

## 400 m női gyors

29. versenyszám Országos csúcs: 4:02.37 (Kapás Boglárka - 2016)

### 2007 és idősebb

1.	Vécsei Réka	2002	Swim.Pent	4:29,84
	50m: 0:30,79 100m: 1:04,93 150m: 1:39,54 200m: 2:14,00 250m: 2:48,37 300m: 3:22,80 350m: 3:56,83			
	Edzője:			
2.	Koch Zita	2004	Debr.SC SI	4:31,31
	50m: 0:31,76 100m: 1:05,62 150m: 1:39,89 200m: 2:14,22 250m: 2:48,67 300m: 3:23,33 350m: 3:58,06			
3.	Bánhegyi Brigitta	2007	MiskolciSI	4:38,86
	50m: 0:32,37 100m: 1:07,05 150m: 1:42,50 200m: 2:18,35 250m: 2:54,28 300m: 3:30,37 350m: 4:05,80			
4.	Lénárt Eszter	2007	Nyíregyházi Sportc	4:39,01
	50m: 0:32,92 100m: 1:07,70 150m: 1:43,32 200m: 2:18,70 250m: 2:54,26 300m: 3:29,71 350m: 4:05,30			
5.	Deák Zsóka	2007	MiskolciSI	4:51,88
	50m: 0:33,14 100m: 1:10,06 150m: 1:47,77 200m: 2:25,42 250m: 3:03,12 300m: 3:40,31 350m: 4:16,88			
6.	Polácsik Petra	2006	MiskolciSI	5:22,27
	50m: 0:34,75 100m: 1:14,09 150m: 1:56,21 200m: 2:38,09 250m: 3:20,00 300m: 4:02,54 350m: 4:44,06			

### 2008-2009

1.	Szabó Lilla	2009	Egri ÚK	4:27,12
	50m: 0:31,42 100m: 1:05,17 150m: 1:39,42 200m: 2:13,74 250m: 2:47,33 300m: 3:21,10 350m: 3:55,01			
	Edzője:			
2.	Zombori-Szalontai Kriszti	2008	Debr.SC SI	4:42,36
	50m: 0:33,00 100m: 1:09,19 150m: 1:45,96 200m: 2:22,55 250m: 2:58,14 300m: 3:34,25 350m: 4:09,03			
3.	Hornyik Panna	2008	MiskolciSI	4:43,05
	50m: 0:32,18 100m: 1:08,24 150m: 1:44,59 200m: 2:20,90 250m: 2:57,12 300m: 3:33,44 350m: 4:09,03			
4.	Sós Júlia Anna	2009	Egri ÚK	4:48,14
	50m: 0:32,68 100m: 1:08,68 150m: 1:45,75 200m: 2:22,76 250m: 2:59,88 300m: 3:36,71 350m: 4:13,04			
5.	Bán Petra	2009	Tiszaújvárosi TK	4:49,21
	50m: 0:32,37 100m: 1:08,33 150m: 1:44,69 200m: 2:21,58 250m: 2:58,59 300m: 3:36,49 350m: 4:14,03			
6.	Várkonyi Lili	2008	Parafa UK	4:55,50
	50m: 0:33,33 100m: 1:10,51 150m: 1:48,32 200m: 2:26,52 250m: 3:04,59 300m: 3:42,56 350m: 4:20,09			
7.	Fogarasi Janka	2008	MiskolciSI	4:55,65
	50m: 0:33,18 100m: 1:10,10 150m: 1:47,40 200m: 2:25,37 250m: 3:03,06 300m: 3:41,04 350m: 4:18,83			
8.	Gál Boglárka	2009	Tiszaújvárosi TK	4:58,41
	50m: 0:34,05 100m: 1:12,08 150m: 1:50,10 200m: 2:28,17 250m: 3:06,22 300m: 3:44,91 350m: 4:22,78			
9.	Kári Eszter	2008	Egri ÚK	4:58,6
	50m: 0:33,80 150m: 1:48,44			
10.	Győri Lizett	2009	Parafa UK	5:01,15
	50m: 0:34,35 100m: 1:11,84 150m: 1:50,21 200m: 2:29,11 250m: 3:07,54 300m: 3:45,98 350m: 4:24,04			
11.	Leskó Katica	2009	Parafa UK	5:08,11
	50m: 0:34,32 100m: 1:13,05 150m: 1:52,84 200m: 2:32,44 250m: 3:11,79 300m: 3:50,97 350m: 4:29,97			
12.	Halász Hanna	2008	Swim.Pent	5:20,15
	50m: 0:35,31 100m: 1:15,35 150m: 1:55,56 200m: 2:37,06 250m: 3:18,37 300m: 3:59,94 350m: 4:40,80			
13.	Juhos Lia	2009	Tiszaújvárosi TK	5:37,49
	50m: 0:37,30 100m: 1:20,79 150m: 2:04,80 200m: 2:47,80 250m: 3:30,79 300m: 4:14,72 350m: 4:56,56			

### Nem indult

Kovács Kitti 2009 Debr.SC SI

### 2010

1.	Balogh Viktória Enikő	2010	Debr.SC SI	4:52,1
	50m: 0:32,89 100m: 1:08,84 150m: 1:45,98 200m: 2:23,87 250m: 3:01,10 300m: 3:39,65 350m: 4:16,72			
	Edzője:			
2.	Tóth Zengő Katalin	2010	Swim.Pent	4:58,42
	50m: 0:32,74 100m: 1:09,86 150m: 1:47,78 200m: 2:25,97 250m: 3:04,54 300m: 3:42,65 350m: 4:21,54			
3.	Kocsány Alexandra Hanna	2010	Debr.SC SI	5:04,91
	50m: 0:33,22 100m: 1:10,56 150m: 1:50,00 200m: 2:29,61 250m: 3:09,22 300m: 3:49,25 350m: 4:28,45			
4.	Kovács Lara Gréta	2010	Egri ÚK	5:10,50
	50m: 0:36,09 100m: 1:15,42 150m: 1:54,87 200m: 2:34,77 250m: 3:14,37 300m: 3:54,34 350m: 4:33,12			
5.	Hegedüs Petra	2010	Magnetic	5:16,96
	50m: 0:35,32 100m: 1:14,24 150m: 1:54,28 200m: 2:35,56 250m: 3:16,28 300m: 3:57,58 350m: 4:38,14			
6.	Végh Eszter	2010	Debr.SC SI	5:26,71
	50m: 0:36,47 100m: 1:17,26 150m: 1:59,36 200m: 2:40,93 250m: 3:22,79 300m: 4:05,07 350m: 4:47,54			

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### 2011

1.	Balázs Hanna	2011	Egri ÚK	5:01,8
	50m: 0:34,67 100m: 1:13,47 150m: 1:52,86 200m: 2:32,27 250m: 3:12,19 300m: 3:48,14 350m: 4:25,67			
	Edzője:			
2.	Csecsődi Hajnalka Ibolya	2011	Debr.SC SI	5:08,99
	50m: 0:34,82 100m: 1:13,04 150m: 1:52,79 200m: 2:32,27 250m: 3:12,19 300m: 3:51,48 350m: 4:31,25			
3.	Ecsedi Julianna	2011	Debr.SC SI	5:25,79
	50m: 0:35,19 100m: 1:14,48 150m: 1:55,04 200m: 2:36,64 250m: 3:18,78 300m: 4:01,12 350m: 4:43,61			
4.	Varga Hanna	2011	Magnetic	5:28,59
	50m: 0:35,50 100m: 1:16,63 150m: 1:59,14 200m: 2:41,55 250m: 3:24,28 300m: 4:07,64 350m: 4:49,50			
5.	Zölde Zille	2011	Egri ÚK	5:51,27
	50m: 0:38,66 100m: 1:24,18 150m: 2:08,51 200m: 2:53,65 250m: 3:38,97 300m: 4:24,22 350m: 5:09,69			
6.	Kádár Elise	2011	Tiszaújvárosi TK	5:54,44
	50m: 0:38,34 100m: 1:23,30 150m: 2:09,40 200m: 2:54,92 250m: 3:40,26 300m: 4:26,93 350m: 5:12,89			
7.	Gál Biborka	2011	Tiszaújvárosi TK	6:07,99
	50m: 0:39,73 100m: 1:27,40 150m: 2:16,24 200m: 3:03,74 250m: 3:50,90 300m: 4:38,19 350m: 5:23,87			

### 2012

1.	Miklós Janka	2012	MiskolciSI	5:35,56
	100m: 1:20,99 150m: 2:04,22 200m: 2:47,34 250m: 3:30,28 300m: 4:13,48 350m: 4:55,59			
	Edzője:			
2.	Csépányi Gvendolin Mendi	2012	Egri ÚK	5:40,43
3.	Cserés Adél	2012	Nyíregyházi Sportc	5:46,08
	50m: 0:38,20 100m: 1:21,50 150m: 2:05,87 200m: 2:50,41 250m: 3:34,77 300m: 4:19,54 350m: 5:03,96			
4.	Mihály Nóra	2012	Egri ÚK	6:00,27
	50m: 0:40,60 100m: 1:26,62 150m: 2:13,14 200m: 3:00,18 250m: 3:46,29 300m: 4:32,19 350m: 5:17,66			
5.	Kása Csenge	2012	Tiszaújvárosi TK	6:27,35
	50m: 0:41,33 100m: 1:31,35 150m: 2:20,14 200m: 3:10,06 250m: 3:59,84 300m: 4:50,28 350m: 5:40,90			
6.	Gincsei Regina	2012	Nyíregyházi Sportc	6:29,21
	50m: 0:43,03 100m: 1:31,45 150m: 2:21,96 200m: 3:12,43 250m: 4:02,20 300m: 4:53,67 350m: 5:42,59			
7.	Kozma Hanna	2012	MiskolciSI	6:48,9
	50m: 0:42,77 100m: 1:32,74 150m: 2:25,83 200m: 3:19,02 250m: 4:13,05 300m: 5:07,10 350m: 5:58,73			

### 2013

1.	Erdős Luca	2013	Debr.SC SI	5:30,39
	50m: 0:38,24 100m: 1:19,82 150m: 2:01,85 200m: 2:44,78 250m: 3:26,29 300m: 4:08,81 350m: 4:51,31			
	Edzője:			
2.	Borsos Csilla Dóra	2013	Debr.SC SI	6:04,79
	50m: 0:39,69 100m: 1:24,67 150m: 2:11,50 200m: 2:58,48 250m: 3:45,36 300m: 4:32,44 350m: 5:20,00			
3.	Szabó Regina	2013	Magnetic	6:06,98
	50m: 0:39,37 100m: 1:25,55 150m: 2:12,60 200m: 3:00,07 250m: 3:47,28 300m: 4:34,38 350m: 5:21,62			

### 2014

1.	Galambos Léna	2014	MiskolciSI	6:45,25
	50m: 0:45,33 100m: 1:37,39 150m: 2:30,24 200m: 3:22,19 250m: 4:13,99 300m: 5:06,99 350m: 5:57,32			
	Edzője:			
2.	Demeter Bella Luca	2014	MiskolciSI	7:10,33
	50m: 0:48,42 100m: 1:44,52 150m: 2:40,98 200m: 3:37,14 250m: 4:33,24 300m: 5:29,72 350m: 6:22,86			