

## 400 m férfi gyors

Országos csúcs: 03:45.68 (Kis Gergő - 1970)

### 2006 és idősebb

1.	Györe Ádám	2004	Egri ÚK	4:10,28	****p
	50m: 0:28,36 100m: 0:59,07 150m: 1:30,73 200m: 2:03,18 250m: 2:35,14 300m: 3:07,70 350m: 3:39,62				
	Edzője:				
2.	Török Gergely	2003	Egri ÚK	4:25,32	****p
	50m: 0:30,07 100m: 1:03,16 150m: 1:36,54 200m: 2:10,38 250m: 2:44,01 300m: 3:17,93 350m: 3:52,00				
3.	Csernyik Dániel	2006	Nyíregyházi Sportc	4:27,87	****p
	50m: 0:29,33 100m: 1:02,07 150m: 1:35,94 200m: 2:10,46 250m: 2:45,42 300m: 3:19,98 350m: 3:55,10				

### 2007-2008

1.	Antal Dávid	2008	BátoriS.ÚE	4:08,46	****p
	50m: 0:28,36 100m: 0:59,15 150m: 1:30,88 200m: 2:02,86 250m: 2:35,05 300m: 3:07,05 350m: 3:39,11				
	Edzője:				
2.	Kaló Kristóf	2007	Egri ÚK	4:16,75	****p
	50m: 0:29,23 100m: 1:01,33 150m: 1:34,01 200m: 2:07,41 250m: 2:40,00 300m: 3:12,81 350m: 3:45,06				
3.	Kenyeres Gergő	2008	Debr.SC SI	4:24,92	****p
	50m: 0:29,00 100m: 1:01,59 150m: 1:35,08 200m: 2:09,43 250m: 2:43,55 300m: 3:18,24 350m: 3:52,81				
4.	Bégányi Ábel	2008	BátoriS.ÚE	4:25,25	****p
	50m: 0:29,62 100m: 1:02,98 150m: 1:37,15 200m: 2:11,42 250m: 2:45,73 300m: 3:20,41 350m: 3:54,15				
5.	Úr Péter	2008	BátoriS.ÚE	4:43,43	****p
	50m: 0:31,69 100m: 1:07,35 150m: 1:43,48 200m: 2:19,76 250m: 2:55,78 300m: 3:32,48 350m: 4:08,58				
6.	Nizsalóczki Zoltán	2008	Nyíregyházi Sportc	5:57,30	****p
	50m: 0:34,99 100m: 1:17,01 150m: 2:02,10 200m: 2:48,94 250m: 3:36,15 300m: 4:24,01 350m: 5:12,24				

### 2009-2010

1.	Orovecz Patrik	2010	Debr.SC SI	4:38,20	****p
	50m: 0:31,04 100m: 1:06,21 150m: 1:41,53 200m: 2:17,00 250m: 2:52,31 300m: 3:27,86 350m: 4:03,36				
	Edzője:				
2.	Kis Norbert	2009	BÚKE	4:38,65	****p
	50m: 0:28,67 100m: 1:02,41 150m: 1:38,10 200m: 2:15,49 250m: 2:52,93 300m: 3:31,00 350m: 4:05,03				
3.	Fagyal Kristóf	2010	Debr.SC SI	4:44,72	****p
	50m: 0:32,53 100m: 1:07,88 150m: 1:44,18 200m: 2:20,23 250m: 2:56,29 300m: 3:32,83 350m: 4:09,45				
4.	Nahalka Bence	2009	Egri ÚK	4:52,90	****p
	50m: 0:32,56 100m: 1:08,39 150m: 1:45,50 200m: 2:22,88 250m: 3:00,77 300m: 3:38,49 350m: 4:16,71				
5.	Juhos Patrik	2010	MiskolciSI	4:59,69	****p
	50m: 0:32,57 100m: 1:08,42 150m: 1:46,25 200m: 2:24,85 250m: 3:04,39 300m: 3:43,93 350m: 4:22,82				
6.	Ecsedi Boldizsár	2010	Debr.SC SI	5:00,93	****p
	50m: 0:33,73 100m: 1:10,94 150m: 1:49,56 200m: 2:27,42 250m: 3:06,08 300m: 3:45,21 350m: 4:23,76				

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7.	Balogh Péter József	2010	Debr.SC SI	5:05,37	****p
	50m: 0:32,20 100m: 1:09,38 150m: 1:48,48		200m: 2:27,84 250m: 3:07,22 300m: 3:47,23 350m: 4:26,10		
8.	Antal Zétény	2009	Egri ÚK	5:12,24	****p
	50m: 0:34,30 100m: 1:12,92 150m: 1:52,64		200m: 2:32,95 250m: 3:12,88 300m: 3:53,56 350m: 4:34,55		
9.	Harman József	2009	Nyíregyházi Sportc	5:12,42	****p
	50m: 0:34,68 100m: 1:13,10 150m: 1:53,66		200m: 2:34,46 250m: 3:15,36 300m: 3:55,77 350m: 4:35,63		
10.	Leskó Ferenc	2010	Parafa UK	5:31,75	****p
	50m: 0:35,71 100m: 1:17,67 150m: 1:59,94		200m: 2:42,49 250m: 3:26,07 300m: 4:09,03 350m: 4:50,92		
11.	Galambos Ádám	2010	MiskolciSI	6:11,37	****p
	50m: 0:38,14 100m: 1:24,06 150m: 2:12,04		200m: 3:01,25 250m: 3:48,53 300m: 4:38,01 350m: 5:25,43		
12.	Csaholyi Benedek	2010	Nyíregyházi Sportc	6:34,53	****p
	50m: 0:41,61 100m: 1:30,19 150m: 2:20,95		200m: 3:12,31 250m: 4:02,72 300m: 4:54,93 350m: 5:45,30		

### 2011-2012

1.	Májner Zétény	2011	BátoriS.ÚE	5:16,40	****p
	50m: 0:34,55 100m: 1:13,81 150m: 1:54,45		200m: 2:35,06 250m: 3:16,33 300m: 3:57,18 350m: 4:39,31		
	Edzője:				
2.	Tasyurek Levente	2011	C.S Crisul Oradea	5:19,09	****p
	50m: 0:34,92 100m: 1:14,63 150m: 1:55,19		200m: 2:35,80 250m: 3:16,35 300m: 3:56,92 350m: 4:37,95		
3.	Tóth Zsombor	2011	BátoriS.ÚE	5:28,75	****p
	50m: 0:34,95 100m: 1:15,73 150m: 1:57,79		200m: 2:39,59 250m: 3:22,21 300m: 4:04,75 350m: 4:47,38		
4.	Tompa Sándor	2011	BátoriS.ÚE	5:38,62	****p
	50m: 0:36,68 100m: 1:19,10 150m: 2:02,25		200m: 2:45,96 250m: 3:29,75 300m: 4:14,06 350m: 4:57,71		
5.	Gerberi Balázs	2011	MiskolciSI	5:51,30	****p
	50m: 0:37,14 100m: 1:22,34 150m: 2:09,34		200m: 2:55,94 250m: 3:40,80 300m: 4:26,49 350m: 5:12,15		
6.	Tari Ádám	2011	Parafa UK	6:02,78	****p
	50m: 0:39,34 100m: 1:24,46 150m: 2:10,97		200m: 2:57,49 250m: 3:45,26 300m: 4:32,25 350m: 5:18,66		
7.	Kerepesi László	2012	Nyíregyházi Sportc	6:21,92	****p
	50m: 0:40,90 100m: 1:27,95 150m: 2:18,23		200m: 3:06,35 250m: 3:58,06 300m: 4:46,74 350m: 5:35,77		
8.	Bákány Marcell	2012	Nyíregyházi Sportc	6:36,23	****p
	50m: 0:40,18 100m: 1:30,65 150m: 2:21,52		200m: 3:12,08 250m: 4:05,10 300m: 4:56,36 350m: 5:47,61		

### 2013

1.	Holland Regő	2013	BÚKE	5:36,29	****p
	50m: 0:34,93 100m: 1:16,26 150m: 2:00,15		200m: 2:42,94 250m: 3:26,31 300m: 4:10,35		
	Edzője:				

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### 2013

2. Leskó Tibor Lóránt 2013 Nyíregyházi Sportc 6:46,57 \*\*\*\*p  
50m: 0:40,93 100m: 1:30,04 150m: 2:22,93 200m: 3:17,00 250m: 4:08,99 300m: 5:01,76 350m: 5:54,00

### 2014

1. Kapin Ákos 2014 Debr.SC SI 6:21,62 \*\*\*\*p  
50m: 0:42,47 100m: 1:29,78 150m: 2:18,58 200m: 3:07,84 250m: 3:57,31 300m: 4:48,15 350m: 5:37,60  
Edzője:

2. Schwarcz Máttyás 2014 Debr.SC SI 6:46,01 \*\*\*\*p  
50m: 0:43,48 100m: 1:33,73 150m: 2:27,42 200m: 3:19,84 250m: 4:12,20 300m: 5:03,79 350m: 5:56,08

3. Ádám András Bence 2014 Nyíregyházi Sportc 6:52,59 \*\*\*\*p  
50m: 0:46,43 100m: 1:36,92 150m: 2:31,18 200m: 3:25,21 250m: 4:17,87 300m: 5:11,01 350m: 6:02,69

4. Kovács Kálmán Kristóf 2014 Debr.SC SI 7:21,84 \*\*\*\*p  
50m: 0:44,80 100m: 1:37,93 150m: 2:32,02 200m: 3:29,63 250m: 4:26,89 300m: 5:25,54 350m: 6:24,80

### 2015 és fiatalabb

1. Piros Kristóf 2015 Debr.SC SI 6:51,43 \*\*\*\*p  
50m: 0:43,65 100m: 1:34,71 150m: 2:28,67 200m: 3:22,42 250m: 4:16,26 300m: 5:09,81 350m: 6:03,08  
Edzője:

2. Velekei Botond 2015 Debr.SC SI 7:01,33 \*\*\*\*p  
50m: 0:44,98 100m: 1:36,70 150m: 2:31,04 200m: 3:26,17 250m: 4:21,91 300m: 5:16,52 350m: 6:13,57