

1500 m női gyors

4. versenyszám Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

Leány 2009 és idősebb

1.	Henter Nóra	2007	UTE	18:23,30			
	50m: 0:32,42	100m: 1:07,82	150m: 1:43,29	200m: 2:19,48	250m: 2:55,49	300m: 3:31,88	350m: 4:07,75
	400m: 4:44,52	450m: 5:21,07	500m: 5:57,82	550m: 6:33,72	600m: 7:10,53	650m: 7:47,21	700m: 8:24,47
	750m: 9:01,46	800m: 9:38,92	850m: 10:15,99	900m: 10:53,67	950m: 11:31,11	1000m:12:09,11	1050m:12:46,16
	1100m:13:23,73	1150m:14:00,92	1200m:14:38,90	1250m:15:17,03	1300m:15:55,00	1350m:16:32,62	1400m:17:10,71
	1450m:17:47,26						
	Edzője:						
2.	Busánszky Anasztázia	2008	Debr.SC SI	18:43,36			
	50m: 0:32,19	100m: 1:08,80	150m: 1:45,07	200m: 2:22,60	250m: 2:59,56	300m: 3:37,34	350m: 4:14,17
	400m: 4:52,12	450m: 5:29,99	500m: 6:07,88	550m: 6:45,22	600m: 7:23,05	650m: 8:00,61	700m: 8:39,28
	750m: 9:17,18	800m: 9:55,63	850m: 10:32,71	900m: 11:10,95	950m: 11:49,47	1000m:12:28,18	1050m:13:05,80
	1100m:13:43,81	1150m:14:21,43	1200m:15:00,36	1250m:15:38,19	1300m:16:16,54	1350m:16:53,40	1400m:17:31,59
	1450m:18:08,33						
3.	Horváth Zsófia	2009	NivoMed E.	19:16,65			
	50m: 0:33,19	100m: 1:09,49	150m: 1:47,47	200m: 2:25,24	250m: 3:03,69	300m: 3:41,69	350m: 4:20,53
	400m: 4:59,09	450m: 5:38,26	500m: 6:16,58	550m: 6:55,32	600m: 7:33,34	650m: 8:12,40	700m: 8:51,00
	750m: 9:31,13	800m: 10:10,44	850m: 10:50,01	900m: 11:28,90	950m: 12:08,52	1000m:12:47,51	1050m:13:27,00
	1100m:14:05,80	1150m:14:45,42	1200m:15:24,20	1250m:16:03,51	1300m:16:41,86	1350m:17:21,51	1400m:18:00,00
	1450m:18:39,37						

Leány 2010

1.	Priester Jázmin Nóra	2010	BVSC-Zugló	18:11,43			
	50m: 0:32,61	100m: 1:07,80	150m: 1:44,24	200m: 2:19,93	250m: 2:56,06	300m: 3:31,87	350m: 4:08,55
	400m: 4:44,53	450m: 5:21,25	500m: 5:57,60	550m: 6:34,38	600m: 7:10,86	650m: 7:47,51	700m: 8:23,69
	750m: 9:00,80	800m: 9:36,89	850m: 10:13,78	900m: 10:50,07	950m: 11:27,42	1000m:12:04,50	1050m:12:41,44
	1100m:13:18,12	1150m:13:55,08	1200m:14:31,57	1250m:15:08,95	1300m:15:45,91	1350m:16:23,12	1400m:16:59,76
	1450m:17:36,33						
	Edzője:						
2.	Boros Tamara	2010	BVSC-Zugló	18:20,60			
	50m: 0:31,73	100m: 1:07,64	150m: 1:44,35	200m: 2:21,16	250m: 2:57,48	300m: 3:33,96	350m: 4:10,34
	400m: 4:47,07	450m: 5:23,71	500m: 6:00,62	550m: 6:37,30	600m: 7:14,08	650m: 7:51,13	700m: 8:27,86
	750m: 9:05,10	800m: 9:42,15	850m: 10:19,18	900m: 10:56,68	950m: 11:34,14	1000m:12:11,81	1050m:12:48,81
	1100m:13:26,30	1150m:14:03,51	1200m:14:40,81	1250m:15:17,93	1300m:15:55,75	1350m:16:32,56	1400m:17:10,02
	1450m:17:46,58						
3.	Kinczel Adrienn	2010	Debr.SC SI	18:21,43			
	50m: 0:33,17	100m: 1:08,95	150m: 1:44,99	200m: 2:21,09	250m: 2:57,47	300m: 3:33,84	350m: 4:10,24
	400m: 4:46,77	450m: 5:23,46	500m: 6:00,31	550m: 6:36,91	600m: 7:13,92	650m: 7:50,98	700m: 8:28,49
	750m: 9:05,45	800m: 9:42,16	850m: 10:19,47	900m: 10:56,63	950m: 11:33,83	1000m:12:10,94	1050m:12:47,96
	1100m:13:25,56	1150m:14:02,77	1200m:14:40,09	1250m:15:17,34	1300m:15:55,27	1350m:16:32,80	1400m:17:10,41
	1450m:17:47,11						
4.	Kovács Lara Gréta	2010	Egri ÚK	18:34,48			
	50m: 0:34,06	100m: 1:10,32	150m: 1:47,56	200m: 2:24,37	250m: 3:01,41	300m: 3:38,13	350m: 4:15,13
	400m: 4:52,17	450m: 5:29,36	500m: 6:06,51	550m: 6:44,05	600m: 7:21,26	650m: 7:58,78	700m: 8:36,17
	750m: 9:13,96	800m: 9:51,60	850m: 10:29,14	900m: 11:06,62	950m: 11:44,46	1000m:12:21,48	1050m:12:59,35
	1100m:13:36,87	1150m:14:14,89	1200m:14:52,37	1250m:15:30,33	1300m:16:08,04	1350m:16:45,54	1400m:17:23,02
	1450m:18:00,68						

1500 m női gyors

4. versenyszám Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

Leány 2011

3.	Korbély Lotti	2011	RÁJA`94 UK	19:48,62			
	50m: 0:34,70	100m: 1:12,47	150m: 1:51,87	200m: 2:30,97	250m: 3:10,50	300m: 3:49,52	350m: 4:29,15
	400m: 5:08,35	450m: 5:48,18	500m: 6:27,83	550m: 7:08,10	600m: 7:48,07	650m: 8:28,82	700m: 9:08,69
	750m: 9:48,62	800m: 10:28,62	850m: 11:08,68	900m: 11:48,75	950m: 12:28,98	1000m:13:08,98	1050m:13:49,21
	1100m:14:29,07	1150m:15:09,47	1200m:15:49,58	1250m:16:29,76	1300m:17:09,91	1350m:17:50,07	1400m:18:30,21
	1450m:19:09,90						
4.	Ujvári Dóra Brigitta	2011	MiskolciSI	20:07,90			
	50m: 0:35,04	100m: 1:13,66	150m: 1:53,93	200m: 2:34,93	250m: 3:15,96	300m: 3:56,22	350m: 4:36,90
	400m: 5:17,64	450m: 5:58,89	500m: 6:39,92	550m: 7:21,27	600m: 8:02,14	650m: 8:43,26	700m: 9:23,59
	750m: 10:04,30	800m: 10:44,63	850m: 11:25,73	900m: 12:06,18	950m: 12:47,15	1000m:13:27,83	1050m:14:08,55
	1100m:14:49,37	1150m:15:30,18	1200m:16:10,91	1250m:16:51,83	1300m:17:32,24	1350m:18:13,07	1400m:18:53,12
	1450m:19:32,55						
5.	Graf Emese	2011	Bohóchal	21:37,27			
	50m: 0:36,55	100m: 1:16,88	150m: 1:57,98	200m: 2:39,15	250m: 3:20,47	300m: 4:02,15	350m: 4:43,70
	400m: 5:25,10	450m: 6:06,83	500m: 6:48,76	550m: 7:30,80	600m: 8:12,52	650m: 8:54,15	700m: 9:34,29
	750m: 10:17,68	800m: 10:57,56	850m: 11:44,23	900m: 12:29,12	950m: 13:15,30	1000m:14:00,54	1050m:14:46,39
	1100m:15:31,21	1150m:16:17,64	1200m:17:03,38	1250m:17:49,81	1300m:18:35,91	1350m:19:21,64	1400m:20:07,54
	1450m:20:52,63						

Leány 2012

1.	Kádár Csenge	2012	TVSE	18:22,46			
	50m: 0:33,29	100m: 1:09,47	150m: 1:45,36	200m: 2:22,19	250m: 2:58,80	300m: 3:35,73	350m: 4:12,31
	400m: 4:49,35	450m: 5:25,92	500m: 6:03,02	550m: 6:40,11	600m: 7:17,72	650m: 7:54,76	700m: 8:31,76
	750m: 9:08,46	800m: 9:46,23	850m: 10:22,94	900m: 10:59,99	950m: 11:36,92	1000m:12:14,27	1050m:12:51,20
	1100m:13:28,54	1150m:14:05,57	1200m:14:43,05	1250m:15:20,35	1300m:15:57,67	1350m:16:34,23	1400m:17:11,11
	1450m:17:47,60						
	Edzője:						
2.	Wirth Emma Julianna	2012	Szh VUK SE	19:34,41			
	50m: 0:36,14	100m: 1:15,15	150m: 1:55,21	200m: 2:34,82	250m: 3:14,49	300m: 3:53,74	350m: 4:33,77
	400m: 5:13,35	450m: 5:52,53	500m: 6:31,61	550m: 7:11,16	600m: 7:50,56	650m: 8:30,11	700m: 9:09,33
	750m: 9:49,05	800m: 10:27,72	850m: 11:07,43	900m: 11:46,59	950m: 12:26,69	1000m:13:05,70	1050m:13:45,27
	1100m:14:24,51	1150m:15:04,17	1200m:15:43,54	1250m:16:23,18	1300m:17:02,14	1350m:17:41,81	1400m:18:20,68
	1450m:18:58,25						
3.	Béke Blanka	2012	Debr.SC SI	20:13,38			
	50m: 0:34,90	100m: 1:14,18	150m: 1:53,84	200m: 2:33,94	250m: 3:13,65	300m: 3:55,00	350m: 4:35,31
	400m: 5:16,42	450m: 5:57,22	500m: 6:38,19	550m: 7:19,00	600m: 7:59,88	650m: 8:40,35	700m: 9:22,04
	750m: 10:02,79	800m: 10:44,24	850m: 11:24,88	900m: 12:06,48	950m: 12:47,16	1000m:13:28,78	1050m:14:09,56
	1100m:14:50,68	1150m:15:31,72	1200m:16:12,80	1250m:16:53,86	1300m:17:35,12	1350m:18:14,82	1400m:18:55,66
	1450m:19:35,13						
4.	Kövics Amira	2012	DKSE	20:18,59			
	50m: 0:35,72	100m: 1:16,42	150m: 1:56,36	200m: 2:36,92	250m: 3:17,30	300m: 3:57,49	350m: 4:38,26
	400m: 5:18,87	450m: 5:58,47	500m: 6:39,77	550m: 7:20,64	600m: 8:01,23	650m: 8:41,74	700m: 9:23,34
	750m: 10:03,55	800m: 10:45,12	850m: 11:25,95	900m: 12:07,51	950m: 12:48,88	1000m:13:30,29	1050m:14:10,13
	1100m:14:52,12	1150m:15:32,65	1200m:16:13,97	1250m:16:54,78	1300m:17:36,63	1350m:18:18,14	1400m:18:58,99
	1450m:19:39,20						

1500 m női gyors

4. versenyszám Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

Leány 2012

5.	Cserés Adél	2012	Nyíregyházi Sportc	21:34,52			
	50m: 0:37,54	100m: 1:19,65	150m: 2:03,06	200m: 2:46,27	250m: 3:30,28	300m: 4:13,02	350m: 4:57,13
	400m: 5:40,46	450m: 6:23,81	500m: 7:06,89	550m: 7:51,95	600m: 8:34,80	650m: 9:18,09	700m: 10:01,28
	750m: 10:45,22	800m: 11:28,43	850m: 12:13,07	900m: 12:56,31	950m: 13:40,20	1000m: 14:24,28	1050m: 15:07,91
	1100m: 15:51,13	1150m: 16:35,37	1200m: 17:18,51	1250m: 18:02,29	1300m: 18:45,60	1350m: 19:28,90	1400m: 20:12,29
	1450m: 20:54,80						
6.	Gíncsai Regina	2012	Nyíregyházi Sportc	23:08,53			
	50m: 0:39,00	100m: 1:22,17	150m: 2:06,50	200m: 2:52,16	250m: 3:37,56	300m: 4:23,49	350m: 5:08,74
	400m: 5:55,02	450m: 6:41,03	500m: 7:27,53	550m: 8:13,06	600m: 8:59,17	650m: 9:44,65	700m: 10:30,65
	750m: 11:17,81	800m: 12:02,09	850m: 12:50,68	900m: 13:40,51	950m: 14:29,06	1000m: 15:17,66	1050m: 16:04,82
	1100m: 16:53,36	1150m: 17:40,68	1200m: 18:29,56	1250m: 19:16,78	1300m: 20:04,03	1350m: 20:52,54	1400m: 21:41,25
	1450m: 22:24,21						

Leány 2013

1.	Erdős Luca	2013	Debr.SC SI	19:24,05			
	50m: 0:34,22	100m: 1:12,81	150m: 1:51,50	200m: 2:31,13	250m: 3:09,95	300m: 3:49,57	350m: 4:28,52
	400m: 5:08,52	450m: 5:47,05	500m: 6:26,46	550m: 7:05,30	600m: 7:44,94	650m: 8:23,67	700m: 9:03,04
	750m: 9:42,29	800m: 10:21,79	850m: 10:59,50	900m: 11:38,38	950m: 12:17,04	1000m: 12:55,51	1050m: 13:34,30
	1100m: 14:13,63	1150m: 14:52,29	1200m: 15:32,11	1250m: 16:11,33	1300m: 16:50,75	1350m: 17:29,33	1400m: 18:09,22
	1450m: 18:47,03						
	Edzője:						
2.	Szabó Regina	2013	Nyíregyházi Sportc	20:57,34			
	50m: 0:34,95	100m: 1:15,43	150m: 1:56,93	200m: 2:39,03	250m: 3:20,58	300m: 4:02,78	350m: 4:45,16
	400m: 5:27,17	450m: 6:09,52	500m: 6:52,73	550m: 7:34,20	600m: 8:16,68	650m: 8:59,38	700m: 9:42,28
	750m: 10:25,29	800m: 11:08,01	850m: 11:50,23	900m: 12:33,52	950m: 13:16,30	1000m: 13:58,81	1050m: 14:41,32
	1100m: 15:23,85	1150m: 16:06,57	1200m: 16:48,86	1250m: 17:30,86	1300m: 18:13,12	1350m: 18:54,95	1400m: 19:36,46
	1450m: 20:18,67						
3.	Podhorszki Csenge Edit	2013	DKSE	22:15,82			
	50m: 0:37,61	100m: 1:22,52	150m: 2:09,05	200m: 2:54,40	250m: 3:40,18	300m: 4:26,25	350m: 5:11,36
	400m: 5:57,57	450m: 6:42,68	500m: 7:28,35	550m: 8:15,03	600m: 8:57,67	650m: 9:42,40	700m: 10:26,72
	750m: 11:11,52	800m: 11:57,79	850m: 12:42,48	900m: 13:28,79	950m: 14:11,18	1000m: 14:56,82	1050m: 15:41,68
	1100m: 16:27,94	1150m: 17:12,54	1200m: 17:57,69	1250m: 18:42,02	1300m: 19:26,92	1350m: 20:09,78	1400m: 20:54,00
	1450m: 21:36,15						
4.	Perger Rebeka	2013	RÁJA`94 UK	22:48,39			
	50m: 0:38,63	100m: 1:22,12	150m: 2:07,32	200m: 2:53,26	250m: 3:39,07	300m: 4:25,14	350m: 5:10,54
	400m: 5:57,00	450m: 6:43,43	500m: 7:29,92	550m: 8:17,01	600m: 9:03,73	650m: 9:50,68	700m: 10:37,46
	750m: 11:24,17	800m: 12:10,17	850m: 12:56,84	900m: 13:42,68	950m: 14:28,62	1000m: 15:14,97	1050m: 16:01,00
	1100m: 16:47,29	1150m: 17:33,72	1200m: 18:20,23	1250m: 19:06,07	1300m: 19:52,02	1350m: 20:38,14	1400m: 21:23,50
	1450m: 22:07,56						
5.	Gál Betti Magdolna	2013	DKSE	24:26,66			
	50m: 0:41,04	100m: 1:28,34	150m: 2:18,00	200m: 3:05,85	250m: 3:54,65	300m: 4:42,84	350m: 5:32,52
	400m: 6:22,01	450m: 7:12,83	500m: 8:01,63	550m: 8:51,08	600m: 9:41,13	650m: 10:31,69	700m: 11:21,73
	750m: 12:09,34	800m: 12:57,89	850m: 13:47,22	900m: 14:37,54	950m: 15:26,42	1000m: 16:16,24	1050m: 17:06,24
	1100m: 17:55,21	1150m: 18:44,85	1200m: 19:34,03	1250m: 20:25,04	1300m: 21:14,51	1350m: 22:03,92	1400m: 22:51,59
	1450m: 23:41,38						

