

400 m női gyors

Országos csúcs: 04:01.31 (Késely Ajna - 1970)

2007 és idősebb

1.	Bánhegyi Brigitta	2007	MiskolciSI	4:40,19	****p
	50m: 0:31,96 100m: 1:06,97 150m: 1:42,66 200m: 2:18,58 250m: 2:54,34 300m: 3:30,29 350m: 4:05,65				
2.	Vincze Zoé	2006	Parafa UK	4:51,78	****p
	100m: 1:05,25 200m: 2:19,74 300m: 3:36,06				

Nem indult

Lénárt Eszter	2007	Nyíregyházi Sportc
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2008-2009

1.	Szabó Lilla	2009	Egri ÚK	4:24,65	****p
	100m: 1:03,08 200m: 2:10,58 300m: 3:18,42				
	Edzője:				
2.	Sós Júlia Anna	2009	Egri ÚK	4:46,27	****p
	50m: 0:31,66 100m: 1:06,97 150m: 1:43,88 200m: 2:20,79 250m: 2:57,77 300m: 3:34,54 350m: 4:11,03				
3.	Hornyik Panna	2008	MiskolciSI	4:49,43	****p
	50m: 0:32,61 100m: 1:08,46 150m: 1:44,95 200m: 2:21,88 250m: 2:58,74 300m: 3:35,85 350m: 4:13,18				
4.	Leskó Katica	2009	Parafa UK	5:08,24	****p
	50m: 0:33,55 100m: 1:10,98 150m: 1:50,25 200m: 2:29,68 250m: 3:09,80 300m: 3:50,61 350m: 4:30,16				

2010-2011

1.	Balogh Viktória Enikő	2010	Debr.SC SI	4:51,45	****p
	50m: 0:32,18 100m: 1:07,31 150m: 1:44,65 200m: 2:21,43 250m: 2:58,58 300m: 3:36,27 350m: 4:14,54				
	Edzője:				
2.	Kovács Lara Gréta	2010	Egri ÚK	5:00,16	****p
	50m: 0:35,29 100m: 1:12,96 150m: 1:51,48 200m: 2:29,67 250m: 3:08,02 300m: 3:46,30 350m: 4:24,13				
3.	Balázs Hanna	2011	Egri ÚK	5:01,65	****p
	50m: 0:33,42 100m: 1:11,26 150m: 1:50,47 200m: 2:29,29 250m: 3:08,03 300m: 3:46,49 350m: 4:24,77				
4.	Tihor Jázmin	2010	MiskolciSI	5:03,79	****p
	50m: 0:33,63 100m: 1:11,37 150m: 1:50,38 200m: 2:30,36 250m: 3:09,28 300m: 3:48,80 350m: 4:27,83				
5.	Ujvári Dóra Brigitta	2011	MiskolciSI	5:06,69	****p
	50m: 0:34,45 100m: 1:12,57 150m: 1:52,04 200m: 2:31,24 250m: 3:11,52 300m: 3:51,70 350m: 4:31,15				
6.	Kocsány Alexandra Hanna	2010	Debr.SC SI	5:06,99	****p
	50m: 0:33,27 100m: 1:10,65 150m: 1:50,33 200m: 2:30,60 250m: 3:10,78 300m: 3:51,39 350m: 4:30,82				
7.	Végh Eszter	2010	Debr.SC SI	5:14,74	****p
	50m: 0:34,92 100m: 1:13,68 150m: 1:53,98 200m: 2:34,76 250m: 3:15,48 300m: 3:56,04 350m: 4:36,68				
8.	Kovács Petra	2011	C.S Crisul Oradea	5:40,82	****p
	50m: 0:36,69 100m: 1:19,64 150m: 2:04,28 200m: 2:47,87 250m: 3:32,03 300m: 4:16,34 350m: 5:00,15				

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2010-2011

9.	Vass Vivien	2011	Nyíregyházi Sportc	6:10,01	****p
	50m: 0:40,01 100m: 1:26,25 150m: 2:13,97		200m: 3:02,07 250m: 3:50,04 300m: 4:39,56 350m: 5:25,69		
10.	Major Noémi	2010	Nyíregyházi Sportc	6:20,77	****p
	50m: 0:41,85 100m: 1:30,21 150m: 2:17,82		200m: 3:06,54 250m: 3:55,00 300m: 4:44,85 350m: 5:34,72		
11.	Tumpek Anna Katalin	2011	Nyíregyházi Sportc	6:38,46	****p
	50m: 0:41,52 100m: 1:29,05 150m: 2:19,33		200m: 3:11,01 250m: 4:02,61 300m: 6:38,50 350m: 5:48,09		
12.	Nizsalóczki Nóra	2011	Nyíregyházi Sportc	6:40,87	****p
	50m: 0:42,69 100m: 1:31,68 150m: 2:22,57		200m: 3:14,58 250m: 4:05,62 300m: 4:58,63 350m: 5:50,74		
13.	Lekli Anna	2011	Nyíregyházi Sportc	6:51,51	****p
	50m: 0:42,19 100m: 1:33,43 150m: 2:26,79		200m: 3:19,71 250m: 4:14,25 300m: 5:07,96 350m: 6:02,97		

2012-2013

1.	Metcalfe Rebecca Erzsébet	2012	BÚKE	5:13,32	****p
	50m: 0:34,77 100m: 1:14,32 150m: 1:55,62		200m: 2:36,51 250m: 3:16,42 300m: 3:55,67 350m: 4:34,90		
	Edzője:				
2.	Miklós Janka	2012	MiskolciSI	5:26,71	****p
	50m: 0:36,09 100m: 1:16,31 150m: 1:57,99		200m: 2:39,84 250m: 3:22,24 300m: 4:04,46 350m: 4:46,97		
3.	Kajzinger Janka	2013	Gigászok	5:52,09	****p
	50m: 0:38,21 100m: 1:22,40 150m: 2:07,86		200m: 2:51,96 250m: 3:37,86 300m: 4:23,46 350m: 5:09,43		
4.	Hajtman Virág Petra	2013	Nyíregyházi Sportc	6:12,34	****p
	50m: 0:41,38 100m: 1:28,09 150m: 2:16,30		200m: 3:03,84 250m: 3:52,63 300m: 4:41,55 350m: 5:29,12		
5.	Major Nóra	2013	Nyíregyházi Sportc	6:32,89	****p
	50m: 0:43,38 100m: 1:32,14 150m: 2:21,74		200m: 3:12,49 250m: 4:02,46 300m: 4:53,32 350m: 5:44,40		

2014

1.	Galambos Léna	2014	MiskolciSI	6:26,25	****p
	50m: 0:40,25 100m: 1:29,66 150m: 2:19,65		200m: 3:10,49 250m: 4:00,84 300m: 4:51,45 350m: 5:40,77		
	Edzője:				
2.	Sógor Fruzsina Eszter	2014	Debr.SC SI	7:05,13	****p
	50m: 0:44,39 100m: 1:36,68 150m: 2:32,03		200m: 3:27,50 250m: 4:23,19 300m: 5:18,26 350m: 6:13,37		
3.	Vásárhelyi Dóra	2014	Nyíregyházi Sportc	7:09,71	****p
	50m: 0:46,33 100m: 1:40,30 150m: 2:34,42		200m: 3:30,09 250m: 4:25,72 300m: 5:21,21 350m: 6:17,63		
4.	Kóté Ajna Marietta	2014	Debr.SC SI	7:24,39	****p
	50m: 0:48,23 100m: 1:43,99 150m: 2:39,53		200m: 3:36,01 250m: 4:31,95 300m: 5:30,35 350m: 6:28,29		

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2015 és fiatalabb

1.	Harmati Zsófia	2015	Debr.SC SI	7:05,86	****p
	50m: 0:46,52 100m: 1:39,68 150m: 2:34,71 200m: 3:29,52 250m: 4:24,51 300m: 5:19,04 350m: 6:14,49				
	Edzője:				
2.	Kinczel Anna	2015	Debr.SC SI	7:14,86	****p
	50m: 0:48,23 100m: 1:43,81 150m: 2:39,75 200m: 3:36,12 250m: 4:32,31 300m: 5:27,70 350m: 6:24,59				
3.	Erdei Nóra	2015	Debr.SC SI	7:17,48	****p
	50m: 0:47,62 100m: 1:42,92 150m: 2:39,45 200m: 3:36,57 250m: 4:33,88 300m: 5:28,93 350m: 6:24,22				
4.	Tőke Hédi	2015	Debr.SC SI	7:24,20	****p
	50m: 0:46,68 100m: 1:42,68 150m: 2:38,57 200m: 3:35,82 250m: 4:33,66 300m: 5:32,77 350m: 6:30,56				