

# ELŐFUTAM ABS. EREDMÉNY

## 400 m férfi gyors

### 19. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
18	03:45.68	KIS Gergő	Róma (ITA)	2009. júl. 26.
17	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
16	03:54.36	MÁRTON Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:58.28	BERNEK Péter	Pitești	2007. nov. 25.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.

Hely.	Pálya	Név	Szül.	Klub	Idő	Gap	FINA											
1.	4/0	<b>HOLLÓ Balázs</b> Edző:	1999	BVSC-Zugló	<b>03:55.50</b>		<b>816</b>											
	R.Idő	00.67	50m	26.23	100m	55.43 29.20	150m	01:25.32 29.89	200m	01:55.37 30.05	250m	02:25.45 30.08	300m	02:55.73 30.28	350m	03:25.94 30.21	400m	03:55.50 29.56
2.	4/4	<b>BETLEHEM Dávid</b>	2003	Balaton ÚK Veszprém	<b>03:56.24</b>	+00.74	<b>808</b>											
	R.Idő	00.66	50m	26.42	100m	55.37 28.95	150m	01:25.50 30.13	200m	01:55.69 30.19	250m	02:25.55 29.86	300m	02:56.14 30.59	350m	03:26.87 30.73	400m	03:56.24 29.37
3.	4/2	<b>HARTMANN Máté</b>	2005	Pécsi Sport Nonprof.	<b>03:56.75</b>	+01.25	<b>803</b>											
	R.Idő	00.67	50m	27.11	100m	56.53 29.42	150m	01:26.28 29.75	200m	01:56.38 30.10	250m	02:26.70 30.32	300m	02:57.15 30.45	350m	03:27.33 30.18	400m	03:56.75 29.42
4.	4/3	<b>KOVACSICS Márk</b>	2002	Újpesti Torna Egylet	<b>03:56.80</b>	+01.30	<b>802</b>											
	R.Idő	00.71	50m	26.80	100m	56.14 29.34	150m	01:26.02 29.88	200m	01:56.33 30.31	250m	02:26.60 30.27	300m	02:56.90 30.30	350m	03:27.38 30.48	400m	03:56.80 29.42
5.	5/4	<b>RASOVSKY Kristóf</b>	1997	Balaton ÚK Veszprém	<b>03:56.84</b>	+01.34	<b>802</b>											
	R.Idő	00.76	50m	27.50	100m	57.52 30.02	150m	01:27.58 30.06	200m	01:57.70 30.12	250m	02:27.81 30.11	300m	02:57.95 30.14	350m	03:28.01 30.06	400m	03:56.84 28.83
6.	5/5	<b>ZOMBORI Gábor</b>	2002	Újpesti Torna Egylet	<b>03:57.32</b>	+01.82	<b>797</b>											
	R.Idő	00.67	50m	26.69	100m	56.33 29.64	150m	01:26.67 30.34	200m	01:57.03 30.36	250m	02:27.60 30.57	300m	02:58.01 30.41	350m	03:28.50 30.49	400m	03:57.32 28.82
7.	4/6	<b>KOVÁCS-SERES Hunor</b>	2006	DKSE Dunaújváros	<b>03:57.37</b>	+01.87	<b>796</b>											
	R.Idő	00.73	50m	27.36	100m	56.58 29.22	150m	01:26.53 29.95	200m	01:56.92 30.39	250m	02:27.00 30.08	300m	02:57.35 30.35	350m	03:27.85 30.50	400m	03:57.37 29.52
8.	5/2	<b>PINTÉR Ádám</b>	2004	Balaton ÚK Veszprém	<b>03:58.00</b>	+02.50	<b>790</b>											
	R.Idő	00.79	50m	27.90	100m	57.95 30.05	150m	01:28.03 30.08	200m	01:58.29 30.26	250m	02:28.65 30.36	300m	02:58.84 30.19	350m	03:29.21 30.37	400m	03:58.00 28.79
9.	5/3	<b>KALMÁR Ákos</b>	2000	Balaton ÚK Veszprém	<b>03:58.20</b>	+02.70	<b>788</b>											
	R.Idő	00.69	50m	27.82	100m	57.74 29.92	150m	01:27.77 30.03	200m	01:58.11 30.34	250m	02:28.39 30.28	300m	02:58.56 30.17	350m	03:28.62 30.06	400m	03:58.20 29.58
10.	5/7	<b>HAMBARDZUMYAN Arshak</b>	2004	Újpesti Torna Egylet	<b>03:58.29</b>	+02.79	<b>787</b>											
	R.Idő	00.78	50m	27.83	100m	57.83 30.00	150m	01:28.38 30.55	200m	01:58.95 30.57	250m	02:29.50 30.55	300m	03:00.18 30.68	350m	03:29.94 29.76	400m	03:58.29 28.35
11.	4/5	<b>GÁLICZ László</b>	2004	FTC	<b>03:59.96</b>	+04.46	<b>771</b>											
	R.Idő	00.69	50m	27.25	100m	56.28 29.03	150m	01:26.60 30.32	200m	01:57.22 30.62	250m	02:28.02 30.80	300m	02:58.64 30.62	350m	03:29.68 31.04	400m	03:59.96 30.28
12.	4/7	<b>POTECZIN Dániel</b>	2006	Érdi Vízisport Kft	<b>04:00.49</b>	+04.99	<b>766</b>											
	R.Idő	00.72	50m	27.67	100m	57.42 29.75	150m	01:28.02 30.60	200m	01:58.66 30.64	250m	02:29.23 30.57	300m	03:00.19 30.96	350m	03:31.15 30.96	400m	04:00.49 29.34
13.	5/6	<b>CSICSÁKY Péter</b>	2003	BVSC-Zugló	<b>04:01.41</b>	+05.91	<b>757</b>											
	R.Idő	00.73	50m	27.48	100m	57.75 30.27	150m	01:28.51 30.76	200m	01:59.19 30.68	250m	02:30.14 30.95	300m	03:00.91 30.77	350m	03:31.87 30.96	400m	04:01.41 29.54

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18	03:45.68	KIS Gergő	Róma (ITA)	2009. júl. 26.
17	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
16	03:54.36	MÁRTON Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:58.28	BERNEK Péter	Pitești	2007. nov. 25.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.

Hely.	Pálya	Név	Szül.	Klub	Idő	Gap	FINA									
14.	3/9	<b>DEÁK Gergely</b>	2007	A Jövő SC	<b>04:06.16</b>	+10.66	714									
	R.Idő	00.71	50m	28.47	100m	59.30	150m	01:29.77	200m	02:00.74	250m	02:31.85	300m	03:03.61	350m	03:35.53
						30.83		30.47		30.97		31.11		31.76		31.92
	400m	04:06.16				30.63										
15.	3/6	<b>TOHL Dániel Antal</b>	2005	Érdi Vízisport Kft	<b>04:06.39</b>	+10.89	712									
	R.Idő	00.72	50m	27.84	100m	58.50	150m	01:29.83	200m	02:01.60	250m	02:33.62	300m	03:05.23	350m	03:36.34
						30.66		31.33		31.77		32.02		31.61		31.11
	400m	04:06.39				30.05										
16.	4/8	<b>GYÖRE Ádám</b>	2004	Egri Úszó Klub	<b>04:07.00</b>	+11.50	707									
	R.Idő	00.78	50m	28.43	100m	59.09	150m	01:30.09	200m	02:01.53	250m	02:32.83	300m	03:04.51	350m	03:36.47
						30.66		31.00		31.44		31.30		31.68		31.96
	400m	04:07.00				30.53										
17.	3/4	<b>TÓTH Benedek Viktor</b>	2006	Kőbánya Sport Club	<b>04:07.22</b>	+11.72	705									
	R.Idő	00.69	50m	27.30	100m	57.60	150m	01:29.28	200m	02:01.25	250m	02:33.34	300m	03:05.46	350m	03:37.60
						30.30		31.68		31.97		32.09		32.12		32.14
	400m	04:07.22				29.62										
17.	5/9	<b>KAISER Dominik</b>	2007	Újpesti Torna Egylet	<b>04:07.22</b>	+11.72	705									
	R.Idő	00.67	50m	28.37	100m	58.97	150m	01:30.44	200m	02:02.07	250m	02:33.52	300m	03:05.34	350m	03:36.63
						30.60		31.47		31.63		31.45		31.82		31.29
	400m	04:07.22				30.59										
19.	5/8	<b>SZEDLÁK Gellért Vajk</b>	2004	Vasas Sport Club	<b>04:09.32</b>	+13.82	687									
	R.Idő	00.84	50m	28.24	100m	59.03	150m	01:29.96	200m	02:01.30	250m	02:33.28	300m	03:06.11	350m	03:38.11
						30.79		30.93		31.34		31.98		32.83		32.00
	400m	04:09.32				31.21										
20.	5/0	<b>BUDA Levente</b>	2008	Győri Úszó Sportegy.	<b>04:09.41</b>	+13.91	686									
	R.Idő	00.73	50m	27.94	100m	58.73	150m	01:30.63	200m	02:03.07	250m	02:35.21	300m	03:07.65	350m	03:39.32
						30.79		31.90		32.44		32.14		32.44		31.67
	400m	04:09.41				30.09										
21.	3/1	<b>KOVÁCS Bence Péter</b>	2006	Pécsi Sport Nonprof.	<b>04:11.88</b>	+16.38	666									
	R.Idő	00.63	50m	28.48	100m	59.34	150m	01:30.97	200m	02:03.41	250m	02:36.29	300m	03:09.05	350m	03:41.10
						30.86		31.63		32.44		32.88		32.76		32.05
	400m	04:11.88				30.78										
22.	2/4	<b>KREISZ Bálint</b>	2009	Bohóchal Egyesület	<b>04:12.09</b>	+16.59	665									
	R.Idő	00.64	50m	28.20	100m	59.42	150m	01:31.69	200m	02:03.92	250m	02:36.05	300m	03:09.40	350m	03:42.23
						31.22		32.27		32.23		32.13		33.35		32.83
	400m	04:12.09				29.86										
23.	3/2	<b>JAFARI Ali</b>	2004	Islamic Republic of Iran	<b>04:12.15</b>	+16.65	664									
	R.Idő	00.68	50m	28.44	100m	58.83	150m	01:30.36	200m	02:03.00	250m	02:35.48	300m	03:08.15	350m	03:40.95
						30.39		31.53		32.64		32.48		32.67		32.80
	400m	04:12.15				31.20										
24.	3/3	<b>BARABÁS Imre Dávid</b>	2004	Balaton ÚK Veszprém	<b>04:12.31</b>	+16.81	663									
	R.Idő	00.73	50m	28.11	100m	58.38	150m	01:30.24	200m	02:02.99	250m	02:36.44	300m	03:09.56	350m	03:42.54
						30.27		31.86		32.75		33.45		33.12		32.98
	400m	04:12.31				29.77										
25.	3/8	<b>LENGYELTÓTI Bence</b>	2001	Kaposvári "Adorján"	<b>04:12.63</b>	+17.13	661									
	R.Idő	00.77	50m	28.74	100m	59.72	150m	01:31.51	200m	02:03.48	250m	02:36.08	300m	03:08.67	350m	03:41.12
						30.98		31.79		31.97		32.60		32.59		32.45
	400m	04:12.63				31.51										
26.	1/5	<b>M.KISS Jakab</b>	2005	Vasas Sport Club	<b>04:12.81</b>	+17.31	659									
	R.Idő	00.69	50m	27.95	100m	58.92	150m	01:30.96	200m	02:03.47	250m	02:36.13	300m	03:09.20	350m	03:41.45
						30.97		32.04		32.51		32.66		33.07		32.25
	400m	04:12.81				31.36										

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18	03:45.68	KIS Gergő	Róma (ITA)	2009. júl. 26.
17	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
16	03:54.36	MÁRTON Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:58.28	BERNEK Péter	Pitești	2007. nov. 25.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.

Hely.	Pálya	Név	Szül.	Klub	Idő	Gap	FINA									
27.	3/0	<b>RIEGER Örs István</b>	2006	FTC	<b>04:13.62</b>	+18.12	653									
	R.Idő	00.67	50m	29.02	100m	59.98	150m	01:31.80	200m	02:03.88	250m	02:36.76	300m	03:09.28	350m	03:42.36
						30.96		31.82		32.08		32.88		32.52		33.08
	400m	04:13.62														
		31.26														
28.	2/2	<b>TÖRÖK Gergely</b>	2003	Darnyi Tamás SC	<b>04:13.70</b>	+18.20	652									
	R.Idő	00.82	50m	29.28	100m	01:00.68	150m	01:32.81	200m	02:05.23	250m	02:37.33	300m	03:09.85	350m	03:42.38
						31.40		32.13		32.42		32.10		32.52		32.53
	400m	04:13.70														
		31.32														
28.	5/1	<b>KAKUK Koppány Zéta</b>	2008	Kaposvári SI	<b>04:13.70</b>	+18.20	652									
	R.Idő	00.71	50m	28.82	100m	01:00.50	150m	01:33.01	200m	02:05.43	250m	02:37.31	300m	03:09.21	350m	03:41.89
						31.68		32.51		32.42		31.88		31.90		32.68
	400m	04:13.70														
		31.81														
30.	4/9	<b>DEMJÉN Bátor</b>	2003	BÁCSVÍZ SC	<b>04:13.76</b>	+18.26	652									
	R.Idő	00.65	50m	28.62	100m	59.82	150m	01:31.03	200m	02:02.90	250m	02:35.05	300m	03:08.13	350m	03:41.30
						31.20		31.21		31.87		32.15		33.08		33.17
	400m	04:13.76														
		32.46														
31.	2/7	<b>VARGA Levente</b>	2008	Vasas Sport Club	<b>04:14.15</b>	+18.65	649									
	R.Idő	00.64	50m	28.95	100m	01:00.45	150m	01:33.11	200m	02:06.27	250m	02:38.48	300m	03:10.83	350m	03:42.81
						31.50		32.66		33.16		32.21		32.35		31.98
	400m	04:14.15														
		31.34														
32.	2/8	<b>PITTLIK Zsigmond</b>	2008	Darnyi Tamás SC	<b>04:14.25</b>	+18.75	648									
	R.Idő	00.79	50m	28.63	100m	59.78	150m	01:31.51	200m	02:03.72	250m	02:36.00	300m	03:08.99	350m	03:41.85
						31.15		31.73		32.21		32.28		32.99		32.86
	400m	04:14.25														
		32.40														
33.	2/3	<b>NAGY-SELMECZY Bulcsú</b>	2007	Zalaco ZÚK	<b>04:14.38</b>	+18.88	647									
	R.Idő	00.66	50m	28.44	100m	59.64	150m	01:31.40	200m	02:03.65	250m	02:36.26	300m	03:09.41	350m	03:42.71
						31.20		31.76		32.25		32.61		33.15		33.30
	400m	04:14.38														
		31.67														
34.	2/6	<b>SÁROSI Balázs</b>	2004	Debreceni Sportc. SI	<b>04:14.98</b>	+19.48	642									
	R.Idő	00.70	50m	28.58	100m	59.54	150m	01:31.68	200m	02:04.50	250m	02:37.45	300m	03:10.57	350m	03:43.06
						30.96		32.14		32.82		32.95		33.12		32.49
	400m	04:14.98														
		31.92														
35.	3/7	<b>SZENTPÉTERI Márk</b>	2004	BVSC-Zugló	<b>04:15.17</b>	+19.67	641									
	R.Idő	00.66	50m	28.34	100m	59.64	150m	01:32.18	200m	02:04.53	250m	02:37.85	300m	03:10.63	350m	03:44.24
						31.30		32.54		32.35		33.32		32.78		33.61
	400m	04:15.17														
		30.93														
36.	1/4	<b>JÁROMI Benjamin</b>	2007	Vasas Sport Club	<b>04:15.36</b>	+19.86	640									
	R.Idő	00.69	50m	27.96	100m	58.79	150m	01:31.36	200m	02:04.30	250m	02:37.49	300m	03:10.50	350m	03:43.48
						30.83		32.57		32.94		33.19		33.01		32.98
	400m	04:15.36														
		31.88														
37.	2/5	<b>SZAPPANOS Kristóf</b>	2007	Budaörsi Sport Club	<b>04:15.64</b>	+20.14	637									
	R.Idő	00.74	50m	28.21	100m	59.20	150m	01:31.75	200m	02:04.64	250m	02:37.12	300m	03:10.45	350m	03:43.76
						30.99		32.55		32.89		32.48		33.33		33.31
	400m	04:15.64														
		31.88														
38.	3/5	<b>GÁL Dávid</b>	2006	Vasas Sport Club	<b>04:15.77</b>	+20.27	636									
	R.Idő	00.65	50m	27.52	100m	57.89	150m	01:29.49	200m	02:02.38	250m	02:35.99	300m	03:09.75	350m	03:43.25
						30.37		31.60		32.89		33.61		33.76		33.50
	400m	04:15.77														
		32.52														
39.	2/1	<b>HAVAS Balázs</b>	2006	Gyulai Várfürdő Kft.	<b>04:16.98</b>	+21.48	628									
	R.Idő	00.73	50m	28.75	100m	01:00.23	150m	01:33.05	200m	02:05.83	250m	02:38.69	300m	03:11.88	350m	03:44.99
						31.48		32.82		32.78		32.86		33.19		33.11
	400m	04:16.98														
		31.99														

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14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.

Hely.	Pálya	Név	Szül.	Klub	Idő	Gap	FINA
40.	2/0	<b>PÁVA Olivér</b>	2008	A Jövő SC	<b>04:22.51</b>	+27.01	589
	R.Idő	00.54	50m	29.95	100m	01:02.70	32.75
			150m	01:35.84	200m	02:09.23	33.39
			250m	02:42.72	300m	03:16.24	33.52
			350m	03:49.82	400m	04:22.51	33.58
	400m	04:22.51					
		32.69					
41.	1/3	<b>HOLOVAN Arsenij</b>	2008	Ukraine	<b>04:25.66</b>	+30.16	568
	R.Idő	00.69	50m	27.93	100m	59.09	31.16
			150m	01:32.60	200m	02:06.68	34.08
			250m	02:41.75	300m	03:16.92	35.17
			350m	03:52.36	400m	04:25.66	35.44
	400m	04:25.66					
		33.30					
42.	2/9	<b>DOSZPOLY Zsombor</b>	2008	Miskolci Sportiskola	<b>04:28.47</b>	+32.97	550
	R.Idő	00.79	50m	29.08	100m	01:01.40	32.32
			150m	01:35.94	200m	02:11.39	35.45
			250m	02:45.97	300m	03:21.28	35.31
			350m	03:56.33	400m	04:28.47	35.05
	400m	04:28.47					
		32.14					
DNS	4/1	<b>JUHÁSZ-DÓRA Richárd</b>	2005	Vasas Sport Club			