

# Zalaco Kupa

## 08.06.2024

### Event 11 - 400m Ind. Medley Men

#### F2

1. Kakuk, Koppány Zéta 2008 HUN Kaposv. SI 04:50,90  
RT +0.63 50m: 00:29,91, 100m: 01:06,10 (00:36,19), 150m: 01:46,57 (00:40,47), 200m: 02:23,57 (00:37,00)  
250m: 03:04,74 (00:41,17), 300m: 03:45,76 (00:41,02), 350m: 04:21,52 (00:35,76), 400m: 04:50,90 (00:29,38)
2. Szabó, Gergo 2008 HUN Sárvári Gy 04:52,59  
RT +0.71 50m: 00:30,31, 100m: 01:07,54 (00:37,23), 150m: 01:46,09 (00:38,55), 200m: 02:23,87 (00:37,78)  
250m: 03:04,39 (00:40,52), 300m: 03:45,63 (00:41,24), 350m: 04:21,10 (00:35,47), 400m: 04:52,59 (00:31,49)
3. Pados, Gergo 2007 HUN Szomb.SKSI 05:26,08  
RT +0.67 50m: 00:31,99, 100m: 01:09,76 (00:37,77), 150m: 01:50,68 (00:40,92), 200m: 02:30,69 (00:40,01)  
250m: 03:20,61 (00:49,92), 300m: 04:11,54 (00:50,93), 350m: 04:49,51 (00:37,97), 400m: 05:26,08 (00:36,57)

#### F3

1. Horváth, Patrik 2010 HUN Szomb.SKSI 05:16,31  
RT +0.70 50m: 00:32,87, 100m: 01:13,42 (00:40,55), 150m: 01:57,90 (00:44,48), 200m: 02:40,45 (00:42,55)  
250m: 03:22,62 (00:42,17), 300m: 04:05,11 (00:42,49), 350m: 04:41,36 (00:36,25), 400m: 05:16,31 (00:34,95)

#### F4

1. Pannonhalmi, Lázár Elemér 2011 HUN GYÚSE 05:25,49  
RT +0.52 50m: 00:34,47, 100m: 01:15,66 (00:41,19), 150m: 01:57,78 (00:42,12), 200m: 02:37,35 (00:39,57)  
250m: 03:27,09 (00:49,74), 300m: 04:15,60 (00:48,51), 350m: 04:52,62 (00:37,02), 400m: 05:25,49 (00:32,87)
2. Hauptmann, Márton 2012 HUN GYÚSE 05:49,39  
RT 0,56 50m: 00:37,28, 100m: 01:21,44 (00:44,16), 150m: 02:05,80 (00:44,36), 200m: 02:48,78 (00:42,98)  
250m: 03:40,35 (00:51,57), 300m: 04:33,05 (00:52,70), 350m: 05:11,69 (00:38,64), 400m: 05:49,39 (00:37,70)
3. Kondor, Barnabás 2011 HUN GYÚSE 05:52,00  
RT +0.44 50m: 00:36,53, 100m: 01:21,54 (00:45,01), 150m: 02:12,17 (00:50,63), 200m: 03:00,28 (00:48,11)  
250m: 03:46,74 (00:46,46), 300m: 04:36,72 (00:49,98), 350m: 05:16,09 (00:39,37), 400m: 05:52,00 (00:35,91)
4. Berkes, Bertold 2012 HUN GYÚSE 05:58,96  
RT +0.79 50m: 00:35,98, 100m: 01:18,73 (00:42,75), 150m: 02:05,16 (00:46,43), 200m: 02:49,49 (00:44,33)  
250m: 03:47,02 (00:57,53), 300m: 04:41,08 (00:54,06), 350m: 05:20,29 (00:39,21), 400m: 05:58,96 (00:38,67)
5. Csordás, Roland 2012 HUN Kaposv. SI 06:03,79  
RT +0.60 50m: 00:39,15, 100m: 01:24,24 (00:45,09), 150m: 02:12,28 (00:48,04), 200m: 02:57,70 (00:45,42)  
250m: 03:52,49 (00:54,79), 300m: 04:46,79 (00:54,30), 350m: 05:26,53 (00:39,74), 400m: 06:03,79 (00:37,26)
6. Krug, Ákos 2012 HUN GYÚSE 06:04,56  
50m: 00:37,82, 100m: 01:24,78 (00:46,96), 150m: 02:12,13 (00:47,35), 200m: 02:56,42 (00:44,29)  
250m: 03:51,88 (00:55,46), 300m: 04:46,69 (00:54,81), 350m: 05:26,10 (00:39,41), 400m: 06:04,56 (00:38,46)
7. Oross, Vendel 2012 HUN GYÚSE 06:31,57  
RT +0.72 50m: 00:45,79, 100m: 01:41,23 (00:55,44), 150m: 02:29,11 (00:47,88), 200m: 03:17,67 (00:48,56)  
250m: 04:08,78 (00:51,11), 300m: 05:01,72 (00:52,94), 350m: 05:48,65 (00:46,93), 400m: 06:31,57 (00:42,92)

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Stipkovits, Tamás 2012 HUN GYÚSE DNS MT