

### ELŐFUTAM KAT. EREDMÉNY

## 400 m női gyors

16. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
felhőt	04:01.31	Késely Ajna	Gwangju (KOR)	2019. júl. 21.
17	04:03.57	Késely Ajna	Glasgow (GBR)	2018. aug. 09.
16	04:05.75	Késely Ajna	Budapest	2017. júl. 23.
15	04:07.90	Késely Ajna	Győr	2015. dec. 19.
14	04:07.90	Késely Ajna	Győr	2015. dec. 19.
13	04:17.16	Késely Ajna	Eger	2014. aug. 02.
12	04:22.92	Késely Ajna	Miskolc	2013. júl. 27.

### Nyílt kategória

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA										
1.	3/4	<b>Balogh Viktória Enikő</b> Edző:	2010		Debreceni Sportc. SI	<b>04:37.86</b>		<b>607</b>										
	50m	31.11	100m	01:04.86 33.75	150m	01:40.22 35.36	200m	02:15.85 35.63	250m	02:52.17 36.32	300m	03:28.24 36.07	350m	04:03.58 35.34	400m	04:37.86 34.28		
2.	3/5	<b>Busászky Anasztázia</b>	2008		Debreceni Sportc. SI	<b>04:39.15</b>	<b>+01.29</b>	<b>599</b>										
	50m	31.31	100m	01:06.17 34.86	150m	01:42.87 36.70	200m	02:19.73 36.86	250m	02:55.13 35.40	300m	03:30.55 35.42	350m	04:06.13 35.58	400m	04:39.15 33.02		
3.	2/5	<b>Kinczel Adrienn</b>	2010		Debreceni Sportc. SI	<b>04:42.15</b>	<b>+04.29</b>	<b>580</b>										
	R.Idő	00.36	50m	32.66	100m	01:08.44 35.78	150m	01:44.93 36.49	200m	02:20.95 36.02	250m	02:55.94 34.99	300m	03:32.06 36.12	350m	04:07.89 35.83	400m	04:42.15 34.26
4.	2/4	<b>Florescu Emanuela</b>	2009	ROU	CSM Cluj	<b>04:43.88</b>	<b>+06.02</b>	<b>570</b>										
	R.Idő	00.53	50m	32.33	100m	01:08.20 35.87	150m	01:44.91 36.71	200m	02:21.39 36.48	250m	02:57.68 36.29	300m	03:33.93 36.25	350m	04:09.97 36.04	400m	04:43.88 33.91
5.	2/3	<b>Kovács Kitti</b>	2009		Debreceni Sportc. SI	<b>04:45.04</b>	<b>+07.18</b>	<b>563</b>										
	R.Idő	00.66	50m	32.68	100m	01:08.77 36.09	150m	01:45.35 36.58	200m	02:22.05 36.70	250m	02:57.50 35.45	300m	03:33.94 36.44	350m	04:09.81 35.87	400m	04:45.04 35.23
6.	3/6	<b>Balázs Hanna</b>	2011		Egri Úszó Klub SE	<b>04:48.38</b>	<b>+10.52</b>	<b>543</b>										
	R.Idő	00.57	50m	33.52	100m	01:10.79 37.27	150m	01:47.20 36.41	200m	02:24.58 37.38	250m	03:00.37 35.79	300m	03:37.46 37.09	350m	04:13.55 36.09	400m	04:48.38 34.83
7.	3/3	<b>Molnár Fruzsina</b>	2007		NYSC	<b>04:49.59</b>	<b>+11.73</b>	<b>536</b>										
	R.Idő	00.68	50m	31.29	100m	01:07.27 35.98	150m	01:44.26 36.99	200m	02:21.55 37.29	250m	02:58.85 37.30	300m	03:36.24 37.39	350m	04:13.39 37.15	400m	04:49.59 36.20
8.	2/2	<b>Győri Lizett</b>	2009		Parafa Úszó Klub	<b>04:50.64</b>	<b>+12.78</b>	<b>531</b>										
	50m	32.90	100m	01:09.38 36.48	150m	01:46.32 36.94	200m	02:23.68 37.36	250m	03:00.93 37.25	300m	03:38.27 37.34	350m	04:14.92 36.65	400m	04:50.64 35.72		
9.	2/6	<b>Kovács Lara Gréta</b>	2010		Egri Úszó Klub SE	<b>04:51.19</b>	<b>+13.33</b>	<b>528</b>										
	R.Idő	00.64	50m	34.28	100m	01:10.92 36.64	150m	01:48.01 37.09	200m	02:25.28 37.27	250m	03:02.73 37.45	300m	03:39.57 36.84	350m	04:16.16 36.59	400m	04:51.19 35.03
10.	3/2	<b>Várkonyi Lili</b>	2008		Parafa Úszó Klub	<b>04:55.59</b>	<b>+17.73</b>	<b>504</b>										
	50m	33.12	100m	01:09.66 36.54	150m	01:47.34 37.68	200m	02:25.12 37.78	250m	03:03.03 37.91	300m	03:41.30 38.27	350m	04:19.15 37.85	400m	04:55.59 36.44		
11.	2/8	<b>Ábrahám Amália</b>	2012		Budaörsi Sport Club	<b>04:59.19</b>	<b>+21.33</b>	<b>486</b>										
	R.Idő	00.53	50m	34.02	100m	01:11.76 37.74	150m	01:50.31 38.55	200m	02:28.87 38.56	250m	03:07.05 38.18	300m	03:45.27 38.22	350m	04:22.49 37.22	400m	04:59.19 36.70
12.	2/7	<b>Polácsik Petra</b>	2006		Miskolci Sportiskola	<b>05:04.82</b>	<b>+26.96</b>	<b>460</b>										
	R.Idő	00.68	50m	32.91	100m	01:10.17 37.26	150m	01:48.49 38.32	200m	02:26.91 38.42	250m	03:05.88 38.97	300m	03:45.59 39.71	350m	04:25.47 39.88	400m	05:04.82 39.35
13.	3/1	<b>Béke Blanka</b>	2012		Debreceni Sportc. SI	<b>05:07.44</b>	<b>+29.58</b>	<b>448</b>										
	50m	34.45	100m	01:13.72 39.27	150m	01:53.59 39.87	200m	02:33.32 39.73	250m	03:11.80 38.48	300m	03:51.23 39.43	350m	04:30.21 38.98	400m	05:07.44 37.23		
14.	2/1	<b>Tóth Petra</b>	2009		Budaörsi Sport Club	<b>05:09.88</b>	<b>+32.02</b>	<b>438</b>										
	50m	34.45	100m	01:13.07 38.62	150m	01:52.13 39.06	200m	02:32.12 39.99	250m	03:12.13 40.01	300m	03:52.45 40.32	350m	04:32.06 39.61	400m	05:09.88 37.82		
15.	3/8	<b>Hegedüs Petra</b>	2010		Ibrányi Úszó Sporteg	<b>05:11.14</b>	<b>+33.28</b>	<b>432</b>										
	50m	34.41	100m	01:12.74 38.33	150m	01:52.89 40.15	200m	02:32.36 39.47	250m	03:12.95 40.59	300m	03:53.20 40.25	350m	04:33.76 40.56	400m	05:11.14 37.38		

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Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA								
16.	3/0	<b>Miklós Janka</b>	2012		Miskolci Sportiskola	<b>05:11.54</b>	+33.68	431								
	R.Idő	00.59	50m	34.71	100m	01:14.01	150m	01:53.57	200m	02:33.85	250m	03:13.55	300m	03:53.78	350m	04:33.20
						39.30		39.56		40.28		39.70		40.23		39.42
	400m	05:11.54														
		38.34														
17.	3/7	<b>Csecsódi Hajnalka Ibolya</b>	2011		Debreceni Sportc. SI	<b>05:13.25</b>	+35.39	424								
	50m	34.56	100m	01:13.35	150m	01:53.67	200m	02:34.35	250m	03:14.72	300m	03:54.77	350m	04:34.71	400m	05:13.25
				38.79		40.32		40.68		40.37		40.05		39.94		38.54
18.	3/9	<b>Hegedűs Lilla</b>	2012		Budaörsi Sport Club	<b>05:17.27</b>	+39.41	408								
	R.Idő	00.48	50m	36.02	100m	01:15.50	150m	01:55.58	200m	02:35.93	250m	03:16.95	300m	03:57.24	350m	04:37.94
						39.48		40.08		40.35		41.02		40.29		40.70
	400m	05:17.27														
		39.33														
19.	1/6	<b>Ráski Sára</b>	2012		Miskolci Sportiskola	<b>05:19.16</b>	+41.30	401								
	R.Idő	00.80	50m	35.17	100m	01:14.68	150m	01:56.36	200m	02:38.38	250m	03:19.07	300m	03:59.68	350m	04:40.73
						39.51		41.68		42.02		40.69		40.61		41.05
	400m	05:19.16														
		38.43														
20.	2/0	<b>Lévai Linda</b>	2012		Egri Úszó Klub SE	<b>05:23.54</b>	+45.68	385								
	50m	36.60	100m	01:17.73	150m	01:59.17	200m	02:40.72	250m	03:21.99	300m	04:03.78	350m	04:44.16	400m	05:23.54
				41.13		41.44		41.55		41.27		41.79		40.38		39.38
21.	1/5	<b>Vass Vivien</b>	2011		NYSC	<b>05:48.05</b>	+01:10.19	309								
	50m	39.10	100m	01:22.99	150m	02:07.13	200m	02:51.84	250m	03:37.04	300m	04:21.80	350m	05:05.17	400m	05:48.05
				43.89		44.14		44.71		45.20		44.76		43.37		42.88
22.	2/9	<b>Major Noémi</b>	2010		NYSC	<b>05:51.77</b>	+01:13.91	299								
	R.Idő	00.86	50m	39.07	100m	01:22.65	150m	02:07.98	200m	02:52.41	250m	03:38.39	300m	04:24.49	350m	05:09.41
						43.58		45.33		44.43		45.98		46.10		44.92
	400m	05:51.77														
		42.36														
23.	1/4	<b>Gincsei Regina</b>	2012		NYSC	<b>05:56.63</b>	+01:18.77	287								
	50m	40.29	100m	01:24.80	150m	02:09.84	200m	02:56.00	250m	03:41.73	300m	04:27.81	350m	05:13.37	400m	05:56.63
				44.51		45.04		46.16		45.73		46.08		45.56		43.26
24.	1/3	<b>Nizsalóczki Nóra</b>	2011		NYSC	<b>06:11.17</b>	+01:33.31	255								
	50m	40.16	100m	01:25.53	150m	02:12.54	200m	03:00.38	250m	03:48.90	300m	04:38.25	350m	05:25.72	400m	06:11.17
				45.37		47.01		47.84		48.52		49.35		47.47		45.45