

# Zalaco Kupa

## 08.06.2024

### Event 12 - 400m Ind. Medley Women

#### N1

1. Scheffer, Eszter Mercedes 2007 HUN Zalaco ZÚK 05:08,99  
RT +0.66 50m: 00:32,46, 100m: 01:09,73 (00:37,27), 150m: 01:47,75 (00:38,02), 200m: 02:25,33 (00:37,58)  
250m: 03:11,71 (00:46,38), 300m: 03:58,84 (00:47,13), 350m: 04:34,89 (00:36,05), 400m: 05:08,99 (00:34,10)

#### N2

1. Nagy, Napsugár 2008 HUN Zalaco ZÚK 04:59,35  
RT +0.73 50m: 00:32,98, 100m: 01:09,64 (00:36,66), 150m: 01:50,64 (00:41,00), 200m: 02:29,45 (00:38,81)  
250m: 03:11,59 (00:42,14), 300m: 03:53,99 (00:42,40), 350m: 04:27,08 (00:33,09), 400m: 04:59,35 (00:32,27)
2. Nagy, Dalma 2009 HUN TVSE 05:08,83  
RT +0.77 50m: 00:32,48, 100m: 01:10,53 (00:38,05), 150m: 01:52,15 (00:41,62), 200m: 02:32,52 (00:40,37)  
250m: 03:17,96 (00:45,44), 300m: 04:03,37 (00:45,41), 350m: 04:37,14 (00:33,77), 400m: 05:08,83 (00:31,69)
3. Németh, Emilia Anna 2009 HUN Zalaco ZÚK 05:27,24  
RT +0.62 50m: 00:35,54, 100m: 01:16,23 (00:40,69), 150m: 01:59,03 (00:42,80), 200m: 02:39,70 (00:40,67)  
250m: 03:27,95 (00:48,25), 300m: 04:16,11 (00:48,16), 350m: 04:52,68 (00:36,57), 400m: 05:27,24 (00:34,56)
4. Aouich, Meryem 2008 HUN Zalaco ZÚK 05:34,16  
50m: 00:35,75, 100m: 01:16,09 (00:40,34), 150m: 01:59,00 (00:42,91), 200m: 02:41,79 (00:42,79)  
250m: 03:30,88 (00:49,09), 300m: 04:20,00 (00:49,12), 350m: 04:57,75 (00:37,75), 400m: 05:34,16 (00:36,41)

#### N3

1. Szentgyörgyi, Anna 2010 HUN GYÚSE 05:44,51  
RT +0.69 50m: 00:36,46, 100m: 01:21,46 (00:45,00), 150m: 02:07,45 (00:45,99), 200m: 02:51,19 (00:43,74)  
250m: 03:38,95 (00:47,76), 300m: 04:27,64 (00:48,69), 350m: 05:08,03 (00:40,39), 400m: 05:44,51 (00:36,48)
2. Berkes, Brigitta 2010 HUN GYÚSE 05:48,69  
RT +0.73 50m: 00:33,84, 100m: 01:15,96 (00:42,12), 150m: 02:01,36 (00:45,40), 200m: 02:44,15 (00:42,79)  
250m: 03:37,24 (00:53,09), 300m: 04:30,94 (00:53,70), 350m: 05:11,58 (00:40,64), 400m: 05:48,69 (00:37,11)
3. Varga, Hanga 2011 HUN GYÚSE 05:55,49  
RT +0.65 50m: 00:37,09, 100m: 01:21,48 (00:44,39), 150m: 02:06,83 (00:45,35), 200m: 02:50,72 (00:43,89)  
250m: 03:44,06 (00:53,34), 300m: 04:34,81 (00:50,75), 350m: 05:16,30 (00:41,49), 400m: 05:55,49 (00:39,19)
4. Laczkó, Lilien 2011 HUN Sop.Széchy 06:00,47  
RT +0.63 50m: 00:39,58, 100m: 01:27,48 (00:47,90), 150m: 02:15,50 (00:48,02), 200m: 03:00,70 (00:45,20)  
250m: 03:51,05 (00:50,35), 300m: 04:42,17 (00:51,12), 350m: 05:23,41 (00:41,24), 400m: 06:00,47 (00:37,06)
5. Hamusics, Cecília 2011 HUN Zalaco ZÚK 06:08,98  
RT +0.75 50m: 00:41,17, 100m: 01:32,87 (00:51,70), 150m: 02:19,70 (00:46,83), 200m: 03:06,09 (00:46,39)  
250m: 03:58,08 (00:51,99), 300m: 04:49,44 (00:51,36), 350m: 05:29,83 (00:40,39), 400m: 06:08,98 (00:39,15)
6. Csabai, Janka 2011 HUN Szomb.SKSI 06:21,72  
RT +0.73 50m: 00:42,30, 100m: 01:35,32 (00:53,02), 150m: 02:25,06 (00:49,74), 200m: 03:12,00 (00:46,94)  
250m: 04:06,31 (00:54,31), 300m: 04:59,82 (00:53,51), 350m: 05:41,67 (00:41,85), 400m: 06:21,72 (00:40,05)

#### N4

1. Zámbo, Anna Villo 2012 HUN GYÚSE 05:31,47  
RT +0.70 50m: 00:32,09, 100m: 01:11,19 (00:39,10), 150m: 01:55,66 (00:44,47), 200m: 02:38,40 (00:42,74)  
250m: 03:27,24 (00:48,84), 300m: 04:15,65 (00:48,41), 350m: 04:54,08 (00:38,43), 400m: 05:31,47 (00:37,39)
2. Lewicki, Hana Giselle 2012 HUN Zalaco ZÚK 05:42,96  
RT +0.55 50m: 00:36,76, 100m: 01:20,55 (00:43,79), 150m: 02:04,45 (00:43,90), 200m: 02:47,34 (00:42,89)  
250m: 03:35,80 (00:48,46), 300m: 04:25,76 (00:49,96), 350m: 05:05,15 (00:39,39), 400m: 05:42,96 (00:37,81)
3. Sándor, Sarolta 2012 HUN Zalaco ZÚK 05:48,17  
RT +0.76 50m: 00:37,35, 100m: 01:19,54 (00:42,19), 150m: 02:05,86 (00:46,32), 200m: 02:51,09 (00:45,23)  
250m: 03:42,28 (00:51,19), 300m: 04:33,39 (00:51,11), 350m: 05:11,30 (00:37,91), 400m: 05:48,17 (00:36,87)
4. Tóth, Karolina 2012 HUN GYÚSE 05:52,06  
RT +0.68 50m: 00:36,55, 100m: 01:18,63 (00:42,08), 150m: 02:02,64 (00:44,01), 200m: 02:46,42 (00:43,78)  
250m: 03:39,55 (00:53,13), 300m: 04:32,14 (00:52,59), 350m: 05:13,05 (00:40,91), 400m: 05:52,06 (00:39,01)
5. Payrits, Zorka 2012 HUN Sop.Széchy 06:06,70  
RT +0.80 50m: 00:41,44, 100m: 01:27,83 (00:46,39), 150m: 02:16,86 (00:49,03), 200m: 03:04,57 (00:47,71)  
250m: 03:55,44 (00:50,87), 300m: 04:45,85 (00:50,41), 350m: 05:26,61 (00:40,76), 400m: 06:06,70 (00:40,09)

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### Continue Event 12 - 400m Ind. Medley Women

#### N4

6. Józsa, Lara 2012 HUN GYÚSE 06:14,61  
RT +0.55 50m: 00:39,08, 100m: 01:27,39 (00:48,31), 150m: 02:19,09 (00:51,70), 200m: 03:06,93 (00:47,84)  
250m: 03:57,61 (00:50,68), 300m: 04:49,63 (00:52,02), 350m: 05:33,56 (00:43,93), 400m: 06:14,61 (00:41,05)
7. Erdélyi, Emília 2012 HUN Kaposv. SI 06:22,18  
50m: 00:42,90, 100m: 01:33,42 (00:50,52), 150m: 02:21,21 (00:47,79), 200m: 03:07,26 (00:46,05)  
250m: 04:03,40 (00:56,14), 300m: 05:00,76 (00:57,36), 350m: 05:43,69 (00:42,93), 400m: 06:22,18 (00:38,49)
8. Gasparics Szigeti, Lilla 2013 HUN Kaposv. SI 06:22,20  
RT +0.67 50m: 00:43,50, 100m: 01:35,12 (00:51,62), 150m: 02:26,01 (00:50,89), 200m: 03:14,66 (00:48,65)  
250m: 04:10,52 (00:55,86), 300m: 05:04,74 (00:54,22), 350m: 05:45,15 (00:40,41), 400m: 06:22,20 (00:37,05)
9. Nagy, Csenge 2013 HUN Kaposv. SI 06:34,18  
50m: 00:42,88, 100m: 01:37,73 (00:54,85), 150m: 02:29,73 (00:52,00), 200m: 03:21,78 (00:52,05)  
250m: 04:14,14 (00:52,36), 300m: 05:07,37 (00:53,23), 350m: 05:51,98 (00:44,61), 400m: 06:34,18 (00:42,20)