

KORCSOPORTOS EREDMÉNY
400 m férfi gyors

1. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
18	03:46.06	Zombori Gábor	Budapest	2019/08/20
16	03:54.36	Márton Richárd	Tbilisi (GEO)	2015/07/28
15	03:52.96	Pápai Olivér	XVII. Győr OPEN	2024/12/17
14	04:01.05	Sárkány Zétény	European Youth Olympic	2025/07/20
13	04:07.34	Kakuk Koppány	Hódmezővásárhely	2021/07/22
12	04:21.99	Antal Dávid	Debrecen	2020/12/04
11	04:29.65	Szabó Marcell	Hódmezővásárhely	2021/12/17
10	04:45.46	Szekeres Mórió		1990/12/31

2011 és idősebb

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	6/4	Pannonhalmi Lázár Elemér	2011		UNI Győri Úszó Sportegy.	04:05.53		718								
	R.Idő	00.48	50m	27.80	100m	58.11	150m	01:29.17	200m	02:00.73	250m	02:32.06	300m	03:04.09	350m	03:35.58
						30.31		31.06		31.56		31.33		32.03		31.49
	400m	04:05.53				29.95										
2.	6/5	Pojar Patric	2008	ROU	CSM Cluj	04:19.09	+13.56	611								
	R.Idő	00.51	50m	29.38	100m	01:01.55	150m	01:34.43	200m	02:07.50	250m	02:41.27	300m	03:14.87	350m	03:48.12
						32.17		32.88		33.07		33.77		33.60		33.25
	400m	04:19.09				30.97										
3.	6/3	Dimitrie Burca	2010	ROU	CSM Cluj	04:19.55	+14.02	608								
	R.Idő	00.53	50m	28.93	100m	01:01.01	150m	01:33.92	200m	02:07.12	250m	02:40.72	300m	03:14.22	350m	03:47.37
						32.08		32.91		33.20		33.60		33.50		33.15
	400m	04:19.55				32.18										
4.	6/1	Szilágyi Barna	2008		Debreceni Sportc. SI	04:24.98	+19.45	571								
	R.Idő	00.48	50m	29.23	100m	01:01.21	150m	01:34.55	200m	02:08.34	250m	02:42.56	300m	03:16.79	350m	03:51.25
						31.98		33.34		33.79		34.22		34.23		34.46
	400m	04:24.98				33.73										
5.	6/6	Roman Simone	2008	ROU	CSM Cluj	04:26.55	+21.02	561								
	R.Idő	00.64	50m	30.10	100m	01:02.97	150m	01:37.11	200m	02:11.51	250m	02:45.80	300m	03:20.05	350m	03:54.28
						32.87		34.14		34.40		34.29		34.25		34.23
	400m	04:26.55				32.27										
6.	6/7	Muresan Aris	2008	ROU	CSM Cluj	04:27.09	+21.56	558								
	R.Idő	00.66	50m	29.58	100m	01:02.80	150m	01:36.79	200m	02:10.95	250m	02:45.34	300m	03:20.07	350m	03:54.48
						33.22		33.99		34.16		34.39		34.73		34.41
	400m	04:27.09				32.61										
7.	6/9	Koroknai Balázs	2011		Debreceni Sportc. SI	04:32.05	+26.52	528								
	R.Idő	00.74	50m	30.87	100m	01:04.86	150m	01:39.40	200m	02:14.15	250m	02:49.50	300m	03:24.48	350m	03:59.30
						33.99		34.54		34.75		35.35		34.98		34.82
	400m	04:32.05				32.75										
8.	6/8	Lengyel Zalán	2010		Nyíregyházi Sportcentrum	04:32.42	+26.89	526								
	50m	31.00	100m	01:04.86	150m	01:40.09	200m	02:14.93	250m	02:49.38	300m	03:24.84	350m	03:59.84	400m	04:32.42
				33.86		35.23		34.84		34.45		35.46		35.00		32.58
9.	6/0	Sipőcz Dominik	2011		BVSC-Zugló	04:33.05	+27.52	522								
	50m	29.62	100m	01:02.98	150m	01:37.66	200m	02:12.75	250m	02:48.18	300m	03:23.70	350m	03:58.96	400m	04:33.05
				33.36		34.68		35.09		35.43		35.52		35.26		34.09
10.	5/8	Balogh Péter József	2010		Debreceni Sportc. SI	04:36.41	+30.88	503								
	R.Idő	00.55	50m	28.97	100m	01:02.82	150m	01:37.20	200m	02:13.01	250m	02:48.58	300m	03:25.29	350m	04:01.30
						33.85		34.38		35.81		35.57		36.71		36.01
	400m	04:36.41				35.11										
11.	5/4	Szőke Richárd József	2010		Békéscsabai EUK	04:38.29	+32.76	493								
	R.Idő	00.53	50m	30.29	100m	01:04.30	150m	01:38.82	200m	02:14.34	250m	02:50.06	300m	03:26.23	350m	04:02.59
						34.01		34.52		35.52		35.72		36.17		36.36
	400m	04:38.29				35.70										
12.	2/9	Hajtman Péter Mátyás	2011		Nyíregyházi Sportcentrum	04:50.37	+44.84	434								
	R.Idő	00.69	50m	32.30	100m	01:08.36	150m	01:45.12	200m	02:22.60	250m	02:59.97	300m	03:37.56	350m	04:14.77
						36.06		36.76		37.48		37.37		37.59		37.21
	400m	04:50.37				35.60										
13.	4/9	Dávid Kornél	2011		Four Diamonds SE	04:54.77	+49.24	415								
	R.Idő	00.52	50m	31.55	100m	01:07.73	150m	01:45.06	200m	02:23.28	250m	03:01.49	300m	03:40.11	350m	04:18.01
						36.18		37.33		38.22		38.21		38.62		37.90
	400m	04:54.77				36.76										

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18	03:46.06	Zombori Gábor	Budapest	2019/08/20
16	03:54.36	Márton Richárd	Tbilisi (GEO)	2015/07/28
15	03:52.96	Pápai Olivér	XVII. Győr OPEN	2024/12/17
14	04:01.05	Sárkány Zétény	European Youth Olympic	2025/07/20
13	04:07.34	Kakuk Koppány	Hódmezővásárhely	2021/07/22
12	04:21.99	Antal Dávid	Debrecen	2020/12/04
11	04:29.65	Szabó Marcell	Hódmezővásárhely	2021/12/17
10	04:45.46	Szekeres Mórió		1990/12/31

2011 és idősebb

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA
14.	5/9	Kéri Dávid	2011		Békéscsabai EUK	04:55.18	+49.65	413
	R.Idő	00.66 50m 32.46 100m 01:09.14 36.68	150m 01:46.93 37.79	200m 02:24.56 37.63	250m 03:02.63 36.07	300m 03:40.97 38.34	350m 04:18.75 37.78	
	400m	04:55.18 36.43						
15.	4/3	Dékány Bence	2011		Four Diamonds SE	04:56.70	+51.17	407
	R.Idő	00.54 50m 32.84 100m 01:10.23 37.39	150m 01:48.26 38.03	200m 02:26.71 38.45	250m 03:05.10 38.39	300m 03:43.41 38.31	350m 04:21.01 37.60	
	400m	04:56.70 35.69						
16.	4/4	Nyéki Benett	2010		Békéscsabai EUK	04:56.89	+51.36	406
	50m	32.81 100m 01:10.09 37.28	150m 01:48.14 38.05	200m 02:26.71 38.57	250m 03:04.26 37.55	300m 03:42.71 38.45	350m 04:20.60 37.89	400m 04:56.89 36.29
17.	3/4	Puskás Bendegúz Péter	2010		Aquazone SE	05:04.18	+58.65	378
	50m	33.69 100m 01:10.73 37.04	150m 01:49.75 39.02	200m 02:28.65 38.90	250m 03:07.99 39.34	300m 03:47.87 39.88	350m 04:27.60 39.73	400m 05:04.18 36.58
18.	5/7	Lakatos Gábor	2011		Debreceni Sportc. SI	05:06.10	+01:00.57	371
	R.Idő	00.61 50m 32.23 100m 01:09.24 37.01	150m 01:48.13 38.89	200m 02:26.86 38.73	250m 03:06.70 39.84	300m 03:46.70 40.00	350m 04:27.10 40.40	
	400m	05:06.10 39.00						

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15	03:52.96	Pápai Olivér	XVII. Győr OPEN	2024/12/17
14	04:01.05	Sárkány Zétény	European Youth Olympic	2025/07/20
13	04:07.34	Kakuk Koppány	Hódmezővásárhely	2021/07/22
12	04:21.99	Antal Dávid	Debrecen	2020/12/04
11	04:29.65	Szabó Marcell	Hódmezővásárhely	2021/12/17
10	04:45.46	Szekeres Mórió		1990/12/31

2012-2013

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA
1.	5/5	Krug Ákos	2012		UNI Győri Úszó Sportegy.	04:30.38		538
	R.Idő	00.46 50m 30.06 100m 01:03.71 33.65 150m 01:38.24 34.53 200m 02:13.15 34.91 250m 02:47.66 34.51 300m 03:22.43 34.77 350m 03:57.23 34.80						
	400m	04:30.38 33.15						
2.	5/1	Fejér Gergő	2012		BVSC-Zugló	04:36.49	+06.11	503
	50m	30.67 100m 01:05.98 35.31 150m 01:41.04 35.06 200m 02:16.19 35.15 250m 02:53.13 36.94 300m 03:29.20 36.07 350m 04:03.91 34.71 400m 04:36.49 32.58						
3.	5/2	Hauptmann Márton	2012		UNI Győri Úszó Sportegy.	04:36.96	+06.58	500
	50m	30.75 100m 01:05.70 34.95 150m 01:41.69 35.99 200m 02:17.15 35.46 250m 02:53.32 36.17 300m 03:28.80 35.48 350m 04:04.28 35.48 400m 04:36.96 32.68						
4.	6/2	Rudits Balázs	2012		BVSC-Zugló	04:40.63	+10.25	481
	R.Idő	00.57 50m 28.09 100m 58.99 30.90 150m 01:31.37 32.38 200m 02:02.94 31.57 250m 02:46.65 43.71 300m 03:26.51 39.86 350m 04:04.44 37.93						
	400m	04:40.63 36.19						
5.	5/3	Sacalis Horatiu	2013	ROU	CSM Cluj	04:47.86	+17.48	446
	50m	31.79 100m 01:07.80 36.01 150m 01:45.54 37.74 200m 02:24.37 38.83 250m 03:02.88 38.51 300m 03:39.67 36.79 350m 04:15.12 35.45 400m 04:47.86 32.74						
6.	5/0	Végh András	2012		Debreceni Sportc. SI	04:49.24	+18.86	439
	50m	31.45 100m 01:06.92 35.47 150m 01:44.07 37.15 200m 02:21.37 37.30 250m 02:58.48 37.11 300m 03:36.03 37.55 350m 04:13.06 37.03 400m 04:49.24 36.18						
7.	4/8	Ulveczki Botond	2013		Debreceni Sportc. SI	04:55.37	+24.99	412
	50m	32.78 100m 01:10.09 37.31 150m 01:47.47 37.38 200m 02:25.29 37.82 250m 03:03.29 38.00 300m 03:41.16 37.87 350m 04:19.01 37.85 400m 04:55.37 36.36						
8.	4/7	Bella Mór	2013		UNI Győri Úszó Sportegy.	04:55.50	+25.12	412
	R.Idő	00.48 50m 32.37 100m 01:09.70 37.33 150m 01:48.53 38.83 200m 02:26.95 38.42 250m 03:04.94 37.99 300m 03:43.53 38.59 350m 04:21.17 37.64						
	400m	04:55.50 34.33						
9.	4/2	Tóth Bence	2013		Békéscsabai EUK	04:56.71	+26.33	407
	R.Idő	00.42 50m 32.83 100m 01:09.85 37.02 150m 01:48.14 38.29 200m 02:26.35 38.21 250m 03:04.79 38.44 300m 03:42.71 37.92 350m 04:20.01 37.30						
	400m	04:56.71 36.70						
10.	4/6	Kopasz Márk	2012		BVSC-Zugló	04:57.19	+26.81	405
	R.Idő	00.63 50m 33.81 100m 01:10.87 37.06 150m 01:49.23 38.36 200m 02:26.59 37.36 250m 03:04.96 38.37 300m 03:43.29 38.33 350m 04:21.75 38.46						
	400m	04:57.19 35.44						
11.	4/5	Török Ádám	2013		BVSC-Zugló	04:59.56	+29.18	395
	50m	32.45 100m 01:09.33 36.88 150m 01:47.54 38.21 200m 02:25.56 38.02 250m 03:04.38 38.82 300m 03:43.32 38.94 350m 04:22.50 39.18 400m 04:59.56 37.06						
12.	3/6	Keresztúri Zsombor	2013		Békéscsabai EUK	05:02.15	+31.77	385
	R.Idő	00.68 50m 34.49 100m 01:13.42 38.93 150m 01:52.39 38.97 200m 02:31.38 38.99 250m 03:10.15 38.77 300m 03:48.97 38.82 350m 04:27.21 38.24						
	400m	05:02.15 34.94						
13.	4/1	Fekete Barnabás	2013		UNI Győri Úszó Sportegy.	05:02.91	+32.53	382
	50m	33.81 100m 01:11.81 38.00 150m 01:51.24 39.43 200m 02:30.31 39.07 250m 03:08.36 38.05 300m 03:46.84 38.48 350m 04:25.38 38.54 400m 05:02.91 37.53						
14.	5/6	Sallai Áron	2012		Budapesti Honvéd SE	05:04.26	+33.88	377
	R.Idő	00.69 50m 31.07 100m 01:09.15 38.08 150m 01:48.54 39.39 200m 02:27.37 38.83 250m 03:07.00 39.63 300m 03:47.30 40.30 350m 04:25.88 38.58						
	400m	05:04.26 38.38						
15.	4/0	Váradi András	2013		BVSC-Zugló	05:12.81	+42.43	347
	50m	34.09 100m 01:13.02 38.93 150m 01:52.65 39.63 200m 02:32.88 40.23 250m 03:12.62 39.74 300m 03:53.49 40.87 350m 04:33.68 40.19 400m 05:12.81 39.13						
16.	2/3	Müller Áron	2013		Gigászok SE	05:21.60	+51.22	319
	50m	35.39 100m 01:14.67 39.28 150m 01:56.00 41.33 200m 02:37.72 41.72 250m 03:19.39 41.67 300m 04:01.24 41.85 350m 04:42.19 40.95 400m 05:21.60 39.41						

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12	04:21.99	Antal Dávid	Debrecen	2020/12/04
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10	04:45.46	Szekeres Mórió		1990/12/31

2012-2013

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
17.	3/3	Pusztai Dániel	2013		Budapesti Honvéd SE	05:25.28	+54.90	309								
	R.Idő	00.59	50m	33.70	100m	01:13.11	150m	01:53.44	200m	02:34.59	250m	03:17.20	300m	04:00.07	350m	04:43.41
						39.41		40.33		41.15		42.61		42.87		43.34
	400m	05:25.28				41.87										
18.	3/9	Pongrácz Ferenc	2013		BVSC-Zugló	05:28.95	+58.57	298								
	50m	35.73	100m	01:17.39	150m	01:59.91	200m	02:42.21	250m	03:24.42	300m	04:07.19	350m	04:49.63	400m	05:28.95
				41.66		42.52		42.30		42.21		42.77		42.44		39.32
19.	3/8	Dilingai Nimród	2013		Budapesti Honvéd SE	05:38.68	+01:08.30	273								
	50m	37.68	100m	01:19.46	150m	02:01.36	200m	02:44.54	250m	03:29.22	300m	04:13.27	350m	04:56.60	400m	05:38.68
				41.78		41.90		43.18		44.68		44.05		43.33		42.08

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13	04:07.34	Kakuk Koppány	Hódmezővásárhely	2021/07/22
12	04:21.99	Antal Dávid	Debrecen	2020/12/04
11	04:29.65	Szabó Marcell	Hódmezővásárhely	2021/12/17
10	04:45.46	Szekeres Mórió		1990/12/31

2014-2015

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	3/7	Láhr Eliot	2015		NICS-HSÚVC	05:24.34		311								
	50m	36.35	100m	01:16.39 40.04	150m	01:57.90 41.51	200m	02:39.55 41.65	250m	03:21.31 41.76	300m	04:04.22 42.91	350m	04:44.82 40.60	400m	05:24.34 39.52
2.	3/5	Marosvári Zalán	2014		NICS-HSÚVC	05:30.22	+05.88	295								
	50m	35.72	100m	01:16.18 40.46	150m	01:59.46 43.28	200m	02:42.46 43.00	250m	03:25.11 42.65	300m	04:07.13 42.02	350m	04:49.36 42.23	400m	05:30.22 40.86
3.	3/0	Várdai Béla Boldizsár	2014		Four Diamonds SE	05:38.23	+13.89	275								
	50m	37.45	100m	01:19.38 41.93	150m	02:03.61 44.23	200m	02:47.97 44.36	250m	03:31.17 43.20	300m	04:14.37 43.20	350m	04:57.46 43.09	400m	05:38.23 40.77
4.	3/1	Szebeni Patrik	2015		Újpesti Torna Egylet	05:39.41	+15.07	272								
	50m	37.22	100m	01:18.55 41.33	150m	02:02.75 44.20	200m	02:46.28 43.53	250m	03:31.24 44.96	300m	04:15.28 44.04	350m	04:59.54 44.26	400m	05:39.41 39.87
5.	2/7	Farkas Regő	2015		NICS-HSÚVC	05:45.05	+20.71	259								
	50m	37.13	100m	01:20.17 43.04	150m	02:04.33 44.16	200m	02:49.14 44.81	250m	03:34.22 45.08	300m	04:20.40 46.18	350m	05:01.77 41.37	400m	05:45.05 43.28
6.	1/6	Telek Csaba	2015		Gigázok SE	05:48.05	+23.71	252								
	R.Idő	00.66	50m	37.13	100m	01:18.61 41.48	150m	02:03.09 44.48	200m	02:48.02 44.93	250m	03:32.33 44.31	300m	04:17.62 45.29	350m	05:03.21 45.59
	400m	05:48.05 44.84														
7.	2/2	Molnár-Szalai András Béla	2015		Budapesti Honvéd SE	05:52.80	+28.46	242								
	50m	37.85	100m	01:21.28 43.43	150m	02:07.66 46.38	200m	02:53.19 45.53	250m	03:39.13 45.94	300m	04:25.94 46.81	350m	05:11.66 45.72	400m	05:52.80 41.14
8.	1/5	Márton Patrik	2015		Miskolci Sportiskola	06:09.94	+45.60	210								
	50m	41.07	100m	01:28.72 47.65	150m	02:18.12 49.40	200m	03:05.37 47.25	250m	03:51.55 46.18	300m	04:40.45 48.90	350m	05:28.05 47.60	400m	06:09.94 41.89
9.	1/4	Zsarkó Botond	2015		NICS-HSÚVC	06:36.89	+01:12.55	170								
	50m	41.36	100m	01:30.22 48.86	150m	02:21.03 50.81	200m	03:12.72 51.69	250m	04:04.75 52.03	300m	04:56.35 51.60	350m	05:48.02 51.67	400m	06:36.89 48.87

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Évjárat	Csúcs	Név	Helyszín	Dátum
18	03:46.06	Zombori Gábor	Budapest	2019/08/20
16	03:54.36	Márton Richárd	Tbilisi (GEO)	2015/07/28
15	03:52.96	Pápai Olivér	XVII. Győr OPEN	2024/12/17
14	04:01.05	Sárkány Zétény	European Youth Olympic	2025/07/20
13	04:07.34	Kakuk Koppány	Hódmezővásárhely	2021/07/22
12	04:21.99	Antal Dávid	Debrecen	2020/12/04
11	04:29.65	Szabó Marcell	Hódmezővásárhely	2021/12/17
10	04:45.46	Szekeres Mórió		1990/12/31

2016

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	AQUA								
1.	2/4	Prencsok Pál	2016		Újpesti Torna Egylet	05:44.16		261								
	50m	37.41	100m	01:20.81 43.40	150m	02:05.20 44.39	200m	02:49.44 44.24	250m	03:33.33 43.89	300m	04:18.19 44.86	350m	05:01.82 43.63	400m	05:44.16 42.34
2.	2/5	Tokai Péter	2016		Debreceni Sportc. SI	05:52.70	+08.54	242								
	50m	39.52	100m	01:23.77 44.25	150m	02:08.88 45.11	200m	02:55.31 46.43	250m	03:40.87 45.56	300m	04:27.32 46.45	350m	05:11.11 43.79	400m	05:52.70 41.59
3.	1/3	Tamás Bence	2016		Debreceni Aquasport	06:08.33	+24.17	212								
	50m	39.64	100m	01:26.44 46.80	150m	02:15.14 48.70	200m	03:01.74 46.60	250m	03:46.85 45.11	300m	04:35.32 48.47	350m	05:23.57 48.25	400m	06:08.33 44.76
4.	2/0	Radvánszki Detre	2016		Nyíregyházi Sportcentrum	06:24.02	+39.86	187								
	50m	41.57	100m	01:28.88 47.31	150m	02:18.56 49.68	200m	03:08.63 50.07	250m	03:58.44 49.81	300m	04:48.44 50.00	350m	05:37.40 48.96	400m	06:24.02 46.62
5.	2/8	Laczikó Gellért	2016		Debreceni Sportc. SI	06:24.38	+40.22	187								
	50m	41.57	100m	01:28.26 46.69	150m	02:18.19 49.93	200m	03:08.72 50.53	250m	03:57.71 48.99	300m	04:47.72 50.01	350m	05:37.10 49.38	400m	06:24.38 47.28
6.	2/1	Tóth András Máté	2016		Debreceni Sportc. SI	06:28.63	+44.47	181								
	50m	41.64	100m	01:29.77 48.13	150m	02:20.83 51.06	200m	03:12.63 51.80	250m	04:02.92 50.29	300m	04:53.22 50.30	350m	05:42.35 49.13	400m	06:28.63 46.28
DNS	3/2	Paku Zalán	2016		NICS-HSÚVC											
DNS	2/6	Nagy-Kondor Máté	2016		Debreceni Sportc. SI											