

## 400 m női gyors

**2. versenyszám** Országos csúcs: 3:59.68 (Verrasztó Evelyn - 2009)  
2008+,2009,2010,2011,2012

### Női 2008 és idősebb

1.	<b>Szimcsák Mira</b> 50m: 0:31,43 100m: 1:04,73 150m: 1:38,51 Edzője:	<b>2004</b>	<b>Vasas SC</b> 200m: 2:12,14 250m: 2:45,19 300m: 3:18,61 350m: 3:51,69	<b>4:23,19</b>
2.	<b>Flück Nóra</b> 50m: 0:30,97 100m: 1:04,57 150m: 1:38,33	<b>2005</b>	<b>JövőFCSM</b> 200m: 2:12,43 250m: 2:46,36 300m: 3:20,07 350m: 3:54,07	<b>4:26,11</b>
3.	<b>Szabó-Feltóthy Eszter</b> 50m: 0:31,11 100m: 1:04,15 150m: 1:38,42	<b>2002</b>	<b>Vasas SC</b> 200m: 2:11,79 250m: 2:45,08 300m: 3:19,01 350m: 3:54,09	<b>4:27,03</b>
4.	<b>Zlota Anna</b> 50m: 0:31,69 100m: 1:06,51 150m: 1:42,18	<b>2006</b>	<b>Darnyi TSC</b> 200m: 2:18,04 250m: 2:53,42 300m: 3:29,56 350m: 4:05,09	<b>4:39,27</b>
5.	<b>Varga Zsófia</b> 50m: 0:32,22 100m: 1:06,87 150m: 1:42,05	<b>2006</b>	<b>Kőbánya SC</b> 200m: 2:17,55 250m: 2:53,44 300m: 3:29,91 350m: 4:06,57	<b>4:43,02</b>
6.	<b>Henter Nóra</b> 50m: 0:32,80 100m: 1:08,07 150m: 1:43,65	<b>2007</b>	<b>Darnyi TSC</b> 200m: 2:19,90 250m: 2:56,33 300m: 3:33,34 350m: 4:09,60	<b>4:44,20</b>
7.	<b>Ruzsák Viktória</b> 50m: 0:33,35 100m: 1:08,33 150m: 1:44,31	<b>2007</b>	<b>Darnyi TSC</b> 200m: 2:20,51 250m: 2:57,36 300m: 3:34,41 350m: 4:10,44	<b>4:44,68</b>
8.	<b>Pál Adél</b> 50m: 0:32,22 100m: 1:07,38 150m: 1:43,41	<b>2005</b>	<b>Vasas SC</b> 200m: 2:20,08 250m: 2:56,74 300m: 3:33,74 350m: 4:10,54	<b>4:46,28</b>
9.	<b>Szalai Zselyke</b> 50m: 0:32,65 100m: 1:08,70 150m: 1:45,49	<b>2008</b>	<b>Váci VSE</b> 200m: 2:22,69 250m: 3:00,13 300m: 3:37,86 350m: 4:15,41	<b>4:51,48</b>
10.	<b>Bartos Emma</b> 50m: 0:33,39 100m: 1:10,19 150m: 1:47,40	<b>2007</b>	<b>Darnyi TSC</b> 200m: 2:24,59 250m: 3:01,75 300m: 3:39,20 350m: 4:16,46	<b>4:51,56</b>
11.	<b>Zsebők Laura</b> 50m: 0:32,22 100m: 1:08,74 150m: 1:46,10	<b>2006</b>	<b>H 91 ÚVE</b> 200m: 2:24,29 250m: 3:02,13 300m: 3:40,33 350m: 4:19,00	<b>4:56,76</b>
12.	<b>Keresztes Cynthia</b> 50m: 0:32,85 100m: 1:10,05 150m: 1:48,18	<b>2007</b>	<b>JövőFCSM</b> 200m: 2:26,48 250m: 3:05,33 300m: 3:44,80 350m: 4:23,75	<b>5:01,85</b>
13.	<b>Józsa Dorottya</b> 50m: 0:32,85 100m: 1:09,63 150m: 1:47,95	<b>2003</b>	<b>JövőFCSM</b> 200m: 2:26,82 250m: 3:05,86 300m: 3:45,31 350m: 4:24,18	<b>5:02,42</b>
14.	<b>Báti Boróka Kinga</b> 50m: 0:33,67 100m: 1:10,98 150m: 1:49,73	<b>2005</b>	<b>JövőFCSM</b> 200m: 2:28,62 250m: 3:07,69 300m: 3:47,09 350m: 4:26,66	<b>5:04,15</b>
15.	<b>Somfai Sára</b> 50m: 0:33,60 100m: 1:11,31 150m: 1:50,42	<b>2008</b>	<b>Darnyi TSC</b> 200m: 2:30,63 250m: 3:10,96 300m: 3:51,63 350m: 4:32,00	<b>5:10,39</b>
16.	<b>Varga Zsuzsanna</b> 50m: 0:35,01 100m: 1:13,69 150m: 1:53,78	<b>2008</b>	<b>Darnyi TSC</b> 200m: 2:34,09 250m: 3:14,58 300m: 3:55,11 350m: 4:35,91	<b>5:14,76</b>
17.	<b>Máj-Csitári Luca Panna</b> 50m: 0:37,82 100m: 1:21,17 150m: 2:04,40	<b>2008</b>	<b>II.Kerület</b> 200m: 2:48,31 250m: 3:31,39 300m: 4:14,86 350m: 4:56,84	<b>5:36,85</b>

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**2. versenyszám** Országos csúcs: 3:59.68 (Verrasztó Evelyn - 2009)  
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### Női 2009

1.	Kokas Fanni Viktória	2009	JövőFCSM	4:51,23
	50m: 0:32,24 100m: 1:07,77 150m: 1:44,07		200m: 2:21,37 250m: 2:59,17 300m: 3:37,16 350m: 4:14,85	
	Edzője: Reichardt Varga Emese			
2.	Libscher Júlia	2009	JövőFCSM	4:56,07
	50m: 0:32,78 100m: 1:09,01 150m: 1:46,32		200m: 2:24,40 250m: 3:02,89 300m: 3:41,41 350m: 4:18,87	

### Női 2010

1.	Puzsa Petra	2010	JövőFCSM	4:40,34
	50m: 0:32,26 100m: 1:07,58 150m: 1:43,58		200m: 2:19,43 250m: 2:55,15 300m: 3:30,45 350m: 4:05,88	
	Edzője:			
2.	Kertész Boróka	2010	Darnyi TSC	4:47,69
	50m: 0:31,81 100m: 1:06,97 150m: 1:43,24		200m: 2:19,70 250m: 2:56,59 300m: 3:33,85 350m: 4:10,94	
3.	Nagy Lili	2010	Hatvani Úszó Klub SE	5:08,68
	50m: 0:34,07 100m: 1:12,30 150m: 1:51,01		200m: 2:30,45 250m: 3:10,00 300m: 3:50,90 350m: 4:30,64	
4.	Nagyiván Borbála	2010	Darnyi TSC	5:14,75
	50m: 0:34,48 100m: 1:13,17 150m: 1:52,64		200m: 2:33,76 250m: 3:14,26 300m: 3:55,10 350m: 4:35,57	

### Női 2011

1.	Fábián Zsófia	2011	UTE	4:51,22
	50m: 0:32,70 100m: 1:09,37 150m: 1:46,64		200m: 2:23,87 250m: 3:01,43 300m: 3:38,32 350m: 4:15,66	
	Edzője:			
2.	Horváth Jázmin Anna	2011	Darnyi TSC	5:44,18
	50m: 0:36,33 100m: 1:19,19 150m: 2:03,08		200m: 2:46,60 250m: 3:30,86 300m: 4:15,29 350m: 5:01,00	

### Nem indult

Horváth Menta Mária 2011 Darnyi TSC

### Női 2012

1.	Zimányi Livia	2012	Darnyi TSC	5:05,75
	50m: 0:33,95 100m: 1:11,79 150m: 1:50,63		200m: 2:29,80 250m: 3:09,22 300m: 3:48,72 350m: 4:28,05	
	Edzője:			
2.	Kollár Kincső	2012	Darnyi TSC	5:15,92
	50m: 0:35,10 100m: 1:14,35 150m: 1:54,50		200m: 2:34,97 250m: 3:15,69 300m: 3:56,06 350m: 4:36,55	
3.	Fábián Laura	2012	UTE	5:29,52
	50m: 0:36,51 100m: 1:17,64 150m: 2:00,24		200m: 2:42,61 250m: 3:24,26 300m: 4:06,53 350m: 4:48,84	
4.	Rakaczky Villő	2012	Darnyi TSC	5:33,87
	50m: 0:36,32 100m: 1:18,50 150m: 2:01,85		200m: 2:44,77 250m: 3:27,63 300m: 4:10,90 350m: 4:53,79	
5.	Sztolpovszkaja Maria	2012	Darnyi TSC	5:44,51
	50m: 0:36,49 100m: 1:19,06 150m: 2:02,95		200m: 2:47,31 250m: 3:32,39 300m: 4:18,55 350m: 5:02,67	
6.	Losonci-Várnai Flóra	2012	Darnyi TSC	5:58,53
	50m: 0:39,12 100m: 1:24,03 150m: 2:10,14		200m: 2:55,88 250m: 3:41,96 300m: 4:28,23 350m: 5:15,43	