

### ELŐFUTAM KAT. EREDMÉNY

## 400 m férfi gyors

27. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
felölt	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	03:57.67	KAKUK Koppány	EYOF	2023. júl. 23.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.
13	04:07.34	KAKUK Koppány	Hódmezővásárhely	2021. júl. 22.
12	04:21.99	ANTAL Dávid	Debrecen	2020. dec. 04.
11	04:29.65	SZABÓ Marcell	Hódmezővásárhely	2021. dec. 17.

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA								
1.	5/4	<b>KOVÁCS Attila</b> Edző:	2004		Egri Úszó Klub SE	<b>04:05.90</b>		<b>716</b>								
	50m	27.35	100m	58.15 30.80	150m	01:29.37 31.22	200m	02:01.82 32.45	250m	02:32.21 30.39	300m	03:03.69 31.48	350m	03:35.32 31.63	400m	04:05.90 30.58
2.	5/3	<b>GYÖRE Ádám</b>	2004		Egri Úszó Klub SE	<b>04:09.25</b>	+03.35	<b>688</b>								
	50m	28.87	100m	59.93 31.06	150m	01:31.36 31.43	200m	02:03.23 31.87	250m	02:34.67 31.44	300m	03:06.41 31.74	350m	03:38.25 31.84	400m	04:09.25 31.00
3.	4/4	<b>ZOMBORI Gábor</b>	2002		Újpesti Toma Egylet	<b>04:12.60</b>	+06.70	<b>661</b>								
	50m	28.32	100m	01:00.35 32.03	150m	01:33.30 32.95	200m	02:06.15 32.85	250m	02:39.56 33.41	300m	03:11.71 32.15	350m	03:43.01 31.30	400m	04:12.60 29.59
4.	5/5	<b>DUCA Stefan-Mircea</b>	2006		BVSC-Zugló	<b>04:14.13</b>	+08.23	<b>649</b>								
	50m	29.39	100m	01:01.52 32.13	150m	01:34.03 32.51	200m	02:06.31 32.28	250m	02:37.87 31.56	300m	03:09.75 31.88	350m	03:42.19 32.44	400m	04:14.13 31.94
5.	4/3	<b>KREISZ Bálint</b>	2009		Bohóchal	<b>04:14.55</b>	+08.65	<b>646</b>								
	50m	28.74	100m	01:01.40 32.66	150m	01:34.49 33.09	200m	02:07.08 32.59	250m	02:39.42 32.34	300m	03:11.72 32.30	350m	03:43.34 31.62	400m	04:14.55 31.21
6.	5/6	<b>CSABA György</b>	2008		BVSC-Zugló	<b>04:18.39</b>	+12.49	<b>617</b>								
	50m	29.65	100m	01:02.53 32.88	150m	01:36.24 33.71	200m	02:09.99 33.75	250m	02:42.86 32.87	300m	03:15.98 33.12	350m	03:48.19 32.21	400m	04:18.39 30.20
7.	5/7	<b>BERCSE Bence</b>	2007		UNI Győri Úszó Sportegy.	<b>04:18.58</b>	+12.68	<b>616</b>								
	50m	29.43	100m	01:02.21 32.78	150m	01:35.01 32.80	200m	02:07.94 32.93	250m	02:40.78 32.84	300m	03:14.10 33.32	350m	03:46.93 32.83	400m	04:18.58 31.65
8.	5/2	<b>TÖRÖK Gergely</b>	2003		Egri Úszó Klub SE	<b>04:19.86</b>	+13.96	<b>607</b>								
	50m	29.88	100m	01:02.92 33.04	150m	01:36.35 33.43	200m	02:09.72 33.37	250m	02:42.16 32.44	300m	03:15.01 32.85	350m	03:47.92 32.91	400m	04:19.86 31.94
9.	4/2	<b>NEMES Ármin Boldizsár</b>	2009		Kőbánya Sport Club	<b>04:20.27</b>	+14.37	<b>604</b>								
	50m	29.53	100m	01:01.77 32.24	150m	01:35.18 33.41	200m	02:08.50 33.32	250m	02:41.62 33.12	300m	03:14.58 32.96	350m	03:47.79 33.21	400m	04:20.27 32.48
10.	5/1	<b>OZSVÁRT Gábor</b>	2009		Parafa Úszó Klub	<b>04:21.99</b>	+16.09	<b>592</b>								
	50m	30.10	100m	01:04.05 33.95	150m	01:38.08 34.03	200m	02:12.02 33.94	250m	02:45.61 33.59	300m	03:18.57 32.96	350m	03:50.97 32.40	400m	04:21.99 31.02
11.	4/7	<b>ZELENAI Zénó</b>	2008		BVSC-Zugló	<b>04:23.69</b>	+17.79	<b>581</b>								
	50m	30.48	100m	01:03.89 33.41	150m	01:36.73 32.84	200m	02:10.15 33.42	250m	02:44.19 34.04	300m	03:17.67 33.48	350m	03:51.60 33.93	400m	04:23.69 32.09
12.	4/8	<b>CSEKŐ Dominik</b>	2008		UNI Győri Úszó Sportegy.	<b>04:33.56</b>	+27.66	<b>520</b>								
	50m	30.93	100m	01:05.50 34.57	150m	01:40.99 35.49	200m	02:16.67 35.68	250m	02:52.42 35.75	300m	03:28.30 35.88	350m	04:01.26 32.96	400m	04:33.56 32.30
13.	5/8	<b>ARACZKI-SZABÓ Olivér</b>	2009		Debreceni Sportc. SI	<b>04:36.35</b>	+30.45	<b>505</b>								
	50m	30.97	100m	01:05.71 34.74	150m	01:40.94 35.23	200m	02:16.70 35.76	250m	02:51.88 35.18	300m	03:27.38 35.50	350m	04:02.58 35.20	400m	04:36.35 33.77
14.	4/1	<b>PANNONHALMI Lázár Elemér</b>	2011		UNI Győri Úszó Sportegy.	<b>04:38.26</b>	+32.36	<b>494</b>								
	50m	31.58	100m	01:06.29 34.71	150m	01:42.03 35.74	200m	02:18.25 36.22	250m	02:53.59 35.34	300m	03:29.43 35.84	350m	04:04.67 35.24	400m	04:38.26 33.59
15.	3/3	<b>VARGA Dominik-Zoltán</b>	2010		Debreceni Aquasport	<b>04:40.79</b>	+34.89	<b>481</b>								
	50m	31.29	100m	01:07.27 35.98	150m	01:43.97 36.70	200m	02:20.20 36.23	250m	02:56.17 35.97	300m	03:31.63 35.46	350m	04:06.49 34.86	400m	04:40.79 34.30
16.	3/4	<b>NAHALKA Bence</b>	2009		Egri Úszó Klub SE	<b>04:43.58</b>	+37.68	<b>467</b>								
	50m	31.52	100m	01:06.71 35.19	150m	01:42.87 36.16	200m	02:19.11 36.24	250m	02:55.92 36.81	300m	03:32.67 36.75	350m	04:08.74 36.07	400m	04:43.58 34.84
17.	3/6	<b>GYURKITY Mirkó</b>	2011		Bajai SSC	<b>04:48.76</b>	+42.86	<b>442</b>								
	50m	31.43	100m	01:07.24 35.81	150m	01:44.29 37.05	200m	02:21.36 37.07	250m	02:58.63 37.27	300m	03:35.72 37.09	350m	04:13.10 37.38	400m	04:48.76 35.66
18.	3/5	<b>ZSUREK Dávid Áron</b>	2010		Debreceni Aquasport	<b>04:50.38</b>	+44.48	<b>435</b>								
	50m	31.10	100m	01:06.73 35.63	150m	01:43.36 36.63	200m	02:20.28 36.92	250m	02:56.85 36.57	300m	03:34.04 37.19	350m	04:11.61 37.57	400m	04:50.38 38.77
19.	3/1	<b>KISS Bulcsú Zétény</b>	2011		BVSC-Zugló	<b>04:58.98</b>	+53.08	<b>398</b>								
	50m	34.43	100m	01:12.33 37.90	150m	01:50.73 38.40	200m	02:28.97 38.24	250m	03:06.94 37.97	300m	03:45.42 38.48	350m	04:22.77 37.35	400m	04:58.98 36.21

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16	03:54.36	MÁRTON Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:57.67	KAKUK Koppány	EYOF	2023. júl. 23.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.
13	04:07.34	KAKUK Koppány	Hódmezővásárhely	2021. júl. 22.
12	04:21.99	ANTAL Dávid	Debrecen	2020. dec. 04.
11	04:29.65	SZABÓ Marcell	Hódmezővásárhely	2021. dec. 17.

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA								
20.	3/7	<b>VEREBÉLYI Bence</b>	2011		BVSC-Zugló	<b>05:02.64</b>	+56.74	384								
	50m	34.44	100m	01:12.47	150m	01:50.62	200m	02:29.90	250m	03:07.72	300m	03:46.95	350m	04:24.94	400m	05:02.64
				38.03		38.15		39.28		37.82		39.23		37.99		37.70
21.	2/5	<b>ERDEI Tamás</b>	2010		Debreceni Sportc. SI	<b>05:04.07</b>	+58.17	379								
	50m	35.35	100m	01:12.53	150m	01:51.24	200m	02:29.97	250m	03:09.27	300m	03:48.10	350m	04:27.49	400m	05:04.07
				37.18		38.71		38.73		39.30		38.83		39.39		36.58
22.	3/2	<b>KOROKNAI Balázs</b>	2011		Debreceni Sportc. SI	<b>05:04.29</b>	+58.39	378								
	50m	33.90	100m	01:12.65	150m	01:51.39	200m	02:29.73	250m	03:08.69	300m	03:47.70	350m	04:26.75	400m	05:04.29
				38.75		38.74		38.34		38.96		39.01		39.05		37.54
23.	2/4	<b>LAKATOS Gábor</b>	2011		Debreceni Sportc. SI	<b>05:04.40</b>	+58.50	377								
	50m	35.58	100m	01:13.47	150m	01:52.39	200m	02:31.02	250m	03:09.89	300m	03:48.82	350m	04:27.98	400m	05:04.40
				37.89		38.92		38.63		38.87		38.93		39.16		36.42
24.	3/8	<b>PIROS Patrik</b>	2012		Debreceni Sportc. SI	<b>05:06.33</b>	+01:00.43	370								
	50m	34.19	100m	01:12.70	150m	01:51.75	200m	02:31.17	250m	03:10.55	300m	03:50.11	350m	04:29.27	400m	05:06.33
				38.51		39.05		39.42		39.38		39.56		39.16		37.06
25.	2/2	<b>MADÁR Marcell</b>	2013		BVSC-Zugló	<b>05:13.65</b>	+01:07.75	345								
	50m	35.17	100m	01:14.19	150m	01:54.42	200m	02:35.05	250m	03:14.15	300m	03:54.55	350m	04:34.82	400m	05:13.65
				39.02		40.23		40.63		39.10		40.40		40.27		38.83
26.	2/7	<b>KOVÁCS Ádám Attila</b>	2012		Debreceni Sportc. SI	<b>05:15.22</b>	+01:09.32	340								
	50m	35.07	100m	01:14.52	150m	01:55.08	200m	02:35.72	250m	03:15.67	300m	03:56.23	350m	04:36.69	400m	05:15.22
				39.45		40.56		40.64		39.95		40.56		40.46		38.53
27.	2/3	<b>KRUG Ákos</b>	2012		UNI Győri Úszó Sportegy.	<b>05:24.79</b>	+01:18.89	311								
	50m	35.35	100m	01:15.07	150m	01:56.20	200m	02:37.96	250m	03:19.72	300m	04:01.92	350m	04:44.35	400m	05:24.79
				39.72		41.13		41.76		41.76		42.20		42.43		40.44
28.	2/1	<b>VÉGH András</b>	2012		Debreceni Sportc. SI	<b>05:26.59</b>	+01:20.69	305								
	50m	36.51	100m	01:18.63	150m	02:00.65	200m	02:42.57	250m	03:23.82	300m	04:05.78	350m	04:47.41	400m	05:26.59
				42.12		42.02		41.92		41.25		41.96		41.63		39.18
29.	2/8	<b>TÖRÖK Ádám</b>	2013		BVSC-Zugló	<b>05:30.22</b>	+01:24.32	295								
	50m	36.50	100m	01:18.78	150m	02:00.78	200m	02:42.59	250m	03:25.40	300m	04:07.27	350m	04:50.65	400m	05:30.22
				42.28		42.00		41.81		42.81		41.87		43.38		39.57
30.	2/6	<b>KŐRÖSSY Botond</b>	2012		Budaörsi Sport Club	<b>05:32.02</b>	+01:26.12	291								
	50m	36.08	100m	01:16.63	150m	01:59.52	200m	02:42.04	250m	03:24.65	300m	04:07.76	350m	04:50.66	400m	05:32.02
				40.55		42.89		42.52		42.61		43.11		42.90		41.36
31.	1/5	<b>ULVECZKI Botond</b>	2013		Debreceni Sportc. SI	<b>05:36.88</b>	+01:30.98	278								
	50m	37.11	100m	01:19.78	150m	02:03.04	200m	02:46.59	250m	03:29.53	300m	04:12.68	350m	04:55.78	400m	05:36.88
				42.67		43.26		43.55		42.94		43.15		43.10		41.10
32.	1/4	<b>KOPASZ Márk</b>	2012		BVSC-Zugló	<b>05:39.90</b>	+01:34.00	271								
	50m	37.40	100m	01:19.88	150m	02:03.00	200m	02:46.88	250m	03:30.27	300m	04:14.03	350m	04:57.34	400m	05:39.90
				42.48		43.12		43.88		43.39		43.76		43.31		42.56
DNS	4/6	<b>SZAPPANOS Kristóf</b>	2007		Budaörsi Sport Club											
DNS	4/5	<b>PÁPAI Olivér</b>	2009		UNI Győri Úszó Sportegy.											
DNS	1/3	<b>GERBERI Balázs</b>	2011		Miskolci Sportiskola											