

## 1500 m női gyors

30. versenyszám Országos csúcs: 18:28.74 (Lengyel Anna - 2006)

### Női 2007 és idősebb

1.	Lénárt Eszter	2007	Nyíregyházi Sportc	18:23,97	579p		
	50m: 0:32,90	100m: 1:08,81	150m: 1:45,15	200m: 2:21,93	250m: 2:58,81	300m: 3:35,70	350m: 4:12,54
	400m: 4:49,59	450m: 5:26,60	500m: 6:03,56	550m: 6:40,39	600m: 7:17,20	650m: 7:54,33	700m: 8:31,21
	750m: 9:08,31	800m: 9:45,04	850m: 10:21,99	900m: 10:59,10	950m: 11:36,25	1000m:12:13,49	1050m:12:50,32
	1100m:13:27,35	1150m:14:04,78	1200m:14:41,94	1250m:15:19,14	1300m:15:56,40	1350m:16:33,57	1400m:17:10,71
	1450m:17:47,64						
	Edzője:						

### Nem indult

Molnár Fruzsina 2007 Nyíregyházi Sportc

### Női 2008-2009

1.	Sós Júlia Anna	2009	Egri ÚK	18:30,00	570p		
	50m: 0:32,87	100m: 1:09,19	150m: 1:46,65	200m: 2:24,40	250m: 3:02,09	300m: 3:39,62	350m: 4:17,48
	400m: 4:55,11	450m: 5:32,35	500m: 6:09,58	550m: 6:46,77	600m: 7:24,08	650m: 8:01,32	700m: 8:38,97
	750m: 9:15,80	800m: 9:52,91	850m: 10:29,87	900m: 11:07,23	950m: 11:44,44	1000m:12:21,50	1050m:12:58,89
	1100m:13:36,00	1150m:14:13,07	1200m:14:50,16	1250m:15:26,76	1300m:16:04,09	1350m:16:40,99	1400m:17:17,95
	1450m:17:54,13						
	Edzője:						

### Női 2010-2011

1.	Kovács Lara Gréta	2010	Egri ÚK	19:06,96	516p		
	50m: 0:34,69	100m: 1:12,67	150m: 1:50,99	200m: 2:29,03	250m: 3:06,68	300m: 3:44,85	350m: 4:22,38
	400m: 5:00,15	450m: 5:38,39	500m: 6:16,67	550m: 6:54,47	600m: 7:32,68	650m: 8:11,16	700m: 8:49,39
	750m: 9:28,56	800m: 10:07,08	850m: 10:45,74	900m: 11:24,50	950m: 12:03,35	1000m:12:42,06	1050m:13:20,74
	1100m:13:59,97	1150m:14:38,51	1200m:15:16,95	1250m:15:55,56	1300m:16:34,79	1350m:17:13,30	1400m:17:52,12
	1450m:18:30,44						
	Edzője:						
2.	Ujvári Dóra Brigitta	2011	MiskolciSI	20:00,72	450p		
	50m: 0:36,15	100m: 1:15,51	150m: 1:55,47	200m: 2:35,65	250m: 3:16,10	300m: 3:56,50	350m: 4:38,12
	400m: 5:19,03	450m: 5:59,63	500m: 6:40,70	550m: 7:21,23	600m: 8:01,72	650m: 8:42,59	700m: 9:22,77
	750m: 10:03,29	800m: 10:43,53	850m: 11:23,75	900m: 12:03,91	950m: 12:44,41	1000m:13:24,58	1050m:14:05,14
	1100m:14:45,30	1150m:15:25,59	1200m:16:05,57	1250m:16:45,71	1300m:17:25,15	1350m:18:05,02	1400m:18:44,20
	1450m:19:23,05						
3.	Fóris Csenge Angyalka	2010	INVICTUS	20:12,75	437p		
	50m: 0:35,47	100m: 1:13,40	150m: 1:52,70	200m: 2:32,53	250m: 3:12,50	300m: 3:52,73	350m: 4:32,88
	400m: 5:13,21	450m: 5:53,85	500m: 6:34,62	550m: 7:15,10	600m: 7:55,39	650m: 8:35,85	700m: 9:17,11
	750m: 9:57,81	800m: 10:38,07	850m: 11:18,99	900m: 11:59,17	950m: 12:39,81	1000m:13:21,20	1050m:14:01,99
	1100m:14:43,53	1150m:15:24,51	1200m:16:05,33	1250m:16:46,97	1300m:17:28,82	1350m:18:10,06	1400m:18:51,41
	1450m:19:32,24						
4.	Csecsődi Hajnalka Ibolya	2011	Debr.SC SI	20:15,25	434p		
	50m: 0:36,34	100m: 1:15,28	150m: 1:55,23	200m: 2:35,91	250m: 3:16,66	300m: 3:57,26	350m: 4:37,58
	400m: 5:18,13	450m: 5:58,83	500m: 6:39,49	550m: 7:20,02	600m: 8:00,42	650m: 8:42,04	700m: 9:23,05
	750m: 10:04,65	800m: 10:45,95	850m: 11:27,31	900m: 12:08,75	950m: 12:50,79	1000m:13:31,26	1050m:14:11,34
	1100m:14:51,99	1150m:15:32,23	1200m:16:12,87	1250m:16:53,70	1300m:17:34,78	1350m:18:15,06	1400m:18:55,73
	1450m:19:35,73						

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**30. versenyszám** Országos csúcs: 18:28.74 (Lengyel Anna - 2006)

### Női 2012-2013

1.	<b>Kovács-Leszky Zoé</b>	<b>2012</b>	<b>Iron Swim</b>	<b>19:42,00</b>	<b>472p</b>		
	50m: 0:33,38	100m: 1:10,41	150m: 1:48,82	200m: 2:27,63	250m: 3:06,53	300m: 3:45,37	350m: 4:23,96
	400m: 5:03,15	450m: 5:42,48	500m: 6:22,29	550m: 7:02,30	600m: 7:42,27	650m: 8:22,15	700m: 9:02,23
	750m: 9:42,57	800m: 10:22,43	850m: 11:02,49	900m: 11:42,83	950m: 12:22,61	1000m:13:02,61	1050m:13:42,76
	1100m:14:22,98	1150m:15:03,08	1200m:15:43,05	1250m:16:23,21	1300m:17:03,34	1350m:17:43,27	1400m:18:23,40
	1450m:19:02,79						
	<b>Edzője:</b>						
2.	<b>Mészáros Villő Gréta</b>	<b>2012</b>	<b>BVSC-Zugló</b>	<b>20:45,57</b>	<b>403p</b>		
	50m: 0:37,24	100m: 1:18,37	150m: 2:00,60	200m: 2:42,41	250m: 3:24,35	300m: 4:05,91	350m: 4:48,01
	400m: 5:30,32	450m: 6:12,33	500m: 6:54,58	550m: 7:36,67	600m: 8:18,40	650m: 9:00,35	700m: 9:42,22
	750m: 10:24,38	800m: 11:06,69	850m: 11:48,60	900m: 12:30,72	950m: 13:12,65	1000m:13:54,83	1050m:14:36,50
	1100m:15:18,32	1150m:15:59,90	1200m:16:41,68	1250m:17:23,51	1300m:18:04,98	1350m:18:45,88	1400m:19:27,33
	1450m:20:07,02						