

1500 m női gyors

Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

2007 és idősebb

1.	Virág Ágnes	2007	Debr.SC SI	19:45,34	396p		
	50m: 0:36,46	100m: 1:16,89	150m: 1:58,12	200m: 2:39,07	250m: 3:20,03	300m: 4:00,85	350m: 4:41,43
	400m: 5:21,55	450m: 6:01,97	500m: 6:42,00	550m: 7:22,08	600m: 8:02,28	650m: 8:42,29	700m: 9:22,16
	750m: 10:01,83	800m: 10:41,53	850m: 11:20,96	900m: 12:00,36	950m: 12:39,85	1000m:13:18,98	1050m:13:58,24
	1100m:14:37,35	1150m:15:16,41	1200m:15:55,80	1250m:16:35,01	1300m:17:14,14	1350m:17:52,93	1400m:18:32,00
	1450m:19:09,25						
	Edzője:						

Nem indult

Lénárt Eszter	2007	Nyíregyházi Sportc
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2008-2009

1.	Sós Júlia Anna	2009	Egri ÚK	18:09,01	511p		
	50m: 0:32,10	100m: 1:07,88	150m: 1:44,58	200m: 2:21,82	250m: 2:58,59	300m: 3:35,42	350m: 4:12,23
	400m: 4:49,27	450m: 5:25,93	500m: 6:02,84	550m: 6:39,44	600m: 7:16,49	650m: 7:52,99	700m: 8:29,81
	750m: 9:06,45	800m: 9:43,09	850m: 10:19,45	900m: 10:55,78	950m: 11:32,18	1000m:12:08,58	1050m:12:45,31
	1100m:13:21,64	1150m:13:57,99	1200m:14:34,64	1250m:15:11,20	1300m:15:47,59	1350m:16:24,06	1400m:17:00,06
	1450m:17:35,24						
	Edzője:						

2.	Takács Lilla			2009	Debr.SC SI			19:42,53	399p
	50m: 0:35,41	100m: 1:15,20	150m: 1:55,33	200m: 2:35,26	250m: 3:15,26	300m: 3:55,03	350m: 4:35,73		
	400m: 5:15,85	450m: 5:55,91	500m: 6:35,24	550m: 7:14,86	600m: 7:54,33	650m: 8:33,52	700m: 9:12,91		
	750m: 9:51,84	800m: 10:31,29	850m: 11:10,57	900m: 11:49,67	950m: 12:28,41	1000m:13:08,14	1050m:13:47,43		
	1100m:14:27,09	1150m:15:06,86	1200m:15:46,29	1250m:16:25,63	1300m:17:04,97	1350m:17:44,85	1400m:18:24,20		
	1450m:19:03,82								

Nem indult

Kovács Kitti	2009	Debr.SC SI
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2010-2011

1.	Kinczel Adrienn	2010	Debr.SC SI	19:02,39	443p		
	50m: 0:33,30	100m: 1:09,70	150m: 1:47,14	200m: 2:24,67	250m: 3:02,54	300m: 3:40,51	350m: 4:18,74
	400m: 4:57,12	450m: 5:35,53	500m: 6:13,91	550m: 6:51,60	600m: 7:30,01	650m: 8:08,55	700m: 8:46,81
	750m: 9:25,20	800m: 10:03,63	850m: 10:42,37	900m: 11:20,42	950m: 11:59,03	1000m: 12:36,97	1050m: 13:14,74
	1100m:13:53,18	1150m:14:31,89	1200m:15:10,84	1250m:15:49,90	1300m:16:28,87	1350m:17:07,83	1400m:17:46,31
	1450m:18:25,06						
	Edzője:						

2.	Kovács Lara Gréta	2010	Egri ÚK				19:26,15	416p
50m:	0:35,59	100m: 1:14,51	150m: 1:53,50	200m: 2:32,82	250m: 3:12,04	300m: 3:51,23	350m: 4:30,30	
400m:	5:09,78	400m: 5:49,25	500m: 6:28,30	550m: 7:07,72	600m: 7:47,12	650m: 8:26,17	700m: 9:05,50	
750m:	9:44,87	800m: 10:24,15	850m: 11:03,63	900m: 11:42,86	950m: 12:22,07	1000m:13:01,24	1050m:13:40,00	
1100m:	14:18,98	1150m:14:57,94	1200m:15:37,38	1250m:16:16,41	1300m:16:55,10	1350m:17:33,84	1400m:18:11,97	
1450m:	18:50,18							

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2010-2011

3.	Csecsődi Hajnalka Ibolya	2011	Debr.SC SI	20:33,55	352p
	50m: 0:35,51 100m: 1:14,77 150m: 1:55,45 200m: 2:35,27 250m: 3:15,70 300m: 3:56,17 350m: 4:36,79				
	400m: 5:17,51 450m: 5:57,88 500m: 6:39,06 550m: 7:19,84 600m: 8:00,89 650m: 8:42,42 700m: 9:23,60				
	750m: 10:05,67 800m: 10:46,78 850m: 11:29,04 900m: 12:10,43 950m: 12:52,90 1000m: 13:34,58 1050m: 14:17,25				
	1100m: 14:58,60 1150m: 15:40,48 1200m: 16:22,40 1250m: 17:04,94 1300m: 17:47,46 1350m: 18:29,61 1400m: 19:11,35				
	1450m: 19:52,99				
4.	Ecsedi Julianna	2011	Debr.SC SI	21:14,52	319p
	50m: 0:36,42 100m: 1:18,08 150m: 2:00,42 200m: 2:41,46 250m: 3:23,73 300m: 4:07,09 350m: 4:49,67				
	400m: 5:32,40 450m: 6:14,58 500m: 6:57,74 550m: 7:40,35 600m: 8:23,73 650m: 9:06,37 700m: 9:48,88				
	750m: 10:31,79 800m: 11:14,96 850m: 11:57,66 900m: 12:40,71 950m: 13:24,08 1000m: 14:07,10 1050m: 14:50,34				
	1100m: 15:32,55 1150m: 16:15,90 1200m: 16:58,11 1250m: 17:40,64 1300m: 18:23,66 1350m: 19:06,92 1400m: 19:50,12				
	1450m: 20:32,55				
5.	Eczeti Zsófia	2011	BÚKE	21:16,50	317p
	50m: 0:37,95 100m: 1:20,09 150m: 2:02,69 200m: 2:45,70 250m: 3:28,81 300m: 4:12,12 350m: 4:55,17				
	400m: 5:38,35 450m: 6:21,44 500m: 7:04,64 550m: 7:47,81 600m: 8:30,70 650m: 9:13,98 700m: 9:56,81				
	750m: 10:40,02 800m: 11:22,78 850m: 12:05,55 900m: 12:49,03 950m: 13:32,18 1000m: 14:15,31 1050m: 14:57,88				
	1100m: 15:40,71 1150m: 16:23,26 1200m: 17:05,94 1250m: 17:48,75 1300m: 18:30,91 1350m: 19:12,93 1400m: 19:54,66				
	1450m: 20:35,92				

2012-2013

1.	Erdős Luca	2013	Debr.SC SI	20:49,62	338p
	50m: 0:36,30 100m: 1:16,47 150m: 1:58,05 200m: 2:39,58 250m: 3:21,37 300m: 4:02,65 350m: 4:44,20				
	400m: 5:26,22 450m: 6:08,73 500m: 6:50,88 550m: 7:32,36 600m: 8:14,27 650m: 8:56,40 700m: 9:38,38				
	750m: 10:20,19 800m: 11:01,96 850m: 11:44,04 900m: 12:26,38 950m: 13:08,39 1000m: 13:50,57 1050m: 14:32,31				
	1100m: 15:14,46 1150m: 15:55,75 1200m: 16:37,89 1250m: 17:20,27 1300m: 18:02,48 1350m: 18:44,83 1400m: 19:27,49				
	1450m: 20:08,89				
	Edzője:				
2.	Metcalfe Rebecca Erzsébet	2012	BÚKE	21:01,06	329p
	50m: 0:37,39 100m: 1:18,69 150m: 2:00,02 200m: 2:41,62 250m: 3:24,01 300m: 4:05,57 350m: 4:46,40				
	400m: 5:28,59 450m: 6:11,20 500m: 6:52,66 550m: 7:34,73 600m: 8:16,29 650m: 8:59,13 700m: 9:41,06				
	750m: 10:23,47 800m: 11:06,27 850m: 11:49,40 900m: 12:31,88 950m: 13:14,83 1000m: 13:57,23 1050m: 14:39,83				
	1100m: 15:22,47 1150m: 16:05,57 1200m: 16:48,34 1250m: 17:31,53 1300m: 18:14,19 1350m: 18:56,02 1400m: 19:38,40				
	1450m: 20:19,85				
3.	Béke Blanka	2012	Debr.SC SI	21:02,88	328p
	50m: 0:34,67 100m: 1:15,17 150m: 1:56,78 200m: 2:39,22 250m: 3:21,80 300m: 4:05,28 350m: 4:47,78				
	400m: 5:31,01 450m: 6:13,76 500m: 6:56,65 550m: 7:39,79 600m: 8:22,67 650m: 9:05,93 700m: 9:48,57				
	750m: 10:31,54 800m: 11:14,24 850m: 11:56,67 900m: 12:38,98 950m: 13:22,21 1000m: 14:04,77 1050m: 14:47,54				
	1100m: 15:29,96 1150m: 16:12,28 1200m: 16:54,37 1250m: 17:36,94 1300m: 18:18,43 1350m: 19:00,91 1400m: 19:42,23				
	1450m: 20:23,56				
4.	Oláh Míra	2012	BÚKE	22:18,47	275p
	50m: 0:41,06 100m: 1:26,01 150m: 2:11,49 200m: 2:58,24 250m: 3:44,73 300m: 4:29,50 350m: 5:13,53				
	400m: 5:57,56 450m: 6:41,63 500m: 7:25,80 550m: 8:09,70 600m: 8:53,87 650m: 9:38,79 700m: 10:23,71				
	750m: 11:09,42 800m: 11:54,10 850m: 12:39,87 900m: 13:26,00 950m: 14:10,80 1000m: 14:55,25 1050m: 15:39,89				
	1100m: 16:24,43 1150m: 17:10,08 1200m: 17:54,59 1250m: 18:39,56 1300m: 19:23,48 1350m: 20:08,78 1400m: 20:53,09				
	1450m: 21:35,44				

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2012-2013

5.	Borsos Csilla Dóra		2013	Debr.SC SI		23:14,64		243p
	50m: 0:38,92	100m: 1:23,24	150m: 2:08,85	200m: 2:55,30	250m: 3:41,82	300m: 4:28,61	350m: 5:14,62	
	400m: 6:01,31	450m: 6:48,52	500m: 7:35,69	550m: 8:21,98	600m: 9:07,62	650m: 9:54,16	700m: 10:40,39	
	750m: 11:26,83	800m: 12:12,41	850m: 12:59,65	900m: 13:46,04	950m: 14:33,85	1000m: 15:21,74	1050m: 16:09,30	
	1100m:16:55,52	1150m:17:44,02	1200m:18:30,61	1250m:19:18,57	1300m:20:06,16	1350m:20:55,26	1400m:21:42,54	
	1450m:22:28,83							
6.	Kiss Luca Lia		2012	Debr.SC SI		23:21,88		239p
	50m: 0:37,70	100m: 1:22,68	150m: 2:10,43	200m: 2:57,57	250m: 3:43,56	300m: 4:30,99	350m: 5:17,92	
	400m: 6:04,98	450m: 6:52,31	500m: 7:40,36	550m: 8:28,17	600m: 9:15,47	650m: 10:02,62	700m: 10:49,84	
	750m: 11:37,53	800m: 12:25,03	850m: 13:12,55	900m: 13:58,26	950m: 14:47,27	1000m:15:35,97	1050m:16:24,45	
	1100m:17:11,70	1150m:18:00,17	1200m:18:48,27	1250m:19:35,55	1300m:20:23,13	1350m:21:09,92	1400m:21:56,44	
	1450m:22:40,52							
7.	Gincsa Regina		2012	Nyíregyházi Sportc		24:57,99		196p
	50m: 0:41,11	100m: 1:29,37	150m: 2:18,59	200m: 3:08,89	250m: 3:58,21	300m: 4:48,39	350m: 5:38,38	
	400m: 6:28,89	450m: 7:18,47	500m: 8:09,11	550m: 8:58,97	600m: 9:49,10	650m: 10:39,15	700m: 11:30,06	
	750m: 12:20,87	800m: 13:10,73	850m: 14:00,99	900m: 14:50,84	950m: 15:41,67	1000m:16:31,07	1050m:17:21,14	
	1100m:18:12,36	1150m:19:04,25	1200m:19:53,33	1250m:20:46,35	1300m:21:38,81	1350m:22:30,94	1400m:23:20,46	
	1450m:24:12,63							