58.58 30.56	150m	01:30.17 31.59	200m	02:01.68 31.51	250m	02:33.14 31.46	300m	03:04.48 31.34	350m	03:35.99 31.51
	400m	04:05.49 29.50														
8.	4/7	<b>PÁPAI Olivér</b>	2009		Győri Úszó Sportegy.	<b>04:06.86</b>	+03.78	<b>708</b>								
	R.Idő	00.68	50m	28.30	100m	59.91 31.61	150m	01:31.58 31.67	200m	02:03.48 31.90	250m	02:34.19 30.71	300m	03:05.35 31.16	350m	03:36.81 31.46
	400m	04:06.86 30.05														
9.	3/3	<b>DEÁK Gergely</b>	2007		A Jövő SC	<b>04:07.50</b>	+04.42	<b>703</b>								
	R.Idő	00.72	50m	28.59	100m	59.70 31.11	150m	01:30.63 30.93	200m	02:01.86 31.23	250m	02:33.01 31.15	300m	03:04.70 31.69	350m	03:36.70 32.00
	400m	04:07.50 30.80														
10.	3/7	<b>TOHL Dániel Antal</b>	2005		Érdi Vízisport Kft	<b>04:07.96</b>	+04.88	<b>699</b>								
	R.Idő	00.70	50m	27.86	100m	58.67 30.81	150m	01:30.12 31.45	200m	02:01.50 31.38	250m	02:33.38 31.88	300m	03:04.99 31.61	350m	03:37.09 32.10
	400m	04:07.96 30.87														
11.	2/4	<b>ILLÉS Bence</b>	2005		A Jövő SC	<b>04:08.60</b>	+05.52	<b>693</b>								
	R.Idő	00.72	50m	28.41	100m	59.15 30.74	150m	01:30.58 31.43	200m	02:02.22 31.64	250m	02:33.65 31.43	300m	03:05.48 31.83	350m	03:37.26 31.78
	400m	04:08.60 31.34														
12.	4/8	<b>RIEGER Örs István</b>	2006		FTC	<b>04:08.83</b>	+05.75	<b>691</b>								
	R.Idő	00.63	50m	28.75	100m	59.92 31.17	150m	01:31.53 31.61	200m	02:03.22 31.69	250m	02:35.09 31.87	300m	03:06.93 31.84	350m	03:38.69 31.76
	400m	04:08.83 30.14														
13.	4/9	<b>VARGA Levente</b>	2008		Vasas Sport Club	<b>04:10.34</b>	+07.26	<b>679</b>								
	R.Idő	00.63	50m	28.56	100m	59.69 31.13	150m	01:31.69 32.00	200m	02:03.81 32.12	250m	02:35.45 31.64	300m	03:07.33 31.88	350m	03:39.04 31.71
	400m	04:10.34 31.30														

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Évjárat	Csúcs	Név	Helyszín	Dátum
felhótt	03:45.68	KIS Gergő	Róma (ITA)	2009. júl. 26.
18	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
17	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
16	03:54.36	MÁRTON Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:58.16	KAKUK Koppány	LXVII. Országos Serdülő	2023. jún. 21.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA										
14.	4/3	<b>KAISER Dominik</b>	2007		Újpesti Torna Egylet	<b>04:11.52</b>	+08.44	669										
	R.Idő	00.74	50m	28.37	100m	59.58	150m	01:31.23	200m	02:03.57	250m	02:35.56	300m	03:07.95	350m	03:40.12	400m	04:11.52
						31.21		31.65		32.34		31.99		32.39		32.17		31.40
15.	3/0	<b>ZANYI Ferdinánd Tamás</b>	2007		Lőrinc Swim Team	<b>04:12.08</b>	+09.00	665										
	R.Idő	00.56	50m	28.83	100m	01:00.23	150m	01:31.76	200m	02:03.90	250m	02:35.94	300m	03:08.82	350m	03:40.99	400m	04:12.08
						31.40		31.53		32.14		32.04		32.88		32.17		31.09
16.	4/1	<b>KOVÁCS Bence Péter</b>	2006		Pécsi Sport Nonprof.	<b>04:12.23</b>	+09.15	664										
	R.Idő	00.62	50m	28.02	100m	59.51	150m	01:31.52	200m	02:04.29	250m	02:36.86	300m	03:09.94	350m	03:41.37	400m	04:12.23
						31.49		32.01		32.77		32.57		33.08		31.43		30.86
17.	2/3	<b>BOR Tamás László</b>	2008		DKSE Dunaújváros	<b>04:13.35</b>	+10.27	655										
	R.Idő	00.69	50m	28.07	100m	59.21	150m	01:31.25	200m	02:04.05	250m	02:36.15	300m	03:09.15	350m	03:41.38	400m	04:13.35
						31.14		32.04		32.80		32.10		33.00		32.23		31.97
18.	3/8	<b>M.KISS Jakab</b>	2005		Vasas Sport Club	<b>04:14.37</b>	+11.29	647										
	R.Idő	00.68	50m	28.23	100m	59.72	150m	01:31.95	200m	02:04.29	250m	02:37.52	300m	03:10.67	350m	03:43.05	400m	04:14.37
						31.49		32.23		32.34		33.23		33.15		32.38		31.32
19.	4/0	<b>SZAPPANOS Kristóf</b>	2007		Budaörsi Sport Club	<b>04:14.40</b>	+11.32	647										
	R.Idő	00.72	50m	27.92	100m	59.28	150m	01:31.42	200m	02:04.02	250m	02:36.59	300m	03:09.59	350m	03:42.43	400m	04:14.40
						31.36		32.14		32.60		32.57		33.00		32.84		31.97
20.	3/9	<b>PITTLIK Zsigmond</b>	2008		Darnyi Tamás SC	<b>04:15.28</b>	+12.20	640										
	R.Idő	00.74	50m	28.83	100m	01:00.25	150m	01:32.55	200m	02:04.69	250m	02:37.63	300m	03:10.90	350m	03:43.78	400m	04:15.28
						31.42		32.30		32.14		32.94		33.27		32.88		31.50
21.	2/7	<b>BÖGÖZI Hunor</b>	2007		Kaposvári SI	<b>04:15.60</b>	+12.52	638										
	R.Idő	00.69	50m	29.31	100m	01:01.75	150m	01:34.13	200m	02:06.89	250m	02:38.89	300m	03:11.70	350m	03:44.31	400m	04:15.60
						32.44		32.38		32.76		32.00		32.81		32.61		31.29
22.	2/5	<b>HAVAS Balázs</b>	2006		Gyulai Várfürdő Kft.	<b>04:15.97</b>	+12.89	635										
	R.Idő	00.68	50m	28.44	100m	59.87	150m	01:32.48	200m	02:05.18	250m	02:38.02	300m	03:10.92	350m	03:44.11	400m	04:15.97
						31.43		32.61		32.70		32.84		32.90		33.19		31.86
23.	2/8	<b>ESZENYI Ábel</b>	2005		DKSE Dunaújváros	<b>04:16.59</b>	+13.51	630										
	R.Idő	00.71	50m	28.96	100m	01:00.69	150m	01:33.10	200m	02:06.08	250m	02:38.71	300m	03:11.89	350m	03:44.90	400m	04:16.59
						31.73		32.41		32.98		32.63		33.18		33.01		31.69
24.	1/5	<b>SPISÁK Bence</b>	2008		Budaörsi Sport Club	<b>04:19.60</b>	+16.52	609										
	R.Idő	00.66	50m	28.68	100m	01:01.04	150m	01:34.22	200m	02:07.65	250m	02:40.50	300m	03:14.49	350m	03:47.40	400m	04:19.60
						32.36		33.18		33.43		32.85		33.99		32.91		32.20
25.	3/2	<b>HOSSZÚ Máté</b>	2006		Győri Úszó Sportegy.	<b>04:20.30</b>	+17.22	604										
	R.Idő	00.60	50m	28.87	100m	01:00.34	150m	01:32.80	200m	02:06.15	250m	02:39.80	300m	03:14.19	350m	03:47.60	400m	04:20.30
						31.47		32.46		33.35		33.65		34.39		33.41		32.70
26.	3/1	<b>CSABA György</b>	2008		BVSC-Zuglói	<b>04:20.34</b>	+17.26	604										
	R.Idő	00.62	50m	28.91	100m	01:00.71	150m	01:33.19	200m	02:06.04	250m	02:39.25	300m	03:13.49	350m	03:47.88	400m	04:20.34
						31.80		32.48		32.85		33.21		34.24		34.39		32.46

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14	04:01.71	KAKUK Koppány	LXVII. Országos Serdülő	2023. jún. 21.
			Hódmezővásárhely	2022. júl. 28.

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA								
27.	1/3	<b>SZENTESI Botond</b>	2008		BVSC-Zugló	<b>04:20.41</b>	+17.33	603								
	R.Idő	00.69	50m	29.02	100m	01:00.68	150m	01:33.84	200m	02:07.50	250m	02:41.45	300m	03:15.64	350m	03:48.96
						31.66		33.16		33.66		33.95		34.19		33.32
	400m	04:20.41														
		31.45														
28.	2/6	<b>PÁVA Olivér</b>	2008		A Jövő SC	<b>04:20.74</b>	+17.66	601								
	R.Idő	00.71	50m	29.45	100m	01:01.59	150m	01:34.50	200m	02:07.73	250m	02:41.03	300m	03:14.67	350m	03:48.65
						32.14		32.91		33.23		33.30		33.64		33.98
	400m	04:20.74														
		32.09														
29.	2/9	<b>CSERNYIK Dániel</b>	2006		NYSC	<b>04:21.36</b>	+18.28	596								
	R.Idő	00.71	50m	28.73	100m	01:00.57	150m	01:33.85	200m	02:07.59	250m	02:41.23	300m	03:15.32	350m	03:49.33
						31.84		33.28		33.74		33.64		34.09		34.01
	400m	04:21.36														
		32.03														
30.	2/2	<b>BERCSE Bence</b>	2007		Győri Úszó Sportegy.	<b>04:21.94</b>	+18.86	593								
	R.Idő	00.65	50m	29.07	100m	01:02.54	150m	01:36.04	200m	02:09.78	250m	02:43.12	300m	03:16.49	350m	03:49.48
						33.47		33.50		33.74		33.34		33.37		32.99
	400m	04:21.94														
		32.46														
31.	2/0	<b>MARKOVICS Benedek</b>	2007		DKSE Dunaújváros	<b>04:24.65</b>	+21.57	574								
	R.Idő	00.70	50m	29.22	100m	01:00.95	150m	01:34.29	200m	02:07.55	250m	02:42.04	300m	03:15.93	350m	03:51.01
						31.73		33.34		33.26		34.49		33.89		35.08
	400m	04:24.65														
		33.64														
32.	1/6	<b>SZATHMÁRY Zsombor</b>	2006		Balaton ÚK Veszprém	<b>04:24.73</b>	+21.65	574								
	R.Idő	00.75	50m	29.62	100m	01:02.42	150m	01:36.10	200m	02:09.92	250m	02:43.42	300m	03:17.65	350m	03:51.30
						32.80		33.68		33.82		33.50		34.23		33.65
	400m	04:24.73														
		33.43														
33.	1/4	<b>ZELENAI Zénó</b>	2008		BVSC-Zugló	<b>04:30.85</b>	+27.77	536								
	R.Idő	00.63	50m	29.91	100m	01:03.37	150m	01:37.62	200m	02:12.28	250m	02:46.00	300m	03:20.60	350m	03:55.89
						33.46		34.25		34.66		33.72		34.60		35.29
	400m	04:30.85														
		34.96														
DNS	2/1	<b>HONTI-PECORA Sebestyén</b>	2007		Daranyi Tamás SC											
VK	1/2	<b>JAFARI Ali</b>	2004	IRI	Irán (IRN)	<b>04:06.60</b>										
	R.Idő	00.67	50m	27.73	100m	58.05	150m	01:29.47	200m	02:01.09	250m	02:31.92	300m	03:03.82	350m	03:35.87
						30.32		31.42		31.62		30.83		31.90		32.05
	400m	04:06.60														
		30.73														