

400 m női gyors

3. versenyszám Országos csúcs: 3:59.68 (Verrasztó Evelyn - 2009)

Női 2006 és idősebb

1.	Pernyész Dorottya	2005	Parafa UK	5:03,13	****p
	50m: 0:32,57 100m: 1:10,07 150m: 1:49,14 200m: 2:28,70 250m: 3:08,04 300m: 3:46,52 350m: 4:25,58				
	Edzője:				

Női 2007-2008

1.	Zombori-Szalontai Kriszti	2008	Debr.SC SI	4:40,51	****p
	50m: 0:31,83 100m: 1:05,99 150m: 1:41,25 200m: 2:17,24 250m: 2:53,60 300m: 3:29,93 350m: 4:05,83				
	Edzője: Bodor Richárd				
2.	Lénárt Eszter	2007	Nyíregyházi Sportc	4:48,39	****p
	50m: 0:32,14 100m: 1:07,51 150m: 1:43,94 200m: 2:20,82 250m: 2:57,97 300m: 3:35,04 350m: 4:12,03				
3.	Sós Borbála Mária	2008	Egri ÚK	4:50,01	****p
	50m: 0:35,26 100m: 1:12,04 150m: 1:48,59 200m: 2:25,19 250m: 3:01,36 300m: 3:38,24 350m: 4:14,99				
4.	Hornyik Panna	2008	MiskolciSI	4:53,34	****p
	50m: 0:31,98 100m: 1:07,77 150m: 1:45,01 200m: 2:22,79 250m: 3:00,21 300m: 3:38,61 350m: 4:16,59				
5.	Rácz Anna Lilla	2007	Debr.SC SI	4:56,22	****p
	50m: 0:32,87 100m: 1:09,02 150m: 1:46,19 200m: 2:24,14 250m: 3:02,10 300m: 3:40,19 350m: 4:19,04				
6.	Busánszky Anasztázia	2008	Debr.SC SI	5:06,38	****p
	50m: 0:33,98 100m: 1:12,29 150m: 1:52,71 200m: 2:31,42 250m: 3:11,08 300m: 3:50,21 350m: 4:28,98				
7.	Oláh Emese	2007	JászapátSK	6:26,59	****p
	50m: 0:40,95 100m: 1:27,23 150m: 2:15,91 200m: 3:04,53 250m: 3:54,63 300m: 4:45,30 350m: 5:36,67				

Női 2009-2010

1.	Szabó Lilla	2009	Egri ÚK	4:31,31	****p
	50m: 0:31,38 100m: 1:05,27 150m: 1:39,87 200m: 2:14,97 250m: 2:49,22 300m: 3:23,84 350m: 3:58,73				
	Edzője:				
2.	Kinczel Adrienn	2010	Debr.SC SI	4:57,87	****p
	50m: 0:33,99 100m: 1:10,74 150m: 1:48,52 200m: 2:26,12 250m: 3:04,32 300m: 3:41,81 350m: 4:20,74				
3.	Bán Petra	2009	Tiszaújvárosi TK	5:01,20	****p
	50m: 0:32,25 100m: 1:08,76 150m: 1:46,68 200m: 2:25,52 250m: 3:04,60 300m: 3:44,46 350m: 4:23,69				
4.	Sós Júlia Anna	2009	Egri ÚK	5:01,78	****p
	50m: 0:33,26 100m: 1:10,72 150m: 1:49,38 200m: 2:28,28 250m: 3:07,54 300m: 3:46,82 350m: 4:25,33				
5.	Tihor Jázmin	2010	MiskolciSI	5:09,25	****p
	50m: 0:33,05 100m: 1:10,96 150m: 1:50,29 200m: 2:31,12 250m: 3:11,20 300m: 3:52,52 350m: 4:31,62				
6.	Győri Lizett	2009	Parafa UK	5:10,85	****p
	50m: 0:35,15 100m: 1:14,18 150m: 1:54,12 200m: 2:34,40 250m: 3:14,14 300m: 3:54,07 350m: 4:33,66				
7.	Gál Boglárka	2009	Tiszaújvárosi TK	5:14,38	****p
	50m: 0:34,77 100m: 1:13,56 150m: 1:53,71 200m: 2:34,35 250m: 3:15,41 300m: 3:56,39 350m: 4:36,91				

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Női 2009-2010

8.	Kopcsó Petra	2009	MiskolciSI	5:16,36	****p
	50m: 0:33,44 100m: 1:12,23 150m: 1:52,45 200m: 2:33,37 250m: 3:14,77 300m: 3:56,14 350m: 4:38,30				
9.	Hegedüs Petra	2010	Magnetic	5:33,12	****p
	50m: 0:34,55 100m: 1:14,90 150m: 1:57,05 200m: 2:40,34 250m: 3:23,97 300m: 4:08,25 350m: 4:51,97				
10.	Kovács Lara Gréta	2010	EVK	5:33,32	****p
	50m: 0:38,04 100m: 1:19,66 150m: 2:02,37 200m: 2:45,56 250m: 3:28,47 300m: 4:12,13 350m: 4:53,82				
11.	Juhos Lia	2009	Tiszaújvárosi TK	5:34,23	****p
	50m: 0:36,76 100m: 1:18,90 150m: 2:02,75 200m: 2:47,51 250m: 3:30,11 300m: 4:13,41 350m: 4:55,23				
12.	Hajdu Gréta Emma	2010	Tiszaújvárosi TK	5:36,02	****p
	50m: 0:37,96 100m: 1:19,90 150m: 2:02,54 200m: 2:45,10 250m: 3:27,82 300m: 4:11,34 350m: 4:54,87				
13.	Debreceni Luca	2010	MiskolciSI	5:55,57	****p
	50m: 0:38,83 100m: 1:23,80 150m: 2:09,02 200m: 2:55,09 250m: 3:41,72 300m: 4:27,54 350m: 5:13,06				
14.	Sóti Laura	2009	JászapátSK	6:07,04	****p
	50m: 0:40,00 100m: 1:25,59 150m: 2:13,58 200m: 3:01,00 250m: 3:49,07 300m: 4:35,87 350m: 5:22,26				
15.	Imolya Mirella Petra	2010	MiskolciSI	6:08,03	****p
	50m: 0:38,54 100m: 1:23,24 150m: 2:10,15 200m: 2:58,27 250m: 3:46,92 300m: 4:35,72 350m: 5:23,75				
16.	Sóti Anna	2009	JászapátSK	6:08,09	****p
	50m: 0:39,95 100m: 1:25,06 150m: 2:12,80 200m: 3:00,19 250m: 3:48,09 300m: 4:35,96 350m: 5:23,71				
17.	Jakab Zsófia Gréta	2010	MiskolciSI	6:29,26	****p
	50m: 0:42,17 100m: 1:30,41 150m: 2:20,45 200m: 3:11,06 250m: 4:02,03 300m: 4:52,05 350m: 5:42,31				

Női 2010-2011

1.	Balázs Hanna	2011	Egri ÚK	5:20,75	****p
	50m: 0:35,12 100m: 1:16,33 150m: 1:56,81 200m: 2:39,22 250m: 3:19,06 300m: 4:01,95 350m: 4:41,42				
	Edzője:				
2.	Ecsedi Julianna	2011	Debr.SC SI	5:25,17	****p
	50m: 0:35,77 100m: 1:16,80 150m: 1:58,40 200m: 2:40,51 250m: 3:22,49 300m: 4:04,99 350m: 4:47,47				
3.	Varga Hanna	2011	Magnetic	5:25,76	****p
	50m: 0:34,43 100m: 1:14,08 150m: 1:56,57 200m: 2:38,61 250m: 3:21,15 300m: 4:04,31 350m: 4:47,44				
4.	Csecsődi Hajnalka Ibolya	2011	Debr.SC SI	5:27,73	****p
	50m: 0:36,97 100m: 1:17,66 150m: 1:59,12 200m: 2:41,58 250m: 3:23,98 300m: 4:06,36 350m: 4:48,10				
5.	Miklós Janka	2012	MiskolciSI	5:36,12	****p
	50m: 0:37,76 100m: 1:19,86 150m: 2:02,72 200m: 2:46,55 250m: 3:29,26 300m: 4:12,88 350m: 4:55,90				
6.	Kiss Léna	2011	MiskolciSI	5:37,81	****p
	50m: 0:37,09 100m: 1:19,88 150m: 2:02,84 200m: 2:47,50 250m: 3:30,63 300m: 4:14,37 350m: 4:56,67				

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Női 2010-2011

7.	Szabolcsi Alma	2011	Nyíregyházi Sportc	5:40,40	****p
	50m: 0:34,99 100m: 1:16,15 150m: 1:59,15 200m: 2:43,10 250m: 3:27,14 300m: 4:11,49 350m: 4:56,60				
8.	Zölde Zille	2011	MÚSZ	5:51,02	****p
	50m: 0:37,78 100m: 1:22,81 150m: 2:08,38 200m: 2:53,65 250m: 3:39,19 300m: 4:24,85 350m: 5:09,26				
9.	Cserés Adél	2012	Nyíregyházi Sportc	6:02,20	****p
	50m: 0:39,00 100m: 1:24,04 150m: 2:10,35 200m: 2:56,76 250m: 3:44,85 300m: 4:32,41 350m: 5:18,98				
10.	Király Csenge Zsófia	2011	MiskolciSI	6:08,75	****p
	50m: 0:39,95 100m: 1:25,01 150m: 2:10,61 200m: 2:59,03 250m: 3:47,92 300m: 4:35,58 350m: 5:23,89				
11.	Tumpek Anna Katalin	2011	Nyíregyházi Sportc	6:33,93	****p
	50m: 0:40,86 100m: 1:28,13 150m: 2:17,89 200m: 3:09,00 250m: 4:00,94 300m: 4:53,29 350m: 5:44,78				
12.	Gincsei Regina	2012	Nyíregyházi Sportc	6:59,71	****p
	50m: 0:46,05 100m: 3:25,26 150m: 2:31,29 200m: 5:14,68 350m: 6:08,71				
13.	Harman Boglárka	2012	Nyíregyházi Sportc	7:00,51	****p
	50m: 0:42,95 100m: 1:35,08 150m: 2:28,69 200m: 3:23,69 250m: 4:17,76 300m: 5:13,50 350m: 6:06,69				
14.	Lekli Anna	2011	Nyíregyházi Sportc	7:38,50	****p
	50m: 0:45,90 100m: 1:41,43 150m: 2:43,23 200m: 3:41,59 250m: 4:43,89 300m: 5:44,75 350m: 6:44,07				

Nem indult

Dohán Flóra Piroska 2011 Nyíregyházi Sportc

Női 2013

1.	Borsos Csilla Dóra	2013	Debr.SC SI	6:33,58	****p
	50m: 0:42,01 100m: 1:31,94 150m: 2:22,23 200m: 3:13,92 250m: 4:04,14 300m: 4:53,47 350m: 5:44,39				
	Edzője: Hajdu Bence				
2.	Hajtman Virág Petra	2013	Nyíregyházi Sportc	6:44,51	****p
	50m: 0:42,80 100m: 1:32,11 150m: 2:24,09 200m: 3:16,66 250m: 4:10,04 300m: 5:03,91 350m: 5:56,02				