

## 400 m férfi gyors

2. versenyszám Országos csúcs: 3:39.52 (Kis Gergő - 2007)

### Férfi 2005 és idősebb

1.	Györe Ádám	2004	Egri ÚK	4:08,47	****p
	50m: 0:28,43 100m: 0:59,06 150m: 1:30,40 200m: 2:02,02 250m: 2:33,67 300m: 3:05,63 350m: 3:37,50				
	Edzője: Garádi Géza				
2.	Török Gergely	2003	MÚSZ	4:20,18	****p
	50m: 0:29,31 100m: 1:00,82 150m: 1:33,43 200m: 2:06,69 250m: 2:40,35 300m: 3:14,31 350m: 3:47,90				

### Férfi 2006-2007

1.	Bagi Zoltán	2007	Tiszaújvárosi TK	4:16,24	****p
	50m: 0:30,26 100m: 1:02,59 150m: 1:35,79 200m: 2:09,28 250m: 2:41,88 300m: 3:14,50 350m: 3:45,97				
	Edzője: Fodor Ágnes				
2.	Tulipán Bence	2006	MiskolciSI	4:16,67	****p
	50m: 0:30,07 100m: 1:02,57 150m: 1:35,78 200m: 2:09,37 250m: 2:42,15 300m: 3:14,96 350m: 3:46,99				
3.	Léport Milán Krisztián	2007	MiskolciSI	4:26,64	****p
	50m: 0:30,12 100m: 1:03,06 150m: 1:36,25 200m: 2:10,02 250m: 2:44,03 300m: 3:18,66 350m: 3:53,18				
4.	Mikita Zalán	2007	Debr.SC SI	4:27,83	****p
	50m: 0:29,75 100m: 1:02,32 150m: 1:35,30 200m: 2:09,40 250m: 2:43,62 300m: 3:19,49 350m: 3:54,70				
5.	Kárpáti Zalán	2007	MiskolciSI	4:29,63	****p
	50m: 0:30,25 100m: 1:04,46 150m: 1:38,58 200m: 2:13,40 250m: 2:48,27 300m: 3:23,39 350m: 3:57,44				
6.	Csernyik Dániel	2006	Nyíregyházi Sportc	4:32,72	****p
	50m: 0:30,13 100m: 1:03,63 150m: 1:37,68 200m: 2:12,70 250m: 2:47,67 300m: 3:23,39 350m: 3:58,75				
7.	Németh Lázár	2006	MiskolciSI	4:34,52	****p
	50m: 0:28,86 100m: 1:02,37 150m: 1:37,30 200m: 2:13,15 250m: 2:49,09 300m: 3:24,37 350m: 4:00,15				
8.	Ullaga Ármin	2006	Debr.SC SI	4:37,68	****p
	50m: 0:30,37 100m: 1:05,46 150m: 1:41,46 200m: 2:17,47 250m: 2:52,45 300m: 3:28,57 350m: 4:04,31				
9.	Haba Balázs	2006	Debr.SC SI	4:38,33	****p
	50m: 0:31,61 100m: 1:06,05 150m: 1:41,68 200m: 2:17,68 250m: 2:53,09 300m: 3:29,18 350m: 4:04,74				
10.	Gulyás Csaba	2007	Parafa UK	4:38,54	****p
	50m: 0:30,64 100m: 1:05,69 150m: 1:41,80 200m: 2:17,49 250m: 2:53,85 300m: 3:30,01 350m: 4:05,83				
11.	Simon Boldizsár	2007	Parafa UK	4:41,73	****p
	50m: 0:31,52 100m: 1:06,06 150m: 1:41,98 200m: 2:17,79 250m: 2:53,92 300m: 3:30,41 350m: 4:06,58				
12.	Kárpáti Kende	2007	MiskolciSI	4:46,88	****p
	50m: 0:30,81 100m: 1:06,06 150m: 1:43,28 200m: 2:20,14 250m: 2:58,22 300m: 3:35,03 350m: 4:11,93				

## 400 m férfi gyors

2. versenyszám Országos csúcs: 3:39.52 (Kis Gergő - 2007)

### Férfi 2008-2009

1.	Dospoly Zsombor	2008	MiskolciSI	4:23,85	****p
	50m: 0:27,91 100m: 1:02,01 150m: 1:35,95 200m: 2:09,63 250m: 2:43,37 300m: 3:16,81 350m: 3:51,29				
	Edzője: Sajgó László				
2.	Boári Benett	2008	Parafa UK	4:29,29	****p
	50m: 0:30,31 100m: 1:04,42 150m: 1:38,73 200m: 2:13,24 250m: 2:48,21 300m: 3:23,05 350m: 3:56,93				
3.	Kenyeres Gergő	2008	Debr.SC SI	4:29,61	****p
	50m: 0:30,59 100m: 1:04,45 150m: 1:39,28 200m: 2:14,30 250m: 2:48,26 300m: 3:22,75 350m: 3:57,41				
4.	Antal Dávid	2008	BátoriS.ÚE	4:33,51	****p
	50m: 0:29,56 100m: 1:03,32 150m: 1:38,01 200m: 2:13,19 250m: 2:48,53 300m: 3:24,13 350m: 3:59,89				
5.	Pásztor Hunor	2008	MiskolciSI	4:37,82	****p
	50m: 0:30,58 100m: 1:03,70 150m: 1:38,75 200m: 2:14,27 250m: 2:50,11 300m: 3:27,23 350m: 4:03,44				
6.	Szilágyi Barna	2008	Debr.SC SI	4:46,25	****p
	50m: 0:31,71 100m: 1:06,90 150m: 1:42,91 200m: 2:19,73 250m: 2:56,85 300m: 3:34,15 350m: 4:10,82				
7.	Bégányi Ábel	2008	BátoriS.ÚE	4:49,57	****p
	50m: 0:31,07 100m: 1:07,06 150m: 1:43,29 200m: 2:20,52 250m: 2:58,08 300m: 3:36,23 350m: 4:13,67				
8.	Ozsvárt Gábor	2009	Parafa UK	4:49,74	****p
	50m: 0:32,63 100m: 1:09,20 150m: 1:46,38 200m: 2:23,78 250m: 3:01,08 300m: 3:38,30 350m: 4:14,68				
9.	Limbek Lázár	2009	MiskolciSI	4:52,45	****p
	50m: 0:31,17 100m: 1:06,69 150m: 1:44,80 200m: 2:22,99 250m: 3:00,58 300m: 3:38,88 350m: 4:16,33				
10.	Araczkai-Szabó Olivér	2009	Debr.SC SI	5:00,89	****p
	50m: 0:33,45 100m: 1:10,88 150m: 1:49,42 200m: 2:27,65 250m: 3:06,62 300m: 3:45,24 350m: 4:24,28				
11.	Nahalka Bence	2009	Egri ÚK	5:02,79	****p
	50m: 0:33,93 100m: 1:11,71 150m: 1:50,10 200m: 2:29,00 250m: 3:08,11 300m: 3:46,65 350m: 4:25,66				
12.	Ördögh Csaba	2008	Debr.SC SI	5:09,04	****p
	50m: 0:33,53 100m: 1:11,21 150m: 1:50,55 200m: 2:29,81 250m: 3:09,91 300m: 3:49,26 350m: 4:29,88				
13.	Dienes Olivér	2009	MiskolciSI	5:13,43	****p
	50m: 0:34,00 100m: 1:12,34 150m: 1:52,85 200m: 2:32,72 250m: 3:13,44 300m: 3:53,90 350m: 4:34,62				
14.	Puskás Bendegúz	2009	Magnetic	5:18,68	****p
	50m: 0:33,95 100m: 1:12,71 150m: 1:54,01 200m: 2:35,75 250m: 3:16,91 300m: 3:58,71 350m: 4:39,62				
15.	Tóth András	2009	Magnetic	5:47,43	****p
	50m: 0:36,51 100m: 1:17,85 150m: 2:01,04 200m: 2:46,31 250m: 3:32,63 300m: 4:18,09 350m: 5:04,30				
16.	Háda Krisztián	2009	Nyíregyházi Sportc	6:42,96	****p
	50m: 0:39,81 100m: 1:26,85 150m: 2:20,39 200m: 3:13,42 250m: 4:06,55 300m: 4:58,58 350m: 5:52,51				

## 400 m férfi gyors

2. versenyszám Országos csúcs: 3:39.52 (Kis Gergő - 2007)

### Férfi 2010-2011

1.	Barta Ferenc	2010	MiskolciSI	4:56,33	****p
	50m: 0:31,74 100m: 1:08,20 150m: 1:46,00 200m: 2:24,41 250m: 3:02,19 300m: 3:41,30 350m: 4:19,41				
	Edzője: Firtkó Adél				
2.	Zsurek Dávid Áron	2010	HerpálySÚE	4:58,63	****p
	50m: 0:31,47 100m: 1:08,52 200m: 2:26,65 250m: 3:05,82 300m: 3:44,64 350m: 4:22,59				
3.	Keczán Noel Alexander	2010	Nyíregyházi Sportc	5:12,01	****p
	50m: 0:35,06 100m: 1:14,57 150m: 1:55,48 200m: 2:36,36 250m: 3:17,77 300m: 3:58,16 350m: 4:35,16				
4.	Juhos Patrik	2010	MiskolciSI	5:13,08	****p
	50m: 0:34,17 100m: 1:13,95 150m: 1:55,36 200m: 2:36,11 250m: 3:17,31 300m: 3:58,24 350m: 4:36,91				
5.	Lengyel Zalán	2010	Nyíregyházi Sportc	5:25,46	****p
	50m: 0:35,37 100m: 1:15,40 150m: 1:57,63 200m: 2:39,51 250m: 3:21,68 300m: 4:03,56 350m: 4:45,66				
6.	Izsák Csaba	2010	Tiszaújvárosi TK	5:32,42	****p
	50m: 0:35,84 100m: 1:16,57 150m: 1:59,02 200m: 2:41,34 250m: 3:24,22 300m: 4:07,56 350m: 4:50,60				
7.	Tasi Barnabás	2011	Egri ÚK	5:40,32	****p
	50m: 0:38,89 100m: 1:21,51 150m: 2:04,91 200m: 2:48,06 250m: 3:32,46 300m: 4:16,37 350m: 4:59,19				
8.	Furman Csanád József	2010	MiskolciSI	5:54,15	****p
	50m: 0:37,97 100m: 1:20,57 150m: 2:05,35 200m: 2:50,68 250m: 3:36,75 300m: 4:23,12 350m: 5:09,14				
9.	Galambos Ádám	2010	MiskolciSI	6:08,22	****p
	50m: 0:38,34 100m: 1:25,86 150m: 2:14,93 200m: 3:02,68 250m: 3:50,25 300m: 4:38,29 350m: 5:24,65				
10.	Bákány László Dominik	2010	Nyíregyházi Sportc	6:10,53	****p
	50m: 0:38,15 100m: 1:22,91 150m: 2:09,89 200m: 2:58,17 250m: 3:47,90 300m: 4:37,01 350m: 5:26,46				
11.	Gerberi Balázs	2011	MiskolciSI	6:12,20	****p
	50m: 0:40,56 100m: 1:29,00 150m: 2:17,34 200m: 3:05,50 250m: 3:51,31 300m: 4:39,86 350m: 5:27,29				
12.	Hajtman Péter Mátyás	2011	Nyíregyházi Sportc	6:12,75	****p
	50m: 0:40,02 100m: 1:25,38 150m: 2:14,17 200m: 3:00,71 250m: 3:49,65 300m: 4:38,61 350m: 5:27,05				
13.	Furman Nimród Máté	2011	MiskolciSI	6:57,60	****p
	50m: 0:47,31 100m: 1:42,68 150m: 2:36,59 200m: 3:30,28 250m: 4:23,16 300m: 5:16,04 350m: 6:07,76				
14.	Gál-Deák Márton	2010	Nyíregyházi Sportc	7:02,94	****p
	50m: 0:40,12 100m: 1:28,35 150m: 2:23,51 200m: 3:19,88 250m: 4:16,51 300m: 5:12,72 350m: 6:09,50				
15.	Csaholyi Benedek	2010	Nyíregyházi Sportc	7:15,64	****p
	50m: 0:41,99 100m: 1:35,53 150m: 2:33,71 200m: 3:30,24 250m: 4:26,67 300m: 5:24,16 350m: 6:22,22				

### Nem indult

Hován Ákos	2011	Nyíregyházi Sportc
Cserfalvi Axel Dorian	2011	Nyíregyházi Sportc
Mázló Levente Ákos	2010	Egri ÚK

## 400 m férfi gyors

**2. versenyszám** Országos csúcs: 3:39.52 (Kis Gergő - 2007)

### Férfi 2012

1.	Barta Levente	2012	Debr.SC SI	6:08,56	****p
	50m: 0:40,73 100m: 1:26,99 150m: 2:14,56 200m: 3:01,31 250m: 3:49,78 300m: 4:36,91 350m: 5:23,80				
	Edzője: Hajdu Bence				
2.	Velekei Benedek	2012	Debr.SC SI	6:12,65	****p
	50m: 0:40,42 100m: 1:27,77 150m: 2:14,93 200m: 3:02,84 250m: 3:50,76 300m: 4:39,50 350m: 5:27,58				
3.	Kerepesi László	2012	Nyíregyházi Sportc	7:00,83	****p
	50m: 0:42,30 100m: 1:33,56 150m: 2:28,65 200m: 3:23,03 250m: 4:17,48 300m: 5:12,41 350m: 6:05,95				
4.	Nagy Gergő	2012	Nyíregyházi Sportc	7:45,11	****p
	50m: 0:46,86 100m: 1:43,18 150m: 2:43,98 200m: 3:43,86 250m: 4:45,08 300m: 5:44,80 350m: 6:46,54				
5.	Bákány Marcell	2012	Nyíregyházi Sportc	7:49,70	****p
	50m: 0:47,84 100m: 1:42,88 150m: 2:44,88 200m: 3:45,56 250m: 4:47,81 300m: 5:50,45 350m: 6:52,88				