

ELŐFUTAM KAT. EREDMÉNY

400 m férfi gyors

1. versenyszám

Évjárat	Csúcs	Név	Helyszín	Dátum
felölt	03:45.32	RASOVSKY Kristóf	Szerencsétárk Zrt. -	2025. ápr. 09.
18	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
17	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
16	03:54.36	MÁRTON Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:52.96	PÁPAI Olivér	XVII. Győr OPEN	2024. dec. 17.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.
13	04:07.34	KAKUK Koppány	Hódmezővásárhely	2021. júl. 22.
12	04:21.99	ANTAL Dávid	Debrecen	2020. dec. 04.
11	04:29.65	SZABÓ Marcell	Hódmezővásárhely	2021. dec. 17.

2011 és idősebb férfi

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA								
1.	1/2	MÁRTON Richárd	1999		Budapesti Honvéd SE	04:00.10										
	50m	27.00	100m	56.85	150m	01:26.79	200m	01:57.46	250m	02:28.04	300m	02:59.00	350m	03:29.54	400m	04:00.10
				29.85		29.94		30.67		30.58		30.96		30.54		30.56
2.	1/3	ZOMBORI Gábor	2002		Újpesti Torna Egylet	04:02.27	+02.17									
	50m	27.24	400m	04:02.27												
3.	1/4	KOVÁCS-SERES Hunor	2006		DKSE Dunaújváros	04:03.71	+03.61									
	50m	28.73	100m	59.88	150m	01:31.22	200m	02:02.51	250m	02:33.29	300m	03:03.86	350m	03:33.88	400m	04:03.71
				31.15		31.34		31.29		30.78		30.57		30.02		29.83
4.	1/7	GYÖRE Ádám	2004		Egri Úszó Klub SE	04:13.59	+13.49									
	50m	28.95	100m	59.89	150m	01:31.64	200m	02:03.91	250m	02:36.50	300m	03:09.26	350m	03:42.65	400m	04:13.59
				30.94		31.75		32.27		32.59		32.76		33.39		30.94
5.	1/5	KREISZ Bálint	2009		Debreceni Sportc. SI	04:14.64	+14.54									
	50m	29.02	100m	01:00.93	150m	01:32.79	200m	02:04.82	250m	02:36.16	300m	03:08.48	350m	03:42.00	400m	04:14.64
				31.91		31.86		32.03		31.34		32.32		33.52		32.64
6.	1/6	DEÁK Gergely	2007		A Jövő SC	04:15.80	+15.70									
	50m	29.31	100m	01:01.38	150m	01:33.59	200m	03:11.19	250m	03:44.23	400m	04:15.80				
				32.07		32.21		01:37.60		33.04						
7.	1/8	RAJCSÁNYI Boldizsár	2007		Egri Úszó Klub SE	04:19.00	+18.90									
	50m	29.04	100m	01:00.96	150m	01:33.75	200m	02:07.02	250m	02:40.00	300m	03:13.21	350m	03:46.86	400m	04:19.00
				31.92		32.79		33.27		32.98		33.21		33.65		32.14
8.	6/6	ALABDALLAT Adnan Omar	2007	JOR	Stipendium Hungaricum	04:20.92	+20.82									
	50m	28.53	100m	58.73	150m	01:30.74	200m	02:03.91	250m	02:38.56	300m	03:13.61	350m	03:48.80	400m	04:20.92
				30.20		32.01		33.17		34.65		35.05		35.19		32.12
9.	1/1	GENEST Matteo	2011		A Jövő SC	04:22.22	+22.12									
	50m	28.70	100m	01:00.90	150m	01:33.67	200m	02:07.58	250m	02:40.92	300m	03:15.35	350m	03:48.92	400m	04:22.22
				32.20		32.77		33.91		33.34		34.43		33.57		33.30
10.	1/0	NYEMCSOK Tamás Benjamin	2008		Egri Úszó Klub SE	04:24.80	+24.70									
	50m	29.57	100m	01:02.13	150m	01:35.61	200m	02:09.69	250m	02:43.53	300m	03:18.17	350m	03:52.23	400m	04:24.80
				32.56		33.48		34.08		33.84		34.64		34.06		32.57
11.	1/9	TORMA Benjamin	2004		Vasas Sport Club	04:25.01	+24.91									
	50m	29.36	100m	01:02.10	150m	01:35.53	200m	02:09.49	250m	02:43.25	300m	03:17.63	350m	03:51.98	400m	04:25.01
				32.74		33.43		33.96		33.76		34.38		34.35		33.03
12.	2/5	KONCZ Márton	2008		Budaörsi Sport Club	04:25.27	+25.17									
	50m	29.42	100m	01:02.22	150m	01:36.41	250m	02:45.03	300m	03:19.58	350m	03:53.59	400m	04:25.27		
				32.80		34.19				34.55		34.01		31.68		
13.	2/4	NAHALKA Bence	2009		Egri Úszó Klub SE	04:26.47	+26.37									
	50m	29.29	100m	01:01.96	150m	01:36.02	200m	02:10.68	250m	02:45.32	300m	03:19.96	350m	03:53.87	400m	04:26.47
				32.67		34.06		34.66		34.64		34.64		33.91		32.60
14.	2/6	MILOVANOVICS Csanád	2010		SZVUK (régí)	04:27.34	+27.24									
	50m	29.92	100m	01:03.55	150m	01:37.53	200m	02:11.76	250m	02:45.64	300m	03:20.04	350m	03:54.27	400m	04:27.34
				33.63		33.98		34.23		33.88		34.40		34.23		33.07
15.	2/3	BÁLINT Botond	2011		DKSE Dunaújváros	04:28.34	+28.24									
	50m	29.98	100m	01:03.61	150m	01:37.38	200m	02:11.70	250m	02:45.85	300m	03:20.50	350m	03:54.85	400m	04:28.34
				33.63		33.77		34.32		34.15		34.65		34.35		33.49
16.	5/0	KUKHALASVILI Luka	2002	GEO	Stipendium Hungaricum	04:28.43	+28.33									
	50m	29.16	100m	01:01.14	150m	01:34.30	200m	02:08.12	250m	02:42.81	300m	03:17.91	350m	03:53.54	400m	04:28.43
				31.98		33.16		33.82		34.69		35.10		35.63		34.89
17.	5/5	ZANYI Olivér Richárd	2010		Egri Úszó Klub SE	04:34.69	+34.59									
	50m	30.78	100m	01:03.43	150m	01:36.75	200m	02:10.89	250m	02:46.26	300m	03:22.01	350m	03:58.53	400m	04:34.69
				32.65		33.32		34.14		35.37		35.75		36.52		36.16
18.	5/2	CSINCSÁK Dániel	2009		Budaörsi Sport Club	04:36.00	+35.90									
	50m	30.53	100m	01:05.04	150m	01:39.59	200m	02:14.84	250m	02:50.28	300m	03:26.25	350m	04:02.02	400m	04:36.00
				34.51		34.55		35.25		35.44		35.97		35.77		33.98
19.	2/7	TASI Barnabás	2011		Egri Úszó Klub SE	04:44.68	+44.58									
	50m	31.50	100m	01:07.20	150m	01:43.90	200m	02:20.51	250m	02:57.15	300m	03:33.77	350m	04:10.13	400m	04:44.68
				35.70		36.70		36.61		36.64		36.62		36.36		34.55
20.	5/8	GHAIL Soud	2004	BRN	Stipendium Hungaricum	04:48.92	+48.82									
	50m	30.36	100m	01:04.33	150m	01:39.72	200m	02:16.89	250m	02:54.70	300m	03:32.96	350m	04:11.53	400m	04:48.92
				33.97		35.39		37.17		37.81		38.26		38.57		37.39

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18	03:45.32	RASOVSKY Kristóf	Szerencsejáték Zrt. - Győr	2025. ápr. 09.
17	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
16	03:54.36	MÁRTON Richárd	Budapest	2019. aug. 20.
15	03:52.96	PÁPAI Olivér	Tbilisi (GEO)	2015. júl. 28.
14	04:01.71	KAKUK Koppány	XVII. Győr OPEN	2024. dec. 17.
13	04:07.34	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.
12	04:21.99	ANTAL Dávid	Hódmezővásárhely	2021. júl. 22.
11	04:29.65	SZABÓ Marcell	Debrecen	2020. dec. 04.
			Hódmezővásárhely	2021. dec. 17.

2011 és idősebb férfi

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA
21.	3/4	MATA Nimród	2011		MATE - GEAC	04:49.97	+49.87	
	50m	31.32	100m	01:08.11	150m	01:45.37	200m	02:23.54
		36.79		37.26		38.17	250m	03:01.35
						37.81	300m	03:38.21
						36.86	350m	04:14.72
						36.51	400m	04:49.97
								35.25
22.	3/7	SZENDREI Bende Botond	2011		Budaörsi Sport Club	04:54.16	+54.06	
	50m	32.53	100m	01:09.39	150m	01:46.75	200m	02:24.55
		36.86		37.36		37.80	250m	03:01.77
						37.22	300m	03:39.41
						37.64	350m	04:17.18
						37.77	400m	04:54.16
								36.98
23.	6/5	GOMBOS Dávid Pál	2008		VS Dunakeszi	04:57.77	+57.67	
	50m	30.67	100m	01:05.63	150m	01:42.98	200m	02:21.40
		34.96		37.35		38.42	250m	02:59.92
						38.52	300m	03:39.69
						39.77	350m	04:18.99
						39.30	400m	04:57.77
								38.78
24.	3/1	SZIRA Tamás	2011		MATE - GEAC	05:04.84	+01:04.74	
	50m	32.48	100m	01:09.03	150m	01:47.52	200m	02:26.84
		36.55		38.49		39.32	250m	03:07.16
						40.32	300m	03:47.34
						40.18	350m	04:26.56
						39.22	400m	05:04.84
								38.28
DNS	4/9	PALOV Péter	2011		MATE - GEAC			

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17	03:46.06	ZOMBORI Gábor	Budapest	2019. aug. 20.
16	03:54.36	MÁRTON Richárd	Tbilisi (GEO)	2015. júl. 28.
15	03:52.96	PÁPAI Olivér	XVII. Győr OPEN	2024. dec. 17.
14	04:01.71	KAKUK Koppány	Hódmezővásárhely	2022. júl. 28.
13	04:07.34	KAKUK Koppány	Hódmezővásárhely	2021. júl. 22.
12	04:21.99	ANTAL Dávid	Debrecen	2020. dec. 04.
11	04:29.65	SZABÓ Marcell	Hódmezővásárhely	2021. dec. 17.

2012-2015 férfi

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA	
1.	2/0	SPISÁK Máté	2012		Budaörsi Sport Club	04:44.65			
	50m	31.27	100m 01:06.19	150m 01:42.48	200m 02:19.00	250m 02:56.08	300m 03:33.21	350m 04:09.41	400m 04:44.65
			34.92	36.29	36.52	37.08	37.13	36.20	35.24
2.	2/2	MADÁR Marcell	2013		BVSC-Zugló	04:46.05		+01.40	
	50m	31.04	100m 01:06.26	150m 01:42.45	200m 02:19.27	250m 02:56.10	300m 03:33.28	350m 04:10.17	400m 04:46.05
			35.22	36.19	36.82	36.83	37.18	36.89	35.88
3.	3/5	GYENGE-TAKÁCS Dávid	2012		Debreceni Sportc. SI	04:48.82		+04.17	
	50m	32.53	100m 01:08.42	150m 01:45.67	200m 02:23.01	250m 02:59.46	300m 03:36.96	350m 04:13.33	400m 04:48.82
			35.89	37.25	37.34	36.45	37.50	36.37	35.49
4.	5/4	KNITLI Benedek	2013		MATE - GEAC	04:49.82		+05.17	
	50m	31.70	100m 01:07.98	150m 01:45.62	200m 02:23.09	250m 02:59.30	300m 03:36.63	350m 04:13.70	400m 04:49.82
			36.28	37.64	37.47	36.21	37.33	37.07	36.12
5.	2/1	KOLOZSVÁRI Dávid	2012		DKSE Dunaújváros	04:55.17		+10.52	
	50m	33.10	100m 01:09.38	150m 01:47.26	200m 02:25.08	250m 03:03.17	300m 03:40.88	350m 04:18.27	400m 04:55.17
			36.28	37.88	37.82	38.09	37.71	37.39	36.90
6.	3/6	NYÁRI Hunor	2013		Budaörsi Sport Club	04:59.70		+15.05	
	50m	33.48	100m 01:09.92	150m 01:47.89	200m 02:26.04	250m 03:04.18	300m 03:43.09	350m 04:22.61	400m 04:59.70
			36.44	37.97	38.15	38.14	38.91	39.52	37.09
7.	3/3	FAJCSÁK Bálint	2013		A Jövő SC	05:03.56		+18.91	
	50m	33.51	150m 01:50.05	200m 02:29.04	250m 03:08.08	300m 03:47.64	350m 04:26.55	400m 05:03.56	
				38.99	39.04	39.56	38.91	37.01	
8.	2/8	BÁLINT Bendegúz	2013		DKSE Dunaújváros	05:04.37		+19.72	
	50m	34.32	100m 01:12.42	150m 01:50.99	200m 02:29.58	250m 03:08.94	300m 03:48.12	350m 04:26.96	400m 05:04.37
			38.10	38.57	38.59	39.36	39.18	38.84	37.41
9.	2/9	TÖRÖK Ádám	2013		BVSC-Zugló	05:14.48		+29.83	
	50m	34.48	100m 01:12.71	150m 01:52.36	200m 02:32.97	250m 03:13.59	300m 03:54.27	350m 04:35.07	400m 05:14.48
			38.23	39.65	40.61	40.62	40.68	40.80	39.41
10.	3/9	BUKOVICS Bendegúz Alex	2013		Budapesti Honvéd SE	05:20.27		+35.62	
	50m	35.11	100m 01:14.18	150m 01:54.76	200m 02:35.69	250m 03:16.83	300m 03:58.71	350m 04:40.76	400m 05:20.27
			39.07	40.58	40.93	41.14	41.88	42.05	39.51
11.	4/1	MESTER Bálint Máté	2014		Budapesti Honvéd SE	05:26.26		+41.61	
	50m	36.69	100m 01:17.76	150m 01:59.57	200m 02:42.07	250m 03:23.89	300m 04:06.14	350m 04:47.23	400m 05:26.26
			41.07	41.81	42.50	41.82	42.25	41.09	39.03
12.	4/6	KÖNYŰ Merse Barnabás	2013		MATE - GEAC	05:29.10		+44.45	
	50m	35.68	100m 01:17.01	150m 01:59.07	250m 03:23.93	400m 05:29.10			
			41.33	42.06					
13.	3/8	GRIZNER Áron Árpád	2014		DKSE Dunaújváros	05:30.50		+45.85	
	50m	35.48	100m 01:16.36	150m 01:58.91	200m 02:41.59	250m 03:24.25	300m 04:07.14	350m 04:50.21	400m 05:30.50
			40.88	42.55	42.68	42.66	42.89	43.07	40.29
14.	3/2	BARTA Ákos	2013		Budapesti Honvéd SE	05:30.83		+46.18	
	50m	35.66	100m 01:18.82	150m 02:00.33	200m 02:43.31	250m 03:26.12	300m 04:08.79	350m 04:51.60	400m 05:30.83
			43.16	41.51	42.98	42.81	42.67	42.81	39.23
15.	5/7	KONCZ Márk	2014		Budaörsi Sport Club	05:32.33		+47.68	
	50m	37.50	100m 01:18.95	150m 02:01.72	200m 02:45.00	250m 03:27.00	300m 04:09.52	350m 04:51.90	400m 05:32.33
			41.45	42.77	43.28	42.00	42.52	42.38	40.43
16.	4/4	BOROS Timót	2015		BVSC-Zugló	05:32.91		+48.26	
	50m	35.36	100m 01:18.03	150m 02:02.06	200m 02:44.92	250m 03:26.04	300m 04:10.63	350m 04:52.91	400m 05:32.91
			42.67	44.03	42.86	41.12	44.59	42.28	40.00
17.	4/3	HUSZÁR Bálint	2015		MATE - GEAC	05:33.64		+48.99	
	50m	36.10	150m 02:00.81	250m 03:26.61	400m 05:33.64				
18.	4/5	TATÁR Botond	2015		DKSE Dunaújváros	05:35.91		+51.26	
	50m	37.35	100m 01:20.81	150m 02:04.56	200m 02:47.64	250m 03:30.24	300m 04:15.14	350m 04:57.35	400m 05:35.91
			43.46	43.75	43.08	42.60	44.90	42.21	38.56
19.	3/0	TORMA Dániel	2014		Budaörsi Sport Club	05:36.67		+52.02	
	50m	36.60	100m 01:19.19	150m 02:01.92	200m 02:44.61	250m 03:27.90	300m 04:11.32	350m 04:54.66	400m 05:36.67
			42.59	42.73	42.69	43.29	43.42	43.34	42.01
20.	4/2	VÁNYA László	2014		MATE - GEAC	05:38.95		+54.30	
	50m	37.26	100m 01:19.58	150m 02:02.88	200m 02:46.23	250m 03:29.78	300m 04:13.50	350m 04:57.03	400m 05:38.95
			42.32	43.30	43.35	43.55	43.72	43.53	41.92

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13	04:07.34	KAKUK Koppány	Hódmezővásárhely	2021. júl. 22.
12	04:21.99	ANTAL Dávid	Debrecen	2020. dec. 04.
11	04:29.65	SZABÓ Marcell	Hódmezővásárhely	2021. dec. 17.

2012-2015 férfi

Hely	Pálya	Név	Szül.	Orsz.	Klub	Idő	Gap	FINA	
21.	4/0	VERES Zétény	2014		MATE - GEAC	05:49.57	+01:04.92		
	50m	38.37	100m 01:21.93 43.56	150m 02:07.30 45.37	200m 02:52.15 44.85	250m 03:37.93 45.78	300m 04:23.56 45.63	350m 05:08.20 44.64	400m 05:49.57 41.37
22.	5/9	JUHÁSZ Döme Endre	2014		BVSC-Zugló	05:52.73	+01:08.08		
	50m	37.68	100m 01:21.68 44.00	150m 02:07.10 45.42	200m 02:53.36 46.26	250m 03:38.90 45.54	300m 04:24.72 45.82	350m 05:10.17 45.45	400m 05:52.73 42.56
23.	5/6	BOROS Teodor	2015		BVSC-Zugló	05:55.28	+01:10.63		
	50m	38.27	150m 02:07.84	250m 03:39.79	350m 05:12.83	400m 05:55.28 42.45			
24.	5/1	TOLMÁCSI-BÓDI Mihály	2015		BVSC-Zugló	06:01.25	+01:16.60		
	50m	37.38	100m 01:22.87 45.49	150m 02:09.21 46.34	200m 02:55.81 46.60	250m 03:42.43 46.62	300m 04:30.23 47.80	350m 05:16.76 46.53	400m 06:01.25 44.49
25.	4/8	SZEBENI Patrik	2015		Újpesti Torna Egylet	06:04.99	+01:20.34		
	50m	40.18	100m 01:26.47 46.29	150m 02:14.14 47.67	200m 03:00.14 46.00	250m 03:48.24 48.10	300m 04:36.30 48.06	350m 05:23.64 47.34	400m 06:04.99 41.35
26.	4/7	DILINGAI Nimród	2013		Budapesti Honvéd SE	06:05.02	+01:20.37		
	50m	40.29	100m 01:27.08 46.79	150m 02:14.25 47.17	200m 03:01.74 47.49	250m 03:49.15 47.41	300m 04:36.43 47.28	350m 05:23.61 47.18	400m 06:05.02 41.41
27.	5/3	GERE-FARKAS Botond	2015		BVSC-Zugló	06:07.72	+01:23.07		
	50m	38.24	150m 02:10.86	250m 03:47.01	300m 04:35.56 48.55	350m 05:24.85 49.29	400m 06:07.72 42.87		
28.	6/4	MOLNÁR-SZALAI András Béla	2015		Budapesti Honvéd SE	06:17.74	+01:33.09		
	50m	40.34	100m 01:27.31 46.97	150m 02:14.83 47.52	200m 03:04.26 49.43	250m 03:52.77 48.51	300m 04:41.67 48.90	350m 05:31.50 49.83	400m 06:17.74 46.24
29.	6/3	MIESL Zalán László	2015		MATE - GEAC	06:26.00	+01:41.35		
	50m	40.66	200m 03:07.69	250m 03:57.33 49.64	350m 05:38.82	400m 06:26.00 47.18			