

ELŐFUTAM KAT. EREDMÉNY

400 m férfi gyors

15. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
felhőt	03:45.68	Kis Gergő	Róma (ITA)	2009. júl. 26.
18	03:46.06	Zombori Gábor	Budapest	2019. aug. 20.
17	03:46.06	Zombori Gábor	Budapest	2019. aug. 20.
16	03:54.36	Márton Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:57.67	Kakuk Koppány	EYOF	2023. júl. 23.
14	04:01.71	Kakuk Koppány	Hódmezővásárhely	2022. júl. 28.
13	04:07.34	Kakuk Koppány	Hódmezővásárhely	2021. júl. 22.
12	04:21.99	Antal Dávid	Debrecen	2020. dec. 04.
11	04:29.65	Szabó Marcell	Hódmezővásárhely	2021. dec. 17.

Nyílt kategória

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA
1.	3/4	Mihai Gergely Edző:	2003	ROU	CSM Constanta	04:06.82		708
	R.Idő	00.69 50m 27.55 100m 58.42 30.87 150m 01:29.56 31.14 200m 02:01.25 31.69 250m 02:32.30 31.05 300m 03:03.77 31.47 350m 03:35.87 32.10 400m 04:06.82 30.95						
2.	4/5	Horváth Ákos	2006		Hód Úszó SE	04:09.30	+02.48	687
	R.Idő	00.62 50m 28.54 100m 01:00.45 31.91 150m 01:32.71 32.26 200m 02:04.85 32.14 250m 02:36.96 32.11 300m 03:09.03 32.07 350m 03:40.10 31.07 400m 04:09.30 29.20						
3.	4/4	Kaiser Dominik	2007		Újpesti Torna Egylet	04:09.53	+02.71	685
	R.Idő	00.70 50m 28.60 100m 59.69 31.09 150m 01:31.80 32.11 200m 02:04.07 32.27 250m 02:37.06 32.99 300m 03:09.34 32.28 350m 03:40.25 30.91 400m 04:09.53 29.28						
4.	3/3	Csernyik Dániel	2006		NYSC	04:21.55	+14.73	595
	R.Idő	00.69 50m 28.38 100m 01:00.17 31.79 150m 01:33.37 33.20 200m 02:07.16 33.79 250m 02:41.05 33.89 300m 03:15.75 34.70 350m 03:49.56 33.81 400m 04:21.55 31.99						
5.	3/5	Ozsvárt Gábor	2009		Parafa Úszó Klub	04:21.78	+14.96	594
	R.Idő	00.55 50m 29.38 100m 01:02.79 33.41 150m 01:37.66 34.87 200m 02:11.70 34.04 250m 02:44.92 33.22 300m 03:18.03 33.11 350m 03:50.90 32.87 400m 04:21.78 30.88						
6.	4/3	Spisák Bence	2008		Budaörsi Sport Club	04:22.09	+15.27	592
	R.Idő	00.70 50m 29.37 100m 01:02.25 32.88 150m 01:35.96 33.71 200m 02:09.91 33.95 250m 02:42.64 32.73 300m 03:16.34 33.70 350m 03:49.41 33.07 400m 04:22.09 32.68						
7.	4/6	Boári Benett	2008		Parafa Úszó Klub	04:29.62	+22.80	543
	R.Idő	00.66 50m 29.54 100m 01:03.25 33.71 150m 01:37.84 34.59 200m 02:12.44 34.60 250m 02:47.18 34.74 300m 03:21.75 34.57 350m 03:56.40 34.65 400m 04:29.62 33.22						
8.	3/2	Szilágyi Barna	2008		Debreceni Sportc. SI	04:29.83	+23.01	542
	50m	29.97 100m 01:03.38 33.41 150m 01:37.50 34.12 200m 02:12.71 35.21 250m 02:47.04 34.33 300m 03:21.61 34.57 350m 03:55.98 34.37 400m 04:29.83 33.85						
9.	3/6	Nahalka Bence	2009		Egri Úszó Klub SE	04:30.90	+24.08	536
	R.Idő	00.61 50m 30.53 100m 01:04.31 33.78 150m 01:38.82 34.51 200m 02:13.43 34.61 250m 02:48.12 34.69 300m 03:23.28 35.16 350m 03:57.96 34.68 400m 04:30.90 32.94						
10.	4/2	Araczkai-Szabó Olivér	2009		Debreceni Sportc. SI	04:32.79	+25.97	525
	50m	30.68 100m 01:05.47 34.79 150m 01:40.42 34.95 200m 02:15.04 34.62 250m 02:49.75 34.71 300m 03:24.69 34.94 350m 03:59.46 34.77 400m 04:32.79 33.33						
11.	4/7	Limbek Lázár	2009		Miskolci Sportiskola	04:42.55	+35.73	472
	R.Idő	00.69 50m 30.88 100m 01:06.63 35.75 150m 01:43.08 36.45 200m 02:19.56 36.48 250m 02:56.59 37.03 300m 03:32.26 35.67 350m 04:08.83 36.57 400m 04:42.55 33.72						
12.	3/7	Pojar Patrick	2008	ROU	U Cluj	04:44.93	+38.11	460
	R.Idő	00.65 50m 32.83 100m 01:08.77 35.94 150m 01:44.64 35.87 200m 02:20.76 36.12 250m 02:57.11 36.35 300m 03:34.42 37.31 350m 04:10.46 36.04 400m 04:44.93 34.47						
13.	4/1	Vezendi Gergő	2010		Debreceni Sportc. SI	04:45.65	+38.83	457
	50m	31.39 100m 01:06.88 35.49 150m 01:43.82 36.94 200m 02:21.19 37.37 250m 02:58.20 37.01 300m 03:34.80 36.60 350m 04:11.49 36.69 400m 04:45.65 34.16						

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felhőt	03:45.68	Kis Gergő	Róma (ITA)	2009. júl. 26.
18	03:46.06	Zombori Gábor	Budapest	2019. aug. 20.
17	03:46.06	Zombori Gábor	Budapest	2019. aug. 20.
16	03:54.36	Márton Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:57.67	Kakuk Koppány	EYOF	2023. júl. 23.
14	04:01.71	Kakuk Koppány	Hódmezővásárhely	2022. júl. 28.
13	04:07.34	Kakuk Koppány	Hódmezővásárhely	2021. júl. 22.
12	04:21.99	Antal Dávid	Debrecen	2020. dec. 04.
11	04:29.65	Szabó Marcell	Hódmezővásárhely	2021. dec. 17.

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Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA
14.	4/0	Fodor Regő Bán	2009		Budaörsi Sport Club	04:46.14	+39.32	454
	R.Idő	00.73 50m 31.66 100m 01:07.18 150m 01:43.56 200m 02:20.11 250m 02:57.11 300m 03:34.25 350m 04:11.54				35.52 36.38 36.55 37.00 37.14 37.29		
	400m	04:46.14 34.60						
15.	3/1	Burca Dumitrie	2010	ROU	Cluj Triathlon Team	04:57.87	+51.05	403
	50m	32.68 100m 01:09.28 150m 01:47.24 200m 02:26.02 250m 03:04.27 300m 03:43.89 350m 04:22.45 400m 04:57.87				36.60 37.96 38.78 38.25 38.25 39.62 38.56 35.42		
16.	3/0	Erdei Tamás	2010		Debreceni Sportc. SI	04:58.18	+51.36	402
	50m	34.50 100m 01:11.95 150m 01:49.65 200m 02:27.54 250m 03:05.38 300m 03:43.47 350m 04:21.58 400m 04:58.18				37.45 37.70 37.89 37.84 38.09 38.09 38.11 36.60		
17.	4/8	Koroknai Balázs	2011		Debreceni Sportc. SI	05:00.19	+53.37	393
	R.Idő	00.53 50m 34.02 100m 01:12.17 150m 01:51.22 200m 02:30.28 250m 03:08.61 300m 03:46.82 350m 04:24.94				38.15 39.05 39.06 38.33 38.21 38.12		
	400m	05:00.19 35.25						
18.	3/8	Ecsedi Boldizsár	2010		Debreceni Sportc. SI	05:00.39	+53.57	393
	R.Idő	00.62 50m 33.49 100m 01:11.09 150m 01:48.95 200m 02:28.43 250m 03:07.61 300m 03:45.16 350m 04:23.69				37.60 37.86 39.48 39.18 37.55 38.53		
	400m	05:00.39 36.70						
19.	4/9	Lakatos Gábor	2011		Debreceni Sportc. SI	05:02.36	+55.54	385
	R.Idő	00.28 50m 34.28 100m 01:12.37 150m 01:51.30 200m 02:30.08 250m 03:08.54 300m 03:47.13 350m 04:25.45				38.09 38.93 38.78 38.46 38.59 38.32		
	400m	05:02.36 36.91						
20.	2/4	Jancsa Hetény	2012		Budapesti Honvéd SE	05:06.96	+01:00.14	368
	50m	35.30 100m 01:14.30 150m 01:54.47 200m 02:34.15 250m 03:13.32 300m 03:52.97 350m 04:31.84 400m 05:06.96				39.00 40.17 39.68 39.17 39.65 38.87 35.12		
21.	2/6	Harman József	2009		NYSC	05:07.91	+01:01.09	365
	R.Idő	00.49 50m 34.18 100m 01:12.51 150m 01:53.74 200m 02:34.10 250m 03:13.55 300m 03:53.98 350m 04:32.42				38.33 41.23 40.36 39.45 40.43 38.44		
	400m	05:07.91 35.49						
22.	3/9	Piros Patrik	2012		Debreceni Sportc. SI	05:11.38	+01:04.56	353
	R.Idő	00.54 50m 33.77 100m 01:12.52 150m 01:52.37 200m 02:32.38 250m 03:13.26 300m 03:53.41 350m 04:33.33				38.75 39.85 40.01 40.88 40.15 39.92		
	400m	05:11.38 38.05						
23.	2/3	Kovács Ádám Attila	2012		Debreceni Sportc. SI	05:14.68	+01:07.86	342
	50m	35.28 100m 01:14.77 150m 01:55.29 200m 02:35.67 250m 03:16.40 300m 03:56.60 350m 04:37.09 400m 05:14.68				39.49 40.52 40.38 40.73 40.20 40.49 37.59		
24.	2/5	Májor Zétény	2011		Bátori Sárkány ÚE	05:17.42	+01:10.60	333
	50m	35.85 100m 01:17.01 150m 01:57.18 200m 02:37.90 250m 03:18.23 300m 03:59.51 350m 04:39.44 400m 05:17.42				41.16 40.17 40.72 40.33 41.28 41.28 39.93 37.98		
25.	2/8	Sallai Áron	2012		Budapesti Honvéd SE	05:19.01	+01:12.19	328
	50m	36.68 100m 01:16.77 150m 01:57.25 200m 02:38.00 250m 03:19.82 300m 04:00.25 350m 04:41.29 400m 05:19.01				40.09 40.48 40.75 41.82 40.43 41.04 37.72		
26.	2/1	Gerberi Balázs	2011		Miskolci Sportiskola	05:19.44	+01:12.62	326
	50m	34.87 100m 01:16.36 150m 01:57.78 200m 02:40.20 250m 03:21.40 300m 04:02.97 350m 04:44.22 400m 05:19.44				41.49 41.42 42.42 41.20 41.57 41.25 35.22		
27.	2/7	Végh András	2012		Debreceni Sportc. SI	05:20.91	+01:14.09	322
	R.Idő	00.37 50m 35.37 100m 01:15.97 150m 01:56.99 200m 02:38.21 250m 03:19.79 300m 04:00.69 350m 04:41.12				40.60 41.02 41.22 41.58 41.58 40.90 40.43		
	400m	05:20.91 39.79						
28.	2/2	Kőrössi Botond	2012		Budaörsi Sport Club	05:21.43	+01:14.61	320
	50m	35.72 100m 01:16.55 150m 01:57.89 200m 02:39.68 250m 03:20.42 300m 04:01.82 350m 04:42.85 400m 05:21.43				40.83 41.34 41.79 40.74 41.40 41.03 38.58		
29.	2/9	Ulveczki Botond	2013		Debreceni Sportc. SI	05:30.47	+01:23.65	295
	50m	36.69 100m 01:18.09 150m 02:00.30 200m 02:42.33 250m 03:24.69 300m 04:07.31 350m 04:50.18 400m 05:30.47				41.40 42.21 42.03 42.36 42.62 42.87 40.29		

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14	04:01.71	Kakuk Koppány	Hódmezővásárhely	2022. júl. 28.
13	04:07.34	Kakuk Koppány	Hódmezővásárhely	2021. júl. 22.
12	04:21.99	Antal Dávid	Debrecen	2020. dec. 04.
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30.	2/0	Tompa Sándor	2011		Bátori Sárkány ÚE	05:32.19	+01:25.37	290								
	50m	37.00	100m	01:19.46	150m	02:01.97	200m	02:44.95	250m	03:27.76	300m	04:10.48	350m	04:52.64	400m	05:32.19
				42.46		42.51		42.98		42.81		42.72		42.16		39.55
31.	1/4	Tari Ádám	2011		Parafa Úszó Klub	05:49.79	+01:42.97	249								
	50m	37.98	100m	01:20.27	150m	02:04.93	200m	02:49.94	250m	03:36.35	300m	04:21.16	350m	05:06.01	400m	05:49.79
				42.29		44.66		45.01		46.41		44.81		44.85		43.78
32.	1/3	Leskó Tibor Lóránt	2013		NYSC	06:33.70	+02:26.88	174								
	R.Idő	00.50	50m	42.96	100m	01:32.60	150m	02:23.27	200m	03:13.83	250m	04:05.67	300m	04:58.33	350m	05:49.60
						49.64		50.67		50.56		51.84		52.66		51.27
	400m	06:33.70														
		44.10														
33.	1/5	Oprea Victor	2011	ROU	CSM Cluj	07:02.87	+02:56.05	140								
	50m	43.95	100m	01:35.79	150m	02:30.19	200m	03:23.81	250m	04:19.64	300m	05:15.06	350m	06:11.13	400m	07:02.87
				51.84		54.40		53.62		55.83		55.42		56.07		51.74
34.	1/6	Takács János	2013		NYSC	07:04.80	+02:57.98	139								
	R.Idő	00.77	50m	45.51	100m	01:38.50	150m	02:35.64	200m	03:29.50	250m	04:26.51	300m	05:19.28	350m	06:15.19
						52.99		57.14		53.86		57.01		52.77		55.91
	400m	07:04.80														
		49.61														
35.	1/7	Béres Dominik	2013		NYSC	07:05.41	+02:58.59	138								
	R.Idő	00.63	50m	44.71	100m	01:38.05	150m	02:34.39	200m	03:28.08	250m	04:26.03	300m	05:19.42	350m	06:14.59
						53.34		56.34		53.69		57.95		53.39		55.17
	400m	07:05.41														
		50.82														
36.	1/2	Takács Áron	2013		NYSC	07:11.08	+03:04.26	133								
	50m	46.12	100m	01:41.49	150m	02:37.03	200m	03:32.09	250m	04:27.63	300m	05:24.11	350m	06:20.27	400m	07:11.08
				55.37		55.54		55.06		55.54		56.48		56.16		50.81