

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

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|----|--|------|--------------------|---------|-------|
| 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

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

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 | | | | |