

**KORCSOPORTOS EREDMÉNY**
**3000 m női gyors**

4. versenyszám

**2013-2014**

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	1/2	<b>Erdős Luca</b>	2013		Debreceni Sportc. SI	<b>38:47.11</b>										
	50m	34.48	100m	01:12.87 38.39	150m	01:51.54 38.67	200m	02:30.58 39.04	250m	03:09.57 38.99	300m	03:48.63 39.06	350m	04:27.41 38.78	400m	05:06.72 39.31
	450m	05:46.18 39.46	500m	06:24.84 38.66	550m	07:03.41 38.57	600m	07:42.42 39.01	650m	08:20.80 38.38	700m	08:59.41 38.61	750m	09:38.60 39.19	800m	10:17.63 39.03
	850m	10:56.78 39.15	900m	11:35.42 38.64	950m	12:14.71 39.29	1000m	12:53.75 39.04	1050m	13:32.33 38.58	1100m	14:10.84 38.51	1150m	14:49.29 38.45	1200m	15:28.10 38.81
	1250m	16:06.34 38.24	1300m	16:45.45 39.11	1350m	17:24.17 38.72	1400m	18:02.64 38.47	1450m	18:41.62 38.98	1500m	19:20.67 39.05	1550m	19:59.02 38.35	1600m	20:37.80 38.78
	1650m	21:16.37 38.57	1700m	21:54.52 38.15	1750m	22:33.27 38.75	1800m	23:12.00 38.73	1850m	23:51.27 39.27	1900m	24:29.55 38.28	1950m	25:08.24 38.69	2000m	25:47.09 38.85
	2050m	26:25.63 38.54	2100m	27:04.97 39.34	2150m	27:44.16 39.19	2200m	28:22.87 38.71	2250m	29:01.90 39.03	2300m	29:40.99 39.09	2350m	30:19.74 38.75	2400m	30:59.21 39.47
	2450m	31:38.30 39.09	2500m	32:17.30 39.00	2550m	32:56.08 38.78	2600m	33:35.47 39.39	2650m	34:14.72 39.25	2700m	34:54.27 39.55	2750m	35:32.96 38.69	2800m	36:11.93 38.97
	2850m	36:51.08 39.15	2900m	37:29.61 38.53	2950m	38:08.88 39.27	3000m	38:47.11 38.23								
2.	1/3	<b>Szölösi - Bálint Kincső Petra</b>	2013		Debreceni Sportc. SI	<b>39:09.19</b>		+22.08								
	50m	33.85	100m	01:11.71 37.86	150m	01:50.58 38.87	200m	02:29.65 39.07	250m	03:08.90 39.25	300m	03:48.13 39.23	350m	04:26.74 38.61	400m	05:05.86 39.12
	450m	05:44.96 39.10	500m	06:24.35 39.39	550m	07:02.87 38.52	600m	07:41.33 38.46	650m	08:19.91 38.58	700m	08:58.69 38.78	750m	09:37.70 39.01	800m	10:17.06 39.36
	850m	10:55.82 38.76	900m	11:34.73 38.91	950m	12:14.12 39.39	1000m	12:53.11 38.99	1050m	13:31.76 38.65	1100m	14:11.00 39.24	1150m	14:50.43 39.43	1200m	15:30.04 39.61
	1250m	16:09.10 39.06	1300m	16:48.51 39.41	1350m	17:28.45 39.94	1400m	18:08.18 39.73	1450m	18:48.03 39.85	1500m	19:27.79 39.76	1550m	20:07.90 40.11	1600m	20:47.34 39.44
	1650m	21:27.15 39.81	1700m	22:07.12 39.97	1750m	22:46.91 39.79	1800m	23:26.49 39.58	1850m	24:06.32 39.83	1900m	24:46.08 39.76	1950m	25:25.48 39.40	2000m	26:05.31 39.83
	2050m	26:45.38 40.07	2100m	27:25.70 40.32	2150m	28:05.96 40.26	2200m	28:45.69 39.73	2250m	29:26.18 40.49	2300m	30:06.60 40.42	2350m	30:46.67 40.07	2400m	31:26.53 39.86
	2450m	32:06.51 39.98	2500m	32:46.18 39.67	2550m	33:25.08 38.90	2600m	34:04.54 39.46	2650m	34:43.64 39.10	2700m	35:22.40 38.76	2750m	36:00.36 37.96	2800m	36:38.48 38.12
	2850m	37:16.65 38.17	2900m	37:55.50 38.85	2950m	38:32.49 36.99	3000m	39:09.19 36.70								
3.	1/1	<b>Galambos Léna</b>	2014		Miskolci Sportiskola	<b>41:44.80</b>		+02:57.69								
	50m	35.23	100m	01:15.14 39.91	150m	01:55.52 40.38	200m	02:36.65 41.13	250m	03:17.82 41.17	300m	03:58.73 40.91	350m	04:39.93 41.20	400m	05:21.15 41.22
	450m	06:01.94 40.79	500m	06:42.95 41.01	550m	07:23.94 40.99	600m	08:05.25 41.31	650m	08:47.50 42.25	700m	09:29.14 41.64	750m	10:10.60 41.46	800m	10:52.44 41.84
	850m	11:34.49 42.05	900m	12:16.23 41.74	950m	12:57.90 41.67	1000m	13:39.80 41.90	1050m	14:21.81 42.01	1100m	15:03.62 41.81	1150m	15:45.67 42.05	1200m	16:27.31 41.64
	1250m	17:09.43 42.12	1300m	17:51.17 41.74	1350m	18:32.94 41.77	1400m	19:14.10 41.16	1450m	19:55.29 41.19	1500m	20:36.84 41.55	1550m	21:19.17 42.33	1600m	22:01.11 41.94
	1650m	22:43.85 42.74	1700m	23:27.02 43.17	1750m	24:08.70 41.68	1800m	24:51.53 42.83	1850m	25:34.47 42.94	1900m	26:16.45 41.98	1950m	26:58.88 42.43	2000m	27:41.42 42.54
	2050m	28:23.90 42.48	2100m	29:05.88 41.98	2150m	29:48.44 42.56	2200m	30:30.49 42.05	2250m	31:13.25 42.76	2300m	31:55.87 42.62	2350m	32:38.76 42.89	2400m	33:20.89 42.13
	2450m	34:02.91 42.02	2500m	34:44.39 41.48	2550m	35:26.78 42.39	2600m	36:09.47 42.69	2650m	36:52.07 42.60	2700m	37:34.55 42.48	2750m	38:17.05 42.50	2800m	38:59.17 42.12
	2850m	39:41.82 42.65	2900m	40:23.80 41.98	2950m	41:05.35 41.55	3000m	41:44.80 39.45								
4.	1/0	<b>Pénzes Panna</b>	2014		Debreceni Sportc. SI	<b>42:22.09</b>		+03:34.98								
	50m	36.15	100m	01:16.07 39.92	150m	01:57.06 40.99	200m	02:38.00 40.94	250m	03:18.15 40.15	300m	03:59.13 40.98	350m	04:40.60 41.47	400m	05:21.42 40.82
	450m	06:02.62 41.20	500m	06:44.08 41.46	550m	07:25.38 41.30	600m	08:07.12 41.74	650m	08:49.31 42.19	700m	09:31.17 41.86	750m	10:12.91 41.74	800m	10:55.19 42.28
	850m	11:37.22 42.03	900m	12:19.59 42.37	950m	13:01.45 41.86	1000m	13:43.82 42.37	1050m	14:26.14 42.32	1100m	15:08.85 42.71	1150m	15:51.30 42.45	1200m	16:33.69 42.39
	1250m	17:15.92 42.23	1300m	17:58.79 42.87	1350m	18:41.17 42.38	1400m	19:23.96 42.79	1450m	20:06.60 42.64	1500m	20:49.63 43.03	1550m	21:32.75 43.12	1600m	22:15.91 43.16
	1650m	22:59.08 43.17	1700m	23:42.10 43.02	1750m	24:25.65 43.55	1800m	25:09.06 43.41	1850m	25:52.31 43.25	1900m	26:35.79 43.48	1950m	27:19.92 44.13	2000m	28:03.46 43.54
	2050m	28:47.36 43.90	2100m	29:30.32 42.96	2150m	30:14.26 43.94	2200m	30:56.65 42.39	2250m	31:40.03 43.38	2300m	32:23.09 43.06	2350m	33:06.23 43.14	2400m	33:49.20 42.97
	2450m	34:33.01 43.81	2500m	35:15.99 42.98	2550m	35:59.52 43.53	2600m	36:42.38 42.86	2650m	37:26.02 43.64	2700m	38:08.80 42.78	2750m	38:52.02 43.22	2800m	39:34.72 42.70
	2850m	40:17.86 43.14	2900m	41:00.26 42.40	2950m	41:41.76 41.50	3000m	42:22.09 40.33								

**KORCSOPORTOS EREDMÉNY**
**3000 m női gyors**

4. versenyszám

**2013-2014**

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
<b>5.</b>	1/4	<b>Hajtman Virág Petra</b>	2013		Nyíregyházi Sportcentrum	<b>43:29.70</b>	<b>+04:42.59</b>									
	50m	37.48	100m	01:19.39	150m	02:01.10	200m	02:43.73	250m	03:25.77	300m	04:08.36	350m	04:50.84	400m	05:33.52
				41.91		41.71		42.63		42.04		42.59		42.48		42.68
	450m	06:15.54	500m	06:57.71	550m	07:40.00	600m	08:23.10	650m	09:05.94	700m	09:48.78	750m	10:31.95	800m	11:15.03
		42.02		42.17		42.29		43.10		42.84		42.84		43.17		43.08
	850m	11:57.99	900m	12:41.34	950m	13:24.90	1000m	14:08.03	1050m	14:52.40	1100m	15:37.06	1150m	16:19.98	1200m	17:03.87
		42.96		43.35		43.56		43.13		44.37		44.66		43.89		43.89
	1250m	17:48.14	1300m	18:32.41	1350m	19:16.90	1400m	20:01.36	1450m	20:45.06	1500m	21:28.36	1550m	22:12.82	1600m	22:57.80
		44.27		44.27		44.49		44.46		43.70		43.30		44.46		44.98
	1650m	23:42.92	1700m	24:27.42	1750m	25:11.33	1800m	25:56.30	1850m	26:40.26	1900m	27:24.62	1950m	28:08.67	2000m	28:52.93
		45.12		44.50		43.91		44.97		43.96		44.36		44.05		44.26
	2050m	29:37.86	2100m	30:21.96	2150m	31:05.64	2200m	31:50.05	2250m	32:34.32	2300m	33:19.57	2350m	34:02.23	2400m	34:46.48
		44.93		44.10		43.68		44.41		44.27		45.25		42.66		44.25
	2450m	35:31.15	2500m	36:15.62	2550m	36:59.94	2600m	37:44.57	2650m	38:27.70	2700m	39:12.32	2750m	39:55.64	2800m	40:39.41
		44.67		44.47		44.32		44.63		43.13		44.62		43.32		43.77
	2850m	41:22.92	2900m	42:07.21	2950m	42:50.41	3000m	43:29.70								
		43.51		44.29		43.20		39.29								
<b>6.</b>	1/5	<b>Major Nóra</b>	2013		Nyíregyházi Sportcentrum	<b>43:30.59</b>	<b>+04:43.48</b>									
	50m	38.28	100m	01:19.66	150m	02:01.82	200m	02:44.91	250m	03:27.20	300m	04:09.59	350m	04:52.83	400m	05:34.99
				41.38		42.16		43.09		42.29		42.39		43.24		42.16
	450m	06:17.41	500m	06:59.67	550m	07:42.92	600m	08:25.44	650m	09:08.43	700m	09:51.19	750m	10:34.72	800m	11:18.06
		42.42		42.26		43.25		42.52		42.99		42.76		43.53		43.34
	850m	12:01.32	900m	12:45.16	950m	13:28.52	1000m	14:11.72	1050m	14:55.54	1100m	15:39.42	1150m	16:23.53	1200m	17:07.84
		43.26		43.84		43.36		43.20		43.82		43.88		44.11		44.31
	1250m	17:52.24	1300m	18:35.50	1350m	19:19.59	1400m	20:04.43	1450m	20:48.43	1500m	21:32.34	1550m	22:16.07	1600m	23:01.05
		44.40		43.26		44.09		44.84		44.00		43.91		43.73		44.98
	1650m	23:45.83	1700m	24:29.80	1750m	25:14.10	1800m	25:59.10	1850m	26:43.17	1900m	27:27.35	1950m	28:12.28	2000m	28:56.75
		44.78		43.97		44.30		45.00		44.07		44.18		44.93		44.47
	2050m	29:40.03	2100m	30:24.11	2150m	31:08.60	2200m	31:52.62	2250m	32:37.10	2300m	33:20.90	2350m	34:04.63	2400m	34:49.00
		43.28		44.08		44.49		44.02		44.48		43.80		43.73		44.37
	2450m	35:33.51	2500m	36:17.23	2550m	37:02.54	2600m	37:45.42	2650m	38:29.09	2700m	39:12.88	2750m	39:56.57	2800m	40:40.16
		44.51		43.72		45.31		42.88		43.67		43.79		43.69		43.59
	2850m	41:23.98	2900m	42:07.14	2950m	42:49.73	3000m	43:30.59								
		43.82		43.16		42.59		40.86								