

400 m női gyors

10. versenyszám Országos csúcs: 3:59.68 (Verrasztó Evelyn - 2009)

2006 és idősebb

1.	Nett Vivien	2006	Zalaco ZÚK	4:23,50
	50m: 0:30,78 100m: 1:03,77 150m: 1:37,28 200m: 2:10,91 250m: 2:44,43 300m: 3:17,98 350m: 3:51,22			
	Edzője:			
2.	Király Zsófi	2005	Kaposv. SI	4:31,83
	50m: 0:31,76 100m: 1:05,12 150m: 1:38,88 200m: 2:12,91 250m: 2:46,80 300m: 3:21,83 350m: 3:57,23			
3.	Marton Kitti	2006	Kaposv. SI	4:40,06
	50m: 0:31,95 100m: 1:06,34 150m: 1:41,97 200m: 2:18,14 250m: 2:54,04 300m: 3:29,87 350m: 4:05,76			
4.	Belső Fanni	2005	Zalaco ZÚK	4:46,50
	50m: 0:33,20 100m: 1:08,68 150m: 1:44,74 200m: 2:20,93 250m: 2:57,65 300m: 3:34,14 350m: 4:10,85			

Kizárva

Sharafudinova Nika 2005 Ukrajna Szabálytalan rajt

2007 - 2008

1.	Nagy Napsugár	2008	Zalaco ZÚK	4:24,56
	50m: 0:31,32 100m: 1:04,88 150m: 1:38,43 200m: 2:12,08 250m: 2:45,57 300m: 3:18,96 350m: 3:52,16			
	Edzője:			
2.	Györfly Lili Anna	2007	Kap.Adorj.	4:35,59
	50m: 0:31,36 100m: 1:05,70 150m: 1:40,57 200m: 2:15,89 250m: 2:51,20 300m: 3:26,74 350m: 4:01,99			
3.	Bakó Luca	2007	Kaposv. SI	4:36,03
	50m: 0:31,30 100m: 1:05,31 150m: 1:39,79 200m: 2:14,86 250m: 2:50,53 300m: 3:26,46 350m: 4:01,80			
4.	Kereky Zsuzsanna	2007	Pécsi S.N.	4:48,72
	50m: 0:32,45 100m: 1:07,63 150m: 1:44,56 200m: 2:20,89 250m: 2:58,84 300m: 3:35,57 350m: 4:13,68			
5.	Boruzs Bianka	2007	Kaposv. SI	4:49,03
	50m: 0:33,39 100m: 1:09,56 150m: 1:45,35 200m: 2:21,67 250m: 2:57,86 300m: 3:34,81 350m: 4:12,23			
6.	Ötvös Korina	2008	Kaposv. SI	4:49,65
	50m: 0:32,41 100m: 1:07,65 150m: 1:44,24 200m: 2:20,76 250m: 2:58,10 300m: 3:35,27 350m: 4:13,05			
7.	Paksa Borbála	2008	Zalaco ZÚK	4:52,39
	50m: 0:32,75 100m: 1:08,62 150m: 1:45,44 200m: 2:22,53 250m: 3:00,02 300m: 3:37,77 350m: 4:15,53			
8.	Füredi Natália	2007	Mohácsi TE	4:52,89
	50m: 0:32,90 100m: 1:09,14 150m: 1:45,81 200m: 2:22,44 250m: 2:59,39 300m: 3:37,28 350m: 4:15,47			
9.	Aouich Meryem	2008	Zalaco ZÚK	4:55,12
	50m: 0:33,92 100m: 1:10,77 150m: 1:48,11 200m: 2:25,85 250m: 3:03,49 300m: 3:41,49 350m: 4:18,73			
10.	Detrich Luca	2008	Kaposv. SI	4:58,63
	50m: 0:32,89 100m: 1:09,61 150m: 1:47,82 200m: 2:26,08 250m: 3:04,71 300m: 3:43,26 350m: 4:21,57			
11.	Tiszperger Júlia	2008	Kaposv. SI	5:00,49
	50m: 0:33,76 100m: 1:11,51 150m: 1:49,82 200m: 2:28,42 250m: 3:06,48 300m: 3:45,21 350m: 4:23,71			
12.	Németh Luca	2008	Zalaco ZÚK	5:03,12
	50m: 0:33,61 100m: 1:10,77 150m: 1:48,97 200m: 2:27,48 250m: 3:06,80 300m: 3:46,38 350m: 4:24,95			

Nem indult

Virág Emese 2008 Kaposv. SI
Pásztó Kíra Kármén 2007 Kaposv. SI

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10. versenyszám Országos csúcs: 3:59.68 (Verrasztó Evelyn - 2009)

2009 - 2010

1.	Horváth Dóra	2009	Dombóvár SI	4:39,57
	50m: 0:31,87 100m: 1:07,78 150m: 1:43,73 200m: 2:18,87 250m: 2:54,38 300m: 3:30,26 350m: 4:05,59			
	Edzője: Makatics Péter, Fehérvári Róbert, Fehérvári Levente, Nagy Roland			
2.	Reizinger Anna	2009	Dombóvár SI	4:41,48
	50m: 0:31,82 100m: 1:07,15 150m: 1:43,24 200m: 2:19,75 250m: 2:55,72 300m: 3:32,15 350m: 4:07,31			
3.	Pálca-Juhász Emese	2009	Kaposv. SI	4:42,01
	50m: 0:31,63 100m: 1:06,20 150m: 1:42,88 200m: 2:19,49 250m: 2:56,61 300m: 3:33,00 350m: 4:08,69			
4.	Németh Emília Anna	2009	Kiscápák	4:53,69
	50m: 0:32,23 100m: 1:09,13 150m: 1:47,39 200m: 2:25,84 250m: 3:03,83 300m: 3:41,80 350m: 4:18,46			
5.	Gulyás Fanni	2010	Kaposv. SI	4:58,66
	50m: 0:33,30 100m: 1:10,71 150m: 1:49,08 200m: 2:27,45 250m: 3:06,12 300m: 3:44,06 350m: 4:22,80			
6.	Kraft Edina	2010	Mohácsi TE	5:23,03
	50m: 0:36,08 100m: 1:16,41 150m: 1:58,11 200m: 2:39,46 250m: 3:21,07 300m: 4:02,64 350m: 4:43,70			
7.	Szilágyi Zsófia	2009	NivoMed E.	5:43,27
	50m: 0:37,14 100m: 1:20,10 150m: 2:04,50 200m: 2:48,72 250m: 3:33,13 300m: 4:17,39 350m: 5:01,91			
8.	Csillag Héra	2010	NivoMed E.	5:43,32
	50m: 0:37,91 100m: 1:21,39 150m: 2:05,56 200m: 2:51,00 250m: 3:34,37 300m: 4:16,73 350m: 5:01,48			
9.	Nagy Zsófia	2010	Kap.ÚszóSE	6:13,97
	50m: 0:40,13 100m: 1:26,40 150m: 2:14,45 200m: 3:03,64 250m: 3:50,85 300m: 4:41,08 350m: 5:27,22			
10.	Kurucz Nóra	2010	Kaposv. SI	6:19,36
	50m: 0:41,36 100m: 1:28,63 150m: 2:17,42 200m: 3:06,07 250m: 3:55,56 300m: 4:43,98 350m: 5:32,68			

2011 - 2012

1.	Horváth Eszter	2011	Dombóvár SI	5:02,10
	50m: 0:32,88 100m: 1:10,64 150m: 1:50,15 200m: 2:29,29 250m: 3:08,94 300m: 3:48,23 350m: 4:26,41			
	Edzője: Makatics Péter, Fehérvári Róbert, Fehérvári Levente, Nagy Roland			
2.	Kiss Zsófia	2011	Dombóvár SI	5:17,73
	50m: 0:34,32 100m: 1:14,12 150m: 1:55,19 200m: 2:35,86 250m: 3:17,27 300m: 3:58,13 350m: 4:39,10			
3.	Hamusics Cecília	2011	Zalaco ZÚK	5:32,72
	50m: 0:37,34 100m: 1:19,01 150m: 2:01,28 200m: 2:44,11 250m: 3:25,97 300m: 4:09,56 350m: 4:52,32			
4.	Hajdu Alexandra	2012	MÚSZSE	5:40,06
	50m: 0:38,32 100m: 1:23,70 150m: 2:07,16 200m: 2:51,49 250m: 3:34,85 300m: 4:17,53 350m: 4:59,73			
5.	Sándor Sarolta	2012	Zalaco ZÚK	5:51,97
	50m: 0:39,18 100m: 1:22,46 150m: 2:07,28 200m: 2:51,65 250m: 3:36,83 300m: 4:22,74 350m: 5:07,99			
6.	Lewicki Hana Giselle	2012	Zalaco ZÚK	5:59,48
	50m: 0:39,65 100m: 1:25,02 150m: 2:10,93 200m: 2:57,32 250m: 3:43,53 300m: 4:30,07 350m: 5:14,74			
7.	Erdélyi Emília	2012	Kaposv. SI	6:00,12
	50m: 0:40,22 100m: 1:25,11 150m: 2:10,83 200m: 2:56,94 250m: 3:43,65 300m: 4:30,85 350m: 5:17,01			
8.	Szalay Rozi Anna	2011	Dombóvár SI	6:01,75
	50m: 0:40,13 100m: 1:24,79 150m: 2:10,51 200m: 2:56,98 250m: 3:43,24 300m: 4:31,05 350m: 5:17,63			

Nem indult

Tóth Zóra 2011 Dombóvár SI