

1500 m női gyors

Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

2007 és idősebb

1.	Virág Ágnes		2007	Debr.SC SI				19:45,34	396p
	50m: 0:36,46	100m: 1:16,89	150m: 1:58,12	200m: 2:39,07	250m: 3:20,03	300m: 4:00,85	350m: 4:41,43		
	400m: 5:21,55	450m: 6:01,97	500m: 6:42,00	550m: 7:22,08	600m: 8:02,28	650m: 8:42,29	700m: 9:22,16		
	750m: 10:01,83	800m: 10:41,53	850m: 11:20,96	900m: 12:00,36	950m: 12:39,85	1000m: 13:18,98	1050m: 13:58,24		
	1100m: 14:37,35	1150m: 15:16,41	1200m: 15:55,80	1250m: 16:35,01	1300m: 17:14,14	1350m: 17:52,93	1400m: 18:32,00		
	1450m: 19:09,25								
	Edzője:								

Nem indult

Lénárt Eszter **2007** Nyíregyházi Sportc

2008-2009

1.	Sós Júlia Anna		2009	Egri ÚK				18:09,01	511p
	50m: 0:32,10	100m: 1:07,88	150m: 1:44,58	200m: 2:21,82	250m: 2:58,59	300m: 3:35,42	350m: 4:12,23		
	400m: 4:49,27	450m: 5:25,93	500m: 6:02,84	550m: 6:39,44	600m: 7:16,49	650m: 7:52,99	700m: 8:29,81		
	750m: 9:06,45	800m: 9:43,09	850m: 10:19,45	900m: 10:55,78	950m: 11:32,18	1000m: 12:08,58	1050m: 12:45,31		
	1100m: 13:21,64	1150m: 13:57,99	1200m: 14:34,64	1250m: 15:11,20	1300m: 15:47,59	1350m: 16:24,06	1400m: 17:00,06		
	1450m: 17:35,24								
	Edzője:								
2.	Takács Lilla		2009	Debr.SC SI				19:42,53	399p
	50m: 0:35,41	100m: 1:15,20	150m: 1:55,33	200m: 2:35,26	250m: 3:15,26	300m: 3:55,03	350m: 4:35,73		
	400m: 5:15,85	450m: 5:55,91	500m: 6:35,24	550m: 7:14,86	600m: 7:54,33	650m: 8:33,52	700m: 9:12,91		
	750m: 9:51,84	800m: 10:31,29	850m: 11:10,57	900m: 11:49,67	950m: 12:28,41	1000m: 13:08,14	1050m: 13:47,43		
	1100m: 14:27,09	1150m: 15:06,86	1200m: 15:46,29	1250m: 16:25,63	1300m: 17:04,97	1350m: 17:44,85	1400m: 18:24,20		
	1450m: 19:03,82								

Nem indult

Kovács Kitti **2009** Debr.SC SI

2010-2011

1.	Kinczel Adrienn		2010	Debr.SC SI				19:02,39	443p
	50m: 0:33,30	100m: 1:09,70	150m: 1:47,14	200m: 2:24,67	250m: 3:02,54	300m: 3:40,51	350m: 4:18,74		
	400m: 4:57,12	450m: 5:35,53	500m: 6:13,91	550m: 6:51,60	600m: 7:30,01	650m: 8:08,55	700m: 8:46,81		
	750m: 9:25,20	800m: 10:03,63	850m: 10:42,37	900m: 11:20,42	950m: 11:59,03	1000m: 12:36,97	1050m: 13:14,74		
	1100m: 13:53,18	1150m: 14:31,89	1200m: 15:10,84	1250m: 15:49,90	1300m: 16:28,87	1350m: 17:07,83	1400m: 17:46,31		
	1450m: 18:25,06								
	Edzője:								
2.	Kovács Lara Gréta		2010	Egri ÚK				19:26,15	416p
	50m: 0:35,59	100m: 1:14,51	150m: 1:53,50	200m: 2:32,82	250m: 3:12,04	300m: 3:51,23	350m: 4:30,30		
	400m: 5:09,78	450m: 5:49,25	500m: 6:28,30	550m: 7:07,72	600m: 7:47,12	650m: 8:26,17	700m: 9:05,50		
	750m: 9:44,87	800m: 10:24,15	850m: 11:03,63	900m: 11:42,86	950m: 12:22,07	1000m: 13:01,24	1050m: 13:40,00		
	1100m: 14:18,98	1150m: 14:57,94	1200m: 15:37,38	1250m: 16:16,41	1300m: 16:55,10	1350m: 17:33,84	1400m: 18:11,97		
	1450m: 18:50,18								

1500 m női gyors

Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

2010-2011

3.	Csecsődi Hajnalka Ibolya	2011	Debr.SC SI	20:33,55	352p		
	50m: 0:35,51	100m: 1:14,77	150m: 1:55,45	200m: 2:35,27	250m: 3:15,70	300m: 3:56,17	350m: 4:36,79
	400m: 5:17,51	450m: 5:57,88	500m: 6:39,06	550m: 7:19,84	600m: 8:00,89	650m: 8:42,42	700m: 9:23,60
	750m: 10:05,67	800m: 10:46,78	850m: 11:29,04	900m: 12:10,43	950m: 12:52,90	1000m: 13:34,58	1050m: 14:17,25
	1100m: 14:58,60	1150m: 15:40,48	1200m: 16:22,40	1250m: 17:04,94	1300m: 17:47,46	1350m: 18:29,61	1400m: 19:11,35
	1450m: 19:52,99						
4.	Ecsedi Julianna	2011	Debr.SC SI	21:14,52	319p		
	50m: 0:36,42	100m: 1:18,08	150m: 2:00,42	200m: 2:41,46	250m: 3:23,73	300m: 4:07,09	350m: 4:49,67
	400m: 5:32,40	450m: 6:14,58	500m: 6:57,74	550m: 7:40,35	600m: 8:23,73	650m: 9:06,37	700m: 9:48,88
	750m: 10:31,79	800m: 11:14,96	850m: 11:57,66	900m: 12:40,71	950m: 13:24,08	1000m: 14:07,10	1050m: 14:50,34
	1100m: 15:32,55	1150m: 16:15,90	1200m: 16:58,11	1250m: 17:40,64	1300m: 18:23,66	1350m: 19:06,92	1400m: 19:50,12
	1450m: 20:32,55						
5.	Eczeti Zsófia	2011	BÚKE	21:16,50	317p		
	50m: 0:37,95	100m: 1:20,09	150m: 2:02,69	200m: 2:45,70	250m: 3:28,81	300m: 4:12,12	350m: 4:55,17
	400m: 5:38,35	450m: 6:21,44	500m: 7:04,64	550m: 7:47,81	600m: 8:30,70	650m: 9:13,98	700m: 9:56,81
	750m: 10:40,02	800m: 11:22,78	850m: 12:05,55	900m: 12:49,03	950m: 13:32,18	1000m: 14:15,31	1050m: 14:57,88
	1100m: 15:40,71	1150m: 16:23,26	1200m: 17:05,94	1250m: 17:48,75	1300m: 18:30,91	1350m: 19:12,93	1400m: 19:54,66
	1450m: 20:35,92						

2012-2013

1.	Erdős Luca	2013	Debr.SC SI	20:49,62	338p		
	50m: 0:36,30	100m: 1:16,47	150m: 1:58,05	200m: 2:39,58	250m: 3:21,37	300m: 4:02,65	350m: 4:44,20
	400m: 5:26,22	450m: 6:08,73	500m: 6:50,88	550m: 7:32,36	600m: 8:14,27	650m: 8:56,40	700m: 9:38,38
	750m: 10:20,19	800m: 11:01,96	850m: 11:44,04	900m: 12:26,38	950m: 13:08,39	1000m: 13:50,57	1050m: 14:32,31
	1100m: 15:14,46	1150m: 15:55,75	1200m: 16:37,89	1250m: 17:20,27	1300m: 18:02,48	1350m: 18:44,83	1400m: 19:27,49
	1450m: 20:08,89						
	Edzője:						
2.	Metcalfe Rebecca Erzsébet	2012	BÚKE	21:01,06	329p		
	50m: 0:37,39	100m: 1:18,69	150m: 2:00,02	200m: 2:41,62	250m: 3:24,01	300m: 4:05,57	350m: 4:46,40
	400m: 5:28,59	450m: 6:11,20	500m: 6:52,66	550m: 7:34,73	600m: 8:16,29	650m: 8:59,13	700m: 9:41,06
	750m: 10:23,47	800m: 11:06,27	850m: 11:49,40	900m: 12:31,88	950m: 13:14,83	1000m: 13:57,23	1050m: 14:39,83
	1100m: 15:22,47	1150m: 16:05,57	1200m: 16:48,34	1250m: 17:31,53	1300m: 18:14,19	1350m: 18:56,02	1400m: 19:38,40
	1450m: 20:19,85						
3.	Béke Blanka	2012	Debr.SC SI	21:02,88	328p		
	50m: 0:34,67	100m: 1:15,17	150m: 1:56,78	200m: 2:39,22	250m: 3:21,80	300m: 4:05,28	350m: 4:47,78
	400m: 5:31,01	450m: 6:13,76	500m: 6:56,65	550m: 7:39,79	600m: 8:22,67	650m: 9:05,93	700m: 9:48,57
	750m: 10:31,54	800m: 11:14,24	850m: 11:56,67	900m: 12:38,98	950m: 13:22,21	1000m: 14:04,77	1050m: 14:47,54
	1100m: 15:29,96	1150m: 16:12,28	1200m: 16:54,37	1250m: 17:36,94	1300m: 18:18,43	1350m: 19:00,91	1400m: 19:42,23
	1450m: 20:23,56						
4.	Oláh Míra	2012	BÚKE	22:18,47	275p		
	50m: 0:41,06	100m: 1:26,01	150m: 2:11,49	200m: 2:58,24	250m: 3:44,73	300m: 4:29,50	350m: 5:13,53
	400m: 5:57,56	450m: 6:41,63	500m: 7:25,80	550m: 8:09,70	600m: 8:53,87	650m: 9:38,79	700m: 10:23,71
	750m: 11:09,42	800m: 11:54,10	850m: 12:39,87	900m: 13:26,00	950m: 14:10,80	1000m: 14:55,25	1050m: 15:39,89
	1100m: 16:24,43	1150m: 17:10,08	1200m: 17:54,59	1250m: 18:39,56	1300m: 19:23,48	1350m: 20:08,78	1400m: 20:53,09
	1450m: 21:35,44						

1500 m női gyors

Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

2012-2013

5.	Borsos Csilla Dóra	2013	Debr.SC SI	23:14,64	243p		
	50m: 0:38,92	100m: 1:23,24	150m: 2:08,85	200m: 2:55,30	250m: 3:41,82	300m: 4:28,61	350m: 5:14,62
	400m: 6:01,31	450m: 6:48,52	500m: 7:35,69	550m: 8:21,98	600m: 9:07,62	650m: 9:54,16	700m: 10:40,39
	750m: 11:26,83	800m: 12:12,41	850m: 12:59,65	900m: 13:46,04	950m: 14:33,85	1000m: 15:21,74	1050m: 16:09,30
	1100m: 16:55,52	1150m: 17:44,02	1200m: 18:30,61	1250m: 19:18,57	1300m: 20:06,16	1350m: 20:55,26	1400m: 21:42,54
	1450m: 22:28,83						
6.	Kiss Luca Lia	2012	Debr.SC SI	23:21,88	239p		
	50m: 0:37,70	100m: 1:22,68	150m: 2:10,43	200m: 2:57,57	250m: 3:43,56	300m: 4:30,99	350m: 5:17,92
	400m: 6:04,98	450m: 6:52,31	500m: 7:40,36	550m: 8:28,17	600m: 9:15,47	650m: 10:02,62	700m: 10:49,84
	750m: 11:37,53	800m: 12:25,03	850m: 13:12,55	900m: 13:58,26	950m: 14:47,27	1000m: 15:35,97	1050m: 16:24,45
	1100m: 17:11,70	1150m: 18:00,17	1200m: 18:48,27	1250m: 19:35,55	1300m: 20:23,13	1350m: 21:09,92	1400m: 21:56,44
	1450m: 22:40,52						
7.	Gincsei Regina	2012	Nyíregyházi Sportc	24:57,99	196p		
	50m: 0:41,11	100m: 1:29,37	150m: 2:18,59	200m: 3:08,89	250m: 3:58,21	300m: 4:48,39	350m: 5:38,38
	400m: 6:28,89	450m: 7:18,47	500m: 8:09,11	550m: 8:58,97	600m: 9:49,10	650m: 10:39,15	700m: 11:30,06
	750m: 12:20,87	800m: 13:10,73	850m: 14:00,99	900m: 14:50,84	950m: 15:41,67	1000m: 16:31,07	1050m: 17:21,14
	1100m: 18:12,36	1150m: 19:04,25	1200m: 19:53,33	1250m: 20:46,35	1300m: 21:38,81	1350m: 22:30,94	1400m: 23:20,46
	1450m: 24:12,63						