FAGYAS, Mary, Citizen Cor THE FIFTH WOMAN, by M. Fagyas (Doubleday). Detective Inspector Lajos Nemetz, a Hungarian counterpart of Inspector Maigret, moves inexorably through the bloody and abortive Budapest revolt of 1956 in search of the man or woman who shot the wife of a prominent surgeon and dumped her body on a pile of Russian-tank victims. The crime, like the setting, turns out to be a most uncommon one, and since the author also takes a good deal of cane with Inspector Nemetz and the pepple who cross his path, the result is a roman policier of high and unusual quality.