

400 m női gyors - É-A. régió

6. versenyszám

Delfin 9

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| 1. | Hajtman Virág Petra | 2013 | Nyíregyházi Sportcen | 6:50,80 | 190p | | | |
| | 50m: 0:41,85 | 100m: 1:31,84 | 150m: 2:24,11 | 200m: 3:16,58 | 250m: 4:09,55 | 300m: 5:04,49 | 350m: 5:57,33 | |

400 m női gyors - D-A. régió

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| 1. | Gyuricza Kira | 2013 | Békéscsaba Előre Úsz | 6:25,16 | 231p | | | |
| | 50m: 0:42,76 | 100m: 1:31,31 | 150m: 2:21,22 | 200m: 3:10,00 | 300m: 4:48,87 | 350m: 5:39,05 | | |
| 2. | Koncz Fanni | 2013 | Békéscsaba Előre Úsz | 6:37,80 | 210p | | | |
| | 50m: 0:44,06 | 100m: 1:34,34 | 150m: 2:26,53 | 200m: 3:17,02 | 250m: 4:09,15 | 300m: 4:59,74 | 350m: 5:51,65 | |
| 3. | Mészáros Kincső | 2013 | Four Diamonds | 6:39,51 | 207p | | | |
| | 50m: 0:44,49 | 100m: 1:34,82 | 150m: 2:24,82 | 200m: 3:15,26 | 250m: 4:06,64 | 300m: 4:57,73 | 350m: 5:50,16 | |
| 4. | Török Luca | 2013 | NICS-HSUVC | 6:42,27 | 203p | | | |
| | 50m: 0:44,85 | 100m: 1:35,88 | 150m: 2:27,61 | 200m: 3:19,29 | 250m: 4:11,53 | 300m: 5:04,08 | | |
| 5. | Pintér Dorina | 2013 | Kecskeméti SI Kecse | 6:49,72 | 192p | | | |
| | 50m: 0:44,09 | 100m: 1:36,36 | 150m: 2:30,05 | 200m: 3:24,27 | 250m: 4:18,23 | 300m: 5:10,22 | 350m: 6:03,68 | |

Delfin 8

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| 1. | Bugyi Gréta | 2014 | Szentes Városi Úszó | 6:15,47 | 249p | | | |
| | 50m: 0:41,22 | 100m: 1:29,00 | 150m: 2:17,96 | 200m: 3:05,68 | 250m: 3:55,39 | 300m: 4:43,65 | 350m: 5:32,26 | |