

KORCSOPORTOS EREDMÉNY
400 m női gyors

2. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
feelnőtt	04:01.31	KÉSELY Ajna	Gwangju (KOR)	2019.07.21
17	04:03.57	KÉSELY Ajna	Glasgow (GBR)	2018.08.09
16	04:05.75	KÉSELY Ajna	Budapest	2017.07.23
15	04:07.90	KÉSELY Ajna	Győr	2015.12.19
14	04:07.90	KÉSELY Ajna	Győr	2015.12.19
13	04:17.16	KÉSELY Ajna	Eger	2014.08.02
12	04:22.92	KÉSELY Ajna	Miskolc	2013.07.27
11	04:34.81	KISS Judit		1991.12.31
10	04:40.84	KISS Judit		1990.12.31

Díjazásban nem részesülnek

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	7/3	KÁDÁR Csenge	2012		TVSE	04:40.55		590								
	50m	32.43	100m	01:07.49	150m	01:43.00	200m	02:18.70	250m	02:54.61	300m	03:30.75	350m	04:06.44	400m	04:40.55
				35.06		35.51		35.70		35.91		36.14		35.69		34.11
2.	7/7	SÁNDOR Sarolta	2012		Zalaco ZÚK	04:45.88		558								
	50m	32.68	100m	01:08.33	150m	01:44.37	200m	02:20.79	250m	02:57.12	300m	03:33.86	350m	04:10.40	400m	04:45.88
				35.65		36.04		36.42		36.33		36.74		36.54		35.48
3.	6/3	PINTÉR Léna	2012		Bohóchal	04:52.24		522								
	50m	32.43	100m	01:09.44	150m	01:46.73	200m	02:24.04	250m	03:00.50	300m	03:38.40	350m	04:16.05	400m	04:52.24
				37.01		37.29		37.31		36.46		37.90		37.65		36.19
4.	6/2	BOSSÁNYI Lili	2013		Bohóchal	04:57.23		496								
	50m	32.71	100m	01:10.03	150m	01:47.85	200m	02:25.74	250m	03:03.65	300m	03:41.91	350m	04:20.25	400m	04:57.23
				37.32		37.82		37.89		37.91		38.26		38.34		36.98
5.	4/1	BAUSZ Liza	2012		Soproni Széchy T. SI	04:58.90		488								
	50m	33.61	100m	01:12.09	150m	01:50.58	200m	02:28.58	250m	03:07.45	300m	03:45.97	350m	04:23.25	400m	04:58.90
				38.48		38.49		38.00		38.87		38.52		37.28		35.65
6.	6/1	BESENCZI Hella	2014		Zalaco ZÚK	04:59.28		486								
	50m	34.25	100m	01:11.89	150m	01:50.17	200m	02:27.98	250m	03:06.54	300m	03:44.55	350m	04:22.39	400m	04:59.28
				37.64		38.28		37.81		38.56		38.01		37.84		36.89
7.	6/7	KÖVICS Amira	2012		DKSE Dunaújváros	05:02.78		469								
	50m	34.59	100m	01:12.90	150m	01:51.34	200m	02:30.12	250m	03:08.78	300m	03:47.20	350m	04:25.57	400m	05:02.78
				38.31		38.44		38.78		38.66		38.42		38.37		37.21
8.	5/9	PAYRITS Zorka	2012		Soproni Széchy T. SI	05:13.20		424								
	50m	34.76	100m	01:14.40	150m	01:54.86	200m	02:35.05	250m	03:15.76	300m	03:56.24	350m	04:35.25	400m	05:13.20
				39.64		40.46		40.19		40.71		40.48		39.01		37.95
9.	4/5	BABINSZKY Bella Katalin	2013		FTC	05:18.68		402								
	50m	35.29	100m	01:15.73	150m	01:56.77	200m	02:37.90	250m	03:18.78	300m	04:00.37	350m	04:41.03	400m	05:18.68
				40.44		41.04		41.13		40.88		41.59		40.66		37.65
10.	4/6	TORDAI Küllikki	2012		II. Kerületi Sport	05:18.91		402								
	50m	36.05	100m	01:16.37	150m	01:57.76	200m	02:38.50	250m	03:19.38	300m	04:00.46	350m	04:41.04	400m	05:18.91
				40.32		41.39		40.74		40.88		41.08		40.58		37.87
11.	4/9	ERHARDT Liza	2012		Soproni Széchy T. SI	05:21.28		393								
	50m	35.40	100m	01:17.15	150m	01:58.35	200m	02:39.89	250m	03:21.02	300m	04:03.42	350m	04:43.35	400m	05:21.28
				41.75		41.20		41.54		41.13		42.40		39.93		37.93
12.	5/7	PODHORSZKI Csenge Edit	2013		DKSE Dunaújváros	05:22.37		389								
	50m	34.06	100m	01:13.91	150m	01:55.34	200m	02:36.65	250m	03:18.57	300m	04:00.77	350m	04:42.68	400m	05:22.37
				39.85		41.43		41.31		41.92		42.20		41.91		39.69
13.	5/0	CSUKA Nóra Anna	2013		FTC	05:27.97		369								
	50m	37.41	100m	01:18.31	150m	02:00.50	200m	02:41.64	250m	03:23.96	300m	04:05.49	350m	04:47.58	400m	05:27.97
				40.90		42.19		41.14		42.32		41.53		42.09		40.39
14.	3/6	KATONA Elena	2013		Soproni Széchy T. SI	05:29.73		363								
	50m	38.07	100m	01:19.34	150m	02:01.29	200m	02:43.52	250m	03:25.70	300m	04:08.37	350m	04:49.84	400m	05:29.73
				41.27		41.95		42.23		42.18		42.67		41.47		39.89
15.	4/2	LAKI Zsófia	2013		Móri Úszó Egyesület	05:31.32		358								
	50m	36.32	100m	01:16.80	150m	01:59.62	200m	02:42.06	250m	03:25.25	300m	04:08.55	350m	04:52.16	400m	05:31.32
				40.48		42.82		42.44		43.19		43.30		43.61		39.16
16.	2/4	NAGY Rebeka Debóra	2012		Hullám 91	05:33.29		352								
	50m	36.85	100m	01:17.68	150m	01:59.83	200m	02:42.72	250m	03:25.59	300m	04:08.84	350m	04:52.19	400m	05:33.29
				40.83		42.15		42.89		42.87		43.25		43.35		41.10
17.	1/7	HANGYÁL Réka	2012		Móri Úszó Egyesület	05:34.18		349								
	50m	36.67	100m	01:18.41	150m	02:02.11	200m	02:45.41	250m	03:28.89	300m	04:12.34	350m	04:54.85	400m	05:34.18
				41.74		43.70		43.30		43.48		43.45		42.51		39.33
18.	4/0	VARGA Nóra	2012		Komáromi Úszóklub SE	05:36.07		343								
	50m	36.28	100m	01:16.60	150m	02:00.69	200m	02:44.15	250m	03:29.01	300m	04:11.96	350m	04:56.22	400m	05:36.07
				40.32		44.09		43.46		44.86		42.95		44.26		39.85
19.	4/8	PERGER Rebeka	2013		Rája 94 Úszóklub	05:36.54		342								
	50m	37.53	100m	01:19.80	150m	02:03.08	200m	02:46.28	250m	03:30.12	300m	04:13.59	350m	04:55.54	400m	05:36.54
				42.27		43.28		43.20		43.84		43.47		41.95		41.00
20.	3/8	DOMBRÁDY Sára Erzsébet	2013		Budaörsi Sport Club	05:49.83		304								
	50m	38.60	100m	01:21.64	150m	02:06.42	200m	02:50.64	250m	03:36.20	300m	04:21.88	350m	05:06.02	400m	05:49.83
				43.04		44.78		44.22		45.56		45.68		44.14		43.81

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15	04:07.90	KÉSELY Ajna	Győr	2015.12.19
14	04:07.90	KÉSELY Ajna	Győr	2015.12.19
13	04:17.16	KÉSELY Ajna	Eger	2014.08.02
12	04:22.92	KÉSELY Ajna	Miskolc	2013.07.27
11	04:34.81	KISS Judit		1991.12.31
10	04:40.84	KISS Judit		1990.12.31

Díjazásban nem részesülnek

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
21.	3/7	MATKOVICZ Linett	2014		Komáromi Úszóklub SE	05:50.99	+01:10.44	301								
	50m	39.13	100m	01:23.00	150m	02:08.22	200m	02:53.62	250m	03:38.48	300m	04:23.51	350m	05:08.56	400m	05:50.99
																42.43
22.	2/1	HORVÁTH Fanni	2014		Zalaco ZÚK	05:57.98	+01:17.43	284								
	50m	40.25	100m	01:24.83	150m	02:10.90	200m	02:55.75	250m	03:41.60	300m	04:28.08	350m	05:14.26	400m	05:57.98
																43.72
23.	2/3	SUBA Léna Petra	2014		Balaton ÚK Veszprém	05:59.76	+01:19.21	280								
	50m	39.64	100m	01:24.87	150m	02:10.59	200m	02:56.88	250m	03:42.53	300m	04:29.06	350m	05:15.81	400m	05:59.76
																43.95
24.	2/2	MAKKOS Dorottya	2015		Balaton ÚK Veszprém	06:01.31	+01:20.76	276								
	50m	41.22	100m	01:26.16	150m	02:12.18	200m	02:57.67	250m	03:44.19	300m	04:30.60	350m	05:17.12	400m	06:01.31
																44.19
25.	3/9	DESZPOD Szonja	2015		Bohóchal	06:02.93	+01:22.38	272								
	50m	38.50	100m	01:22.24	150m	02:07.90	200m	02:55.40	250m	03:42.27	300m	04:30.14	350m	05:17.74	400m	06:02.93
																45.19
26.	2/5	GÁL Betti Magdolna	2013		DKSE Dunaújváros	06:02.96	+01:22.41	272								
	50m	38.41	100m	01:24.01	150m	02:11.57	200m	02:56.95	250m	03:43.88	300m	04:31.49	350m	05:17.73	400m	06:02.96
																45.23
27.	1/2	BABINSZKY Réka Nóra	2015		FTC	06:09.43	+01:28.88	258								
	50m	40.82	100m	01:27.20	150m	02:15.35	200m	03:02.46	250m	03:50.82	300m	04:38.79	350m	05:25.69	400m	06:09.43
																43.74
28.	3/0	SZABÓ Polli	2013		DKSE Dunaújváros	06:09.52	+01:28.97	258								
	50m	39.86	100m	01:27.16	150m	02:15.06	200m	03:02.99	250m	03:51.08	300m	04:39.15	350m	05:26.21	400m	06:09.52
																43.31
29.	2/9	KÓPICZ Kincső Annabell	2015		Zalaco ZÚK	06:18.35	+01:37.80	240								
	50m	41.37	100m	01:29.56	150m	02:18.25	200m	03:07.42	250m	03:54.72	300m	04:45.19	350m	05:33.16	400m	06:18.35
																45.19
30.	2/6	GALAMBOS Dorka Luca	2013		Kaposvári Úszó SE	06:20.06	+01:39.51	237								
	50m	41.05	100m	01:29.02	150m	02:18.04	200m	03:07.67	250m	03:57.27	300m	04:45.55	350m	05:34.08	400m	06:20.06
																45.98
31.	2/8	TAKLER Tímea	2014		DKSE Dunaújváros	06:29.45	+01:48.90	220								
	50m	42.07	100m	01:32.30	150m	02:22.47	200m	03:12.67	250m	04:03.74	300m	04:56.41	350m	05:44.76	400m	06:29.45
																44.69
32.	2/0	FEHÉR Zoé Sára	2013		Hullám 91	06:29.61	+01:49.06	220								
	50m	42.63	100m	01:31.06	150m	02:22.28	200m	03:14.02	250m	04:06.11	300m	04:56.84	350m	05:47.63	400m	06:29.61
																41.98
33.	2/7	HOLCZER Emma	2015		Rája 94 Úszóklub	06:40.50	+01:59.95	203								
	50m	41.94	100m	01:32.12	150m	02:23.51	200m	03:13.14	250m	04:05.52	300m	04:58.93	350m	05:49.65	400m	06:40.50
																50.85
34.	1/4	VÉGH Hunóra	2013		Kaposvári Úszó SE	06:45.87	+02:05.32	195								
	50m	41.17	100m	01:32.03	150m	02:23.94	200m	03:18.05	250m	04:10.67	300m	05:03.29	350m	05:56.69	400m	06:45.87
																49.18
DNS	3/2	NAGY Korina Csenge	2014		Hullám 91											
DNS	4/7	ASBÓTH Flóra Emili	2012		Hullám 91											
DSQ	6/8	SZOBI Réka	2012		TVSE			3 - Szabálytalan úszás								

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Női 2007 és idősebb

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	7/5	PALKOVICS Adél	2007		Rája 94 Úszóklub	04:44.64		565								
	50m	32.08	100m	01:06.57 34.49	150m	01:42.14 35.57	200m	02:18.38 36.24	250m	02:55.06 36.68	300m	03:32.10 37.04	350m	04:09.09 36.99	400m	04:44.64 35.55
2.	7/8	BALOGH Adél	2007		Zalaco ZÚK	04:48.38	+03.74	543								
	50m	32.87	100m	01:08.63 35.76	150m	01:44.62 35.99	200m	02:21.46 36.84	250m	02:58.00 36.54	300m	03:35.13 37.13	350m	04:12.19 37.06	400m	04:48.38 36.19
3.	5/6	IZINGER Kinga	2006		Hullám 91	05:17.64	+33.00	406								
	50m	33.46	100m	01:11.32 37.86	150m	01:50.50 39.18	200m	02:31.32 40.82	250m	03:12.69 41.37	300m	03:54.87 42.18	350m	04:36.83 41.96	400m	05:17.64 40.81

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Női 2008

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	3/3	HORVÁTH Emese Anna	2008		Zalaco ZÚK	05:43.60		321								
	50m	36.04	100m	01:16.47 40.43	150m	01:59.44 42.97	200m	02:44.05 44.61	250m	03:29.27 45.22	300m	04:15.13 45.86	350m	05:00.24 45.11	400m	05:43.60 43.36

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Női 2009

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	7/6	HORVÁTH Eszter	2009		Hullám 91	04:43.86		570								
	50m	32.76	100m	01:07.67 34.91	150m	01:43.40 35.73	200m	02:19.68 36.28	250m	02:56.10 36.42	300m	03:32.73 36.63	350m	04:09.24 36.51	400m	04:43.86 34.62
2.	1/3	KOLTAI Vanda	2009		Zalaco ZÚK	04:53.07	+09.21	518								
	50m	32.30	100m	01:08.83 36.53	150m	01:46.34 37.51	200m	02:24.13 37.79	250m	03:01.51 37.38	300m	03:39.46 37.95	350m	04:16.83 37.37	400m	04:53.07 36.24
3.	5/5	ALI Blanka Izabella	2009		Hullám 91	05:04.58	+20.72	461								
	50m	33.70	100m	01:11.70 38.00	150m	01:50.65 38.95	200m	02:29.95 39.30	250m	03:08.93 38.98	300m	03:47.67 38.74	350m	04:27.10 39.43	400m	05:04.58 37.48
4.	5/4	TÓTH Petra	2009		Budaörsi Sport Club	05:12.95	+29.09	425								
	50m	34.12	100m	01:12.44 38.32	150m	01:52.02 39.58	200m	02:32.00 39.98	250m	03:12.38 40.38	300m	03:52.79 40.41	350m	04:33.55 40.76	400m	05:12.95 39.40
5.	5/1	NÉMETH Dorottya	2009		Ebihal Úszó és Mozg.	05:25.18	+41.32	379								
	50m	34.94	100m	01:13.49 38.55	150m	01:55.50 42.01	200m	02:37.78 42.28	250m	03:20.55 42.77	300m	04:03.37 42.82	350m	04:45.47 42.10	400m	05:25.18 39.71

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13	04:17.16	KÉSELY Ajna	Eger	2014.08.02
12	04:22.92	KÉSELY Ajna	Miskolc	2013.07.27
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Női 2010

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	7/4	BARTALOS Anna	2010		TVSE	04:27.25		683								
	50m	30.75	100m	01:04.10	150m	01:37.87	200m	02:12.01	250m	02:46.30	300m	03:20.41	350m	03:54.41	400m	04:27.25
				33.35		33.77		34.14		34.29		34.11		34.00		32.84
2.	7/2	ZSENI Réka	2010		TVSE	04:40.22		+12.97	592							
	50m	32.44	100m	01:07.00	150m	01:42.37	200m	02:17.98	250m	02:54.01	300m	03:29.91	350m	04:06.02	400m	04:40.22
				34.56		35.37		35.61		36.03		35.90		36.11		34.20
3.	7/1	ILLÉS Viktória	2010		Rája 94 Úszóklub	04:50.65		+23.40	531							
	50m	32.91	100m	01:08.51	150m	01:45.46	200m	02:22.63	250m	03:00.03	300m	03:36.96	350m	04:14.41	400m	04:50.65
				35.60		36.95		37.17		37.40		36.93		37.45		36.24
4.	6/9	BARTHA Csenge	2010		Rája 94 Úszóklub	05:04.43		+37.18	462							
	50m	33.46	100m	01:11.11	150m	01:49.97	200m	02:29.53	250m	03:08.60	300m	03:48.35	350m	04:27.19	400m	05:04.43
				37.65		38.86		39.56		39.07		39.75		38.84		37.24
5.	5/8	BOSSÁNYI Panni	2010		II. Kerületi Sport	05:14.63		+47.38	418							
	50m	32.28	100m	01:08.90	150m	01:48.34	200m	02:29.76	250m	03:10.22	300m	03:51.81	350m	04:34.16	400m	05:14.63
				36.62		39.44		41.42		40.46		41.59		42.35		40.47
6.	4/3	HARASZTI Lilla	2010		II. Kerületi Sport	05:25.61		+58.36	377							
	50m	36.32	100m	01:16.87	150m	01:58.25	200m	02:39.92	250m	03:21.35	300m	04:02.73	350m	04:44.54	400m	05:25.61
				40.55		41.38		41.67		41.43		41.38		41.81		41.07

KORCSOPORTOS EREDMÉNY

400 m női gyors

2. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
feelnőtt	04:01.31	KÉSELY Ajna	Gwangju (KOR)	2019.07.21
17	04:03.57	KÉSELY Ajna	Glasgow (GBR)	2018.08.09
16	04:05.75	KÉSELY Ajna	Budapest	2017.07.23
15	04:07.90	KÉSELY Ajna	Győr	2015.12.19
14	04:07.90	KÉSELY Ajna	Győr	2015.12.19
13	04:17.16	KÉSELY Ajna	Eger	2014.08.02
12	04:22.92	KÉSELY Ajna	Miskolc	2013.07.27
11	04:34.81	KISS Judit		1991.12.31
10	04:40.84	KISS Judit		1990.12.31

Női 2011

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	7/0	KATONA Emili	2011		Soproni Széchy T. SI	04:55.05		507								
	50m	33.48	100m	01:10.76 37.28	150m	01:49.22 38.46	200m	02:27.31 38.09	250m	03:06.01 38.70	300m	03:44.19 38.18	350m	04:22.16 37.97	400m	04:55.05 32.89
2.	7/9	BREVÁK Szonja	2011		Soproni Széchy T. SI	04:56.59	+01.54	499								
	50m	33.33	100m	01:10.20 36.87	150m	01:48.67 38.47	200m	02:27.20 38.53	250m	03:06.27 39.07	300m	03:44.60 38.33	350m	04:21.14 36.54	400m	04:56.59 35.45
3.	6/4	PATONAY Dóra	2011		Bohóchal	04:57.36	+02.31	495								
	50m	33.22	100m	01:10.43 37.21	150m	01:49.04 38.61	200m	02:27.92 38.88	250m	03:05.76 37.84	300m	03:44.54 38.78	350m	04:22.46 37.92	400m	04:57.36 34.90
4.	6/6	HAMUSICS Cecília	2011		Zalaco ZÚK	04:58.39	+03.34	490								
	50m	33.05	100m	01:09.17 36.12	150m	01:47.03 37.86	200m	02:25.33 38.30	250m	03:04.07 38.74	300m	03:43.43 39.36	350m	04:22.37 38.94	400m	04:58.39 36.02
5.	6/5	KORBÉLY Lotti	2011		Rája 94 Úszóklub	05:02.58	+07.53	470								
	50m	33.41	100m	01:10.78 37.37	150m	01:49.56 38.78	200m	02:28.58 39.02	250m	03:07.57 38.99	300m	03:46.69 39.12	350m	04:25.43 38.74	400m	05:02.58 37.15
6.	5/3	LACZKÓ Lilien	2011		Soproni Széchy T. SI	05:09.38	+14.33	440								
	50m	33.94	100m	01:12.18 38.24	150m	01:51.86 39.68	200m	02:31.97 40.11	250m	03:11.81 39.84	300m	03:52.67 40.86	350m	04:32.19 39.52	400m	05:09.38 37.19
7.	4/4	PUNGOR Lia	2011		Balaton ÚK Veszprém	05:12.93	+17.88	425								
	50m	32.98	100m	01:12.46 39.48	150m	01:52.49 40.03	200m	02:33.69 41.20	250m	03:12.70 39.01	300m	03:55.01 42.31	350m	04:34.57 39.56	400m	05:12.93 38.36
8.	6/0	MUSZKA Lilla	2011		FTC	05:14.59	+19.54	418								
	50m	32.19	100m	01:09.72 37.53	150m	01:48.15 38.43	200m	02:27.79 39.64	250m	03:09.79 42.00	300m	03:51.66 41.87	350m	04:34.07 42.41	400m	05:14.59 40.52
9.	3/4	KULCSÁR Anna Izabella	2011		II. Kerületi Sport	05:18.60	+23.55	403								
	50m	35.28	100m	01:15.08 39.80	150m	01:55.49 40.41	200m	02:35.91 40.42	250m	03:17.01 41.10	300m	03:58.25 41.24	350m	04:39.23 40.98	400m	05:18.60 39.37
10.	5/2	BOSSÁNYI Viktória Krisztina	2011		Bohóchal	05:19.63	+24.58	399								
	50m	35.69	100m	01:16.11 40.42	150m	01:57.20 41.09	200m	02:38.64 41.44	250m	03:19.30 40.66	300m	04:00.77 41.47	350m	04:41.50 40.73	400m	05:19.63 38.13
11.	1/6	KARDOS Napsugár Lili	2011		II. Kerületi Sport	05:22.01	+26.96	390								
	50m	37.23	100m	01:17.90 40.67	150m	01:58.83 40.93	200m	02:39.60 40.77	250m	03:20.39 40.79	300m	04:01.13 40.74	350m	04:42.51 41.38	400m	05:22.01 39.50
12.	1/1	NAGY-TÖRÖK Málna	2011		Balaton ÚK Veszprém	05:24.33	+29.28	382								
	50m	35.96	100m	01:15.60 39.64	150m	01:56.91 41.31	200m	02:38.55 41.64	250m	03:21.03 42.48	300m	04:03.41 42.38	350m	04:44.88 41.47	400m	05:24.33 39.45
13.	3/5	MÁTHÉ Mira	2011		Soproni Széchy T. SI	05:37.16	+42.11	340								
	50m	36.71	100m	01:18.90 42.19	150m	02:00.66 41.76	200m	02:43.40 42.74	250m	03:26.52 43.12	300m	04:10.42 43.90	350m	04:54.74 44.32	400m	05:37.16 42.42
14.	3/1	HORVÁTH Borka Liza	2011		Sárvári Gyógyfürdő	05:40.80	+45.75	329								
	50m	35.02	100m	01:17.23 42.21	150m	02:01.33 44.10	200m	02:45.89 44.56	250m	03:31.48 45.59	300m	04:16.29 44.81	350m	04:58.21 41.92	400m	05:40.80 42.59
15.	1/5	VÁMOS Kincső	2011		Hullám 91	05:53.14	+58.09	296								
	50m	37.03	100m	01:20.70 43.67	150m	02:04.81 44.11	200m	02:51.53 46.72	250m	03:35.15 43.62	300m	04:22.57 47.42	350m	05:08.87 46.30	400m	05:53.14 44.27