

Jesenné M-SSO-dlhé trate
Dolný Kubín, 26.9.2026

disciplína 1
26.09.2026

muži, 400m voľný spôsob

11 roč. a st.
Výsledky

bodovanie: AQUA 2025

Por.	Meno				Roč.	Klub			Čas	RT	Body	Odstup
žiaci "B", 11.roční												
1.	Rýdzik Martin				2015	MPK Tvrdošín			5:21.71		287	
	50m:	34.81	34.81	150m:	1:54.92	39.61	250m:	3:16.42	40.86	350m:	4:40.64	42.22
	100m:	1:15.31	40.50	200m:	2:35.56	40.64	300m:	3:58.42	42.00	400m:	5:21.71	41.07
2.	Knotek Timon				2015	PK Banská Bystrica			5:49.84		223	+ 28.13
	50m:	38.17	38.17	150m:	2:05.89	44.40	250m:	3:36.09	45.31	350m:	5:07.09	45.56
	100m:	1:21.49	43.32	200m:	2:50.78	44.89	300m:	4:21.53	45.44	400m:	5:49.84	42.75
3.	Buc Patrik				2015	PO Ružomberok			5:50.70		221	+ 28.99
	50m:	37.38	37.38	150m:	2:05.60	45.25	250m:	3:37.95	46.85	350m:	5:09.60	44.57
	100m:	1:20.35	42.97	200m:	2:51.10	45.50	300m:	4:25.03	47.08	400m:	5:50.70	41.10
4.	Karásek Adam				2015	PO UMB Banská Bystrica			5:53.28		216	+ 31.57
	50m:	38.47	38.47	150m:	2:09.93	45.93	250m:	3:40.57	44.96	350m:	5:11.50	45.97
	100m:	1:24.00	45.53	200m:	2:55.61	45.68	300m:	4:25.53	44.96	400m:	5:53.28	41.78
5.	Mišún Matej				2015	PK Martin			5:55.30		213	+ 33.59
	50m:	39.16	39.16	150m:	2:10.87	46.08	250m:	3:41.94	45.50	350m:	5:13.94	45.60
	100m:	1:24.79	45.63	200m:	2:56.44	45.57	300m:	4:28.34	46.40	400m:	5:55.30	41.36
6.	Zuzík Matej				2015	Tenax Žilina			6:01.42		202	+ 39.71
	50m:	38.52	38.52	150m:	2:10.60	45.83	250m:	3:43.45	46.28	350m:	5:17.37	47.50
	100m:	1:24.77	46.25	200m:	2:57.17	46.57	300m:	4:29.87	46.42	400m:	6:01.42	44.05
7.	Krajčí Matúš				2015	PK Banská Bystrica			6:02.60		200	+ 40.89
	50m:	40.47	40.47	150m:	2:14.56	48.30	250m:	3:49.73	46.93	350m:	5:20.51	44.29
	100m:	1:26.26	45.79	200m:	3:02.80	48.24	300m:	4:36.22	46.49	400m:	6:02.60	42.09
8.	Dubovec Jakub				2015	MPK Dolný Kubín			6:10.64		187	+ 48.93
	50m:	38.74	38.74	150m:	2:12.31	47.82	250m:	3:48.34	48.10	350m:	5:25.31	48.35
	100m:	1:24.49	45.75	200m:	3:00.24	47.93	300m:	4:36.96	48.62	400m:	6:10.64	45.33
9.	Uram Adam				2015	PO UMB Banská Bystrica			6:35.31		154	+ 1:13.60
	50m:	41.35	41.35	150m:	2:19.10	50.11	250m:	4:01.81	51.04	350m:	5:46.38	52.28
	100m:	1:28.99	47.64	200m:	3:10.77	51.67	300m:	4:54.10	52.29	400m:	6:35.31	48.93
10.	Žuffa Lukáš				2015	MPK Tvrdošín			6:38.34		151	+ 1:16.63
	50m:	45.59	45.59	150m:	2:27.97	51.06	250m:	4:10.39	51.42	350m:	5:52.19	50.40
	100m:	1:36.91	51.32	200m:	3:18.97	51.00	300m:	5:01.79	51.40	400m:	6:38.34	46.15
11.	Ďuriančík Matúš				2015	PK Banská Bystrica			6:41.78		147	+ 1:20.07
	50m:	44.09	44.09	150m:	2:30.07	53.58	250m:	4:13.07	52.00	350m:	5:58.31	52.03
	100m:	1:36.49	52.40	200m:	3:21.07	51.00	300m:	5:06.28	53.21	400m:	6:41.78	43.47
12.	Vokel Bruno				2015	PO Ružomberok			6:50.51		138	+ 1:28.80
	50m:	41.91	41.91	150m:	2:25.02	53.83	250m:	4:12.56	54.05	350m:	5:59.41	52.75
	100m:	1:31.19	49.28	200m:	3:18.51	53.49	300m:	5:06.66	54.10	400m:	6:50.51	51.10
13.	Geššay Oliver				2015	MPK Tvrdošín			7:05.02		124	+ 1:43.31
	50m:	43.66	43.66	150m:	2:29.76	54.07	250m:	4:21.79	56.28	350m:	6:15.12	54.68
	100m:	1:35.69	52.03	200m:	3:25.51	55.75	300m:	5:20.44	58.65	400m:	7:05.02	49.90
14.	Leštinský Richard				2015	PO Ružomberok			7:18.73		113	+ 1:57.02
	50m:	44.23	44.23	150m:	2:32.13	55.65	250m:	4:27.38	1:00.10	350m:	6:23.59	58.14
	100m:	1:36.48	52.25	200m:	3:27.28	55.15	300m:	5:25.45	58.07	400m:	7:18.73	55.14

žiaci "B", 12.roční

1.	Žuffa Michal				2014	MPK Tvrdošín			5:11.16		317	
	50m:	35.41	35.41	150m:	1:54.78	40.15	250m:	3:14.63	40.25	350m:	4:33.70	39.29
	100m:	1:14.63	39.22	200m:	2:34.38	39.60	300m:	3:54.41	39.78	400m:	5:11.16	37.46
2.	Gočaltovský Patrik				2014	PK Martin			5:25.77		276	+ 14.61
	50m:	35.52	35.52	150m:	1:57.03	41.93	250m:	3:21.85	43.33	350m:	4:46.13	41.61
	100m:	1:15.10	39.58	200m:	2:38.52	41.49	300m:	4:04.52	42.67	400m:	5:25.77	39.64

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disciplína 1, žiaci, 400m voľný spôsob, žiaci "B", 12.roční

Por.	Meno				Roč.	Klub			Čas	RT	Body	Odstup
3.	Macháň Sebastián				2014	Tenax Žilina			5:28.51		269	+ 17.35
	50m:	37.72	37.72	150m:	2:00.05	41.58	250m:	3:23.94	42.00	350m:	4:49.02	42.36
	100m:	1:18.47	40.75	200m:	2:41.94	41.89	300m:	4:06.66	42.72	400m:	5:28.51	39.49
4.	Jašík Martin				2014	Nereus Žilina			5:28.59		269	+ 17.43
	50m:	36.68	36.68	150m:	1:59.48	41.92	250m:	3:24.09	41.96	350m:	4:48.20	42.22
	100m:	1:17.56	40.88	200m:	2:42.13	42.65	300m:	4:05.98	41.89	400m:	5:28.59	40.39
5.	Kollár Peter				2014	Tenax Žilina			5:29.48		267	+ 18.32
	50m:	36.54	36.54	150m:	1:59.97	41.94	250m:	3:25.69	43.33	350m:	4:51.56	42.21
	100m:	1:18.03	41.49	200m:	2:42.36	42.39	300m:	4:09.35	43.66	400m:	5:29.48	37.92
6.	Halvoník Patrik				2014	MPK Dolný Kubín			5:38.11		247	+ 26.95
	50m:	37.64	37.64	150m:	2:02.61	43.07	250m:	3:29.45	43.56	350m:	4:56.73	43.53
	100m:	1:19.54	41.90	200m:	2:45.89	43.28	300m:	4:13.20	43.75	400m:	5:38.11	41.38
7.	Krivda Tomáš				2014	MPK Tvrdošín			5:46.50		229	+ 35.34
	50m:	36.65	36.65	150m:	2:02.53	44.10	250m:	3:31.93	45.10	350m:	5:03.61	45.86
	100m:	1:18.43	41.78	200m:	2:46.83	44.30	300m:	4:17.75	45.82	400m:	5:46.50	42.89
8.	Kotlár Ján				2014	MPK Tvrdošín			5:59.58		205	+ 48.42
	50m:	38.13	38.13	150m:	2:08.30	47.04	250m:	3:41.54	46.61	350m:	5:16.73	47.72
	100m:	1:21.26	43.13	200m:	2:54.93	46.63	300m:	4:29.01	47.47	400m:	5:59.58	42.85
9.	Drdák Teo				2014	PK Martin			5:59.91		205	+ 48.75
	50m:	38.94	38.94	150m:	2:09.22	46.03	250m:	3:41.62	46.43	350m:	5:13.59	45.87
	100m:	1:23.19	44.25	200m:	2:55.19	45.97	300m:	4:27.72	46.10	400m:	5:59.91	46.32
10.	Morinec Martin				2014	MPK Dolný Kubín			6:04.71		197	+ 53.55
	50m:	38.86	38.86	150m:	2:09.25	46.82	250m:	3:43.78	47.25	350m:	5:20.64	48.53
	100m:	1:22.43	43.57	200m:	2:56.53	47.28	300m:	4:32.11	48.33	400m:	6:04.71	44.07
11.	Šuvada Vratko				2014	MPK Dolný Kubín			6:08.02		191	+ 56.86
	50m:	40.23	40.23	150m:	2:12.47	46.83	250m:	3:48.06	47.26	350m:	5:24.32	48.18
	100m:	1:25.64	45.41	200m:	3:00.80	48.33	300m:	4:36.14	48.08	400m:	6:08.02	43.70
12.	Pittner Richard				2014	PK Martin			6:22.97		170	+ 1:11.81
	50m:	42.37	42.37	150m:	2:18.94	47.86	250m:	3:57.75	49.06	350m:	5:36.65	49.53
	100m:	1:31.08	48.71	200m:	3:08.69	49.75	300m:	4:47.12	49.37	400m:	6:22.97	46.32
13.	Kendera Adam				2014	PO Ružomberok			6:32.05		158	+ 1:20.89
	50m:	40.92	40.92	150m:	2:19.76	50.65	250m:	4:02.83	51.91	350m:	5:47.92	52.38
	100m:	1:29.11	48.19	200m:	3:10.92	51.16	300m:	4:55.54	52.71	400m:	6:32.05	44.13
14.	Pašerba Martin				2014	PK Banská Bystrica			6:41.86		147	+ 1:30.70
	50m:	45.92	45.92	150m:	2:30.35	52.46	250m:	4:14.50	52.18	350m:	5:56.67	53.07
	100m:	1:37.89	51.97	200m:	3:22.32	51.97	300m:	5:03.60	49.10	400m:	6:41.86	45.19
15.	Klein Dominik				2014	PO UMB Banská Bystrica			6:49.31		139	+ 1:38.15
	50m:	41.78	41.78	150m:	2:26.91	53.23	250m:	4:13.71	53.57	350m:	6:00.25	53.21
	100m:	1:33.68	51.90	200m:	3:20.14	53.23	300m:	5:07.04	53.33	400m:	6:49.31	49.06

žiaci "A", 13.roční

1.	Kekely Richard				2013	Tenax Žilina			4:36.24		453	
	50m:	30.35	30.35	150m:	1:39.44	35.36	250m:	2:50.28	35.09	350m:	4:02.56	36.18
	100m:	1:04.08	33.73	200m:	2:15.19	35.75	300m:	3:26.38	36.10	400m:	4:36.24	33.68
2.	Gavula Stanislav				2013	MPK Tvrdošín			4:47.14		403	+ 10.90
	50m:	30.90	30.90	150m:	1:44.08	37.82	250m:	2:58.55	37.25	350m:	4:12.58	36.78
	100m:	1:06.26	35.36	200m:	2:21.30	37.22	300m:	3:35.80	37.25	400m:	4:47.14	34.56
3.	Gabarík Peter				2013	MPK Tvrdošín			4:56.55		366	+ 20.31
	50m:	34.26	34.26	150m:	1:47.22	36.96	250m:	3:02.30	37.89	350m:	4:19.41	39.15
	100m:	1:10.26	36.00	200m:	2:24.41	37.19	300m:	3:40.26	37.96	400m:	4:56.55	37.14
4.	Urban Adam				2013	PK Martin			5:04.81		337	+ 28.57
	50m:	32.93	32.93	150m:	1:49.39	39.36	250m:	3:09.36	39.86	350m:	4:27.50	38.82
	100m:	1:10.03	37.10	200m:	2:29.50	40.11	300m:	3:48.68	39.32	400m:	5:04.81	37.31

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disciplína 1, žiaci, 400m voľný spôsob, žiaci "A", 13.roční

Por.	Meno				Roč.	Klub			Čas	RT	Body	Odstup
5.	Kernáč Jakub				2013	PK Banská Štiavnica			5:07.20		329	+ 30.96
	50m:	33.38	33.38	150m:	1:50.35	39.08	250m:	3:09.63	39.93	350m:	4:29.74	39.93
	100m:	1:11.27	37.89	200m:	2:29.70	39.35	300m:	3:49.81	40.18	400m:	5:07.20	37.46
6.	Malaga Matthew				2013	PK Banská Bystrica			5:17.13		299	+ 40.89
	50m:	34.78	34.78	150m:	1:51.91	39.41	250m:	3:13.79	41.31	350m:	4:36.95	41.64
	100m:	1:12.50	37.72	200m:	2:32.48	40.57	300m:	3:55.31	41.52	400m:	5:17.13	40.18
7.	Dziura Alex				2013	PK Martin			5:20.32		290	+ 44.08
	50m:	35.95	35.95	150m:	1:56.92	41.12	250m:	3:19.32	40.96	350m:	4:42.07	41.46
	100m:	1:15.80	39.85	200m:	2:38.36	41.44	300m:	4:00.61	41.29	400m:	5:20.32	38.25
8.	Benko Adam				2013	Tenax Žilina			5:30.34		265	+ 54.10
	50m:	36.02	36.02	150m:	1:59.44	42.25	250m:	3:24.94	42.43	350m:	4:49.55	41.95
	100m:	1:17.19	41.17	200m:	2:42.51	43.07	300m:	4:07.60	42.66	400m:	5:30.34	40.79
9.	Vierik Samuel				2013	PO Ružomberok			5:30.71		264	+ 54.47
	50m:	34.53	34.53	150m:	1:56.03	41.75	250m:	3:22.96	43.65	350m:	4:49.39	43.39
	100m:	1:14.28	39.75	200m:	2:39.31	43.28	300m:	4:06.00	43.04	400m:	5:30.71	41.32
10.	Liptai Tomáš				2013	PK Martin			5:36.00		252	+ 59.76
	50m:	37.13	37.13	150m:	2:01.00	42.50	250m:	3:27.22	42.72	350m:	4:54.03	44.03
	100m:	1:18.50	41.37	200m:	2:44.50	43.50	300m:	4:10.00	42.78	400m:	5:36.00	41.97
11.	Plešínský Miroslav				2013	MPK Dolný Kubín			5:48.45		226	+ 1:12.21
	50m:	39.45	39.45	150m:	2:10.31	46.00	250m:	3:38.91	44.38	350m:	5:07.95	44.15
	100m:	1:24.31	44.86	200m:	2:54.53	44.22	300m:	4:23.80	44.89	400m:	5:48.45	40.50
12.	Oravec Alex				2013	PK Martin			5:51.73		219	+ 1:15.49
	50m:	39.98	39.98	150m:	2:08.87	44.96	250m:	3:39.41	45.93	350m:	5:10.56	44.69
	100m:	1:23.91	43.93	200m:	2:53.48	44.61	300m:	4:25.87	46.46	400m:	5:51.73	41.17
13.	Pažitka Oliver				2013	PO Ružomberok			6:00.09		204	+ 1:23.85
	50m:	37.88	37.88	150m:	2:07.20	45.89	250m:	3:42.70	48.17	350m:	5:17.84	47.25
	100m:	1:21.31	43.43	200m:	2:54.53	47.33	300m:	4:30.59	47.89	400m:	6:00.09	42.25
14.	Kútnik Maximilián				2013	PO Ružomberok			6:41.22		148	+ 2:04.98
	50m:	38.65	38.65	150m:	2:19.97	52.07	250m:	4:07.37	53.65	350m:	5:52.75	51.45
	100m:	1:27.90	49.25	200m:	3:13.72	53.75	300m:	5:01.30	53.93	400m:	6:41.22	48.47

žiaci "A", 14.roční

1.	Buc Tomáš				2012	PO Ružomberok			4:26.16		507	
	50m:	30.58	30.58	150m:	1:38.16	34.40	250m:	2:45.61	33.60	350m:	3:53.07	33.81
	100m:	1:03.76	33.18	200m:	2:12.01	33.85	300m:	3:19.26	33.65	400m:	4:26.16	33.09
2.	Mičo Tomáš				2012	PK Martin			4:39.51		437	+ 13.35
	50m:	31.59	31.59	150m:	1:41.09	35.15	250m:	2:52.47	35.88	350m:	4:04.94	36.18
	100m:	1:05.94	34.35	200m:	2:16.59	35.50	300m:	3:28.76	36.29	400m:	4:39.51	34.57
3.	Hudák Richard				2012	Tenax Žilina			4:52.00		384	+ 25.84
	50m:	32.53	32.53	150m:	1:43.96	36.82	250m:	3:00.06	38.17	350m:	4:16.56	38.35
	100m:	1:07.14	34.61	200m:	2:21.89	37.93	300m:	3:38.21	38.15	400m:	4:52.00	35.44
4.	Šmajda Marián				2012	PK Martin			4:56.50		366	+ 30.34
	50m:	32.61	32.61	150m:	1:48.25	38.72	250m:	3:05.72	39.15	350m:	4:22.43	38.18
	100m:	1:09.53	36.92	200m:	2:26.57	38.32	300m:	3:44.25	38.53	400m:	4:56.50	34.07
5.	Fabian Matej				2012	PK Martin			4:56.89		365	+ 30.73
	50m:	33.71	33.71	150m:	1:46.36	36.72	250m:	3:03.39	39.00	350m:	4:20.28	38.25
	100m:	1:09.64	35.93	200m:	2:24.39	38.03	300m:	3:42.03	38.64	400m:	4:56.89	36.61
6.	Jelšovský Milan				2012	PK Martin			4:58.00		361	+ 31.84
	50m:	32.58	32.58	150m:	1:45.78	37.42	250m:	3:03.58	38.97	350m:	4:21.75	38.75
	100m:	1:08.36	35.78	200m:	2:24.61	38.83	300m:	3:43.00	39.42	400m:	4:58.00	36.25
7.	Jelenčiak Matúš				2012	PK Martin			5:00.13		353	+ 33.97
	50m:	33.19	33.19	150m:	1:48.59	37.96	250m:	3:06.63	39.04	350m:	4:23.94	38.00
	100m:	1:10.63	37.44	200m:	2:27.59	39.00	300m:	3:45.94	39.31	400m:	5:00.13	36.19

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disciplína 1, žiaci, 400m voľný spôsob, žiaci "A", 14.roční

Por.	Meno				Roč.	Klub			Čas	RT	Body	Odstup
8.	Gut Matej				2012	Nereus Žilina			5:03.03		343	+ 36.87
	50m:	33.07	33.07	150m:	1:46.24	37.25	250m:	3:03.81	39.24	350m:	4:24.39	40.43
	100m:	1:08.99	35.92	200m:	2:24.57	38.33	300m:	3:43.96	40.15	400m:	5:03.03	38.64
9.	Hrúz Jakub				2012	PK Martin			5:13.49		310	+ 47.33
	50m:	34.49	34.49	150m:	1:52.24	39.85	250m:	3:14.71	41.72	350m:	4:36.17	40.36
	100m:	1:12.39	37.90	200m:	2:32.99	40.75	300m:	3:55.81	41.10	400m:	5:13.49	37.32
10.	Domenik Samuel				2012	PO Ružomberok			5:41.03		241	+ 1:14.87
	50m:	34.97	34.97	150m:	1:59.00	42.84	250m:	3:28.09	44.81	350m:	4:58.44	45.63
	100m:	1:16.16	41.19	200m:	2:43.28	44.28	300m:	4:12.81	44.72	400m:	5:41.03	42.59
11.	Juhás Jakub				2012	PO Ružomberok			5:54.41		214	+ 1:28.25
	50m:	38.34	38.34	150m:	2:07.38	45.65	250m:	3:40.34	46.71	350m:	5:13.16	45.85
	100m:	1:21.73	43.39	200m:	2:53.63	46.25	300m:	4:27.31	46.97	400m:	5:54.41	41.25
12.	Lúčaník Filip				2012	Tenax Žilina			5:58.19		208	+ 1:32.03
	50m:	36.06	36.06	150m:	2:04.91	45.47	250m:	3:39.09	47.56	350m:	5:15.28	48.28
	100m:	1:19.44	43.38	200m:	2:51.53	46.62	300m:	4:27.00	47.91	400m:	5:58.19	42.91
13.	Šimovček Oliver				2012	PK Martin			6:28.70		162	+ 2:02.54
	50m:	40.45	40.45	150m:	2:16.38	48.93	250m:	3:57.85	50.90	350m:	5:39.99	51.22
	100m:	1:27.45	47.00	200m:	3:06.95	50.57	300m:	4:48.77	50.92	400m:	6:28.70	48.71

mladší juniori, 15.-16.roční

1.	Čamaj Ján				2010	PK Banská Štiavnica			4:26.81		503	
	50m:	30.25	30.25	150m:	1:35.89	33.18	250m:	2:45.78	35.39	350m:	3:53.96	32.82
	100m:	1:02.71	32.46	200m:	2:10.39	34.50	300m:	3:21.14	35.36	400m:	4:26.81	32.85
2.	Beňo Jakub				2010	PK Banská Štiavnica			4:26.83		503	+ 0.02
	50m:	31.15	31.15	150m:	1:37.75	33.75	250m:	2:46.05	34.30	350m:	3:55.10	34.10
	100m:	1:04.00	32.85	200m:	2:11.75	34.00	300m:	3:21.00	34.95	400m:	4:26.83	31.73
3.	Reich Dávid				2010	PK Martin			4:32.21		474	+ 5.40
	50m:	30.57	30.57	150m:	1:38.63	34.28	250m:	2:48.94	35.18	350m:	3:58.96	34.88
	100m:	1:04.35	33.78	200m:	2:13.76	35.13	300m:	3:24.08	35.14	400m:	4:32.21	33.25
4.	Jaššo Tobias				2011	Tenax Žilina			4:38.06		444	+ 11.25
	50m:	30.56	30.56	150m:	1:39.50	35.12	250m:	2:51.59	36.06	350m:	4:03.91	36.37
	100m:	1:04.38	33.82	200m:	2:15.53	36.03	300m:	3:27.54	35.95	400m:	4:38.06	34.15
5.	Béreš Samuel				2010	Nereus Žilina			4:38.89		440	+ 12.08
	50m:	31.68	31.68	150m:	1:41.06	35.02	250m:	2:51.53	35.67	350m:	4:03.28	36.03
	100m:	1:06.04	34.36	200m:	2:15.86	34.80	300m:	3:27.25	35.72	400m:	4:38.89	35.61
6.	Lichner Alex				2010	Tenax Žilina			4:41.00		430	+ 14.19
	50m:	31.78	31.78	150m:	1:42.75	35.78	250m:	2:53.31	35.47	350m:	4:05.69	36.66
	100m:	1:06.97	35.19	200m:	2:17.84	35.09	300m:	3:29.03	35.72	400m:	4:41.00	35.31
7.	Janža Simon				2011	Nereus Žilina			4:45.18		412	+ 18.37
	50m:	33.58	33.58	150m:	1:45.58	36.55	250m:	2:59.36	37.36	350m:	4:12.25	36.00
	100m:	1:09.03	35.45	200m:	2:22.00	36.42	300m:	3:36.25	36.89	400m:	4:45.18	32.93
8.	Danaj Dominik				2010	Tenax Žilina			4:52.72		381	+ 25.91
	50m:	32.19	32.19	150m:	1:44.05	36.58	250m:	2:59.47	38.14	350m:	4:15.50	37.78
	100m:	1:07.47	35.28	200m:	2:21.33	37.28	300m:	3:37.72	38.25	400m:	4:52.72	37.22
9.	Kačerík Juraj				2010	Tenax Žilina			4:56.14		368	+ 29.33
	50m:	31.94	31.94	150m:	1:44.23	36.54	250m:	3:01.07	38.88	350m:	4:18.95	38.56
	100m:	1:07.69	35.75	200m:	2:22.19	37.96	300m:	3:40.39	39.32	400m:	4:56.14	37.19
10.	Sládek Richard				2011	Tenax Žilina			4:58.22		360	+ 31.41
	50m:	32.57	32.57	150m:	1:45.44	37.03	250m:	3:02.94	39.10	350m:	4:21.30	39.64
	100m:	1:08.41	35.84	200m:	2:23.84	38.40	300m:	3:41.66	38.72	400m:	4:58.22	36.92
11.	Shkliar Andrii				2010	Tenax Žilina			4:59.40		356	+ 32.59
	50m:	32.37	32.37	150m:	1:44.75	37.03	250m:	3:01.65	38.68	350m:	4:21.33	40.00
	100m:	1:07.72	35.35	200m:	2:22.97	38.22	300m:	3:41.33	39.68	400m:	4:59.40	38.07

Jesenné M-SSO-dlhé trate
Dolný Kubín, 26.9.2026

disciplína 1, žiaci, 400m voľný spôsob, mladší juniori, 15.-16.roční

Por.	Meno			Roč.	Klub			Čas	RT	Body	Odstup	
12.	Debnár Matej František			2011	PK Banská Štiavnica			5:01.94		347	+ 35.13	
	50m:	32.91	32.91	150m:	1:50.25	39.81	250m:	3:09.94	39.53	350m:	4:26.84	38.50
	100m:	1:10.44	37.53	200m:	2:30.41	40.16	300m:	3:48.34	38.40	400m:	5:01.94	35.10
13.	Hudák Matej			2010	Tenax Žilina			5:05.66		334	+ 38.85	
	50m:	33.16	33.16	150m:	1:49.38	39.12	250m:	3:08.94	40.13	350m:	4:27.91	39.28
	100m:	1:10.26	37.10	200m:	2:28.81	39.43	300m:	3:48.63	39.69	400m:	5:05.66	37.75
14.	Yurlov Daniel			2011	Nereus Žilina			5:11.03		317	+ 44.22	
	50m:	33.35	33.35	150m:	1:51.10	39.50	250m:	3:12.45	41.00	350m:	4:33.35	40.61
	100m:	1:11.60	38.25	200m:	2:31.45	40.35	300m:	3:52.74	40.29	400m:	5:11.03	37.68
15.	Debnár Jakub Alexander			2011	PK Banská Štiavnica			5:13.89		309	+ 47.08	
	50m:	34.73	34.73	150m:	1:53.20	39.41	250m:	3:13.29	40.31	350m:	4:34.39	40.38
	100m:	1:13.79	39.06	200m:	2:32.98	39.78	300m:	3:54.01	40.72	400m:	5:13.89	39.50
16.	Gočaltovský Marek			2011	PK Martin			5:25.59		277	+ 58.78	
	50m:	34.41	34.41	150m:	1:54.78	41.40	250m:	3:19.78	42.78	350m:	4:44.78	42.25
	100m:	1:13.38	38.97	200m:	2:37.00	42.22	300m:	4:02.53	42.75	400m:	5:25.59	40.81
17.	Čunga Viliam			2010	Nereus Žilina			5:27.34		272	+ 1:00.53	
	50m:	33.88	33.88	150m:	1:53.13	41.18	250m:	3:19.63	44.35	350m:	4:47.88	38.15
	100m:	1:11.95	38.07	200m:	2:35.28	42.15	300m:	4:09.73	50.10	400m:	5:27.34	39.46
18.	Vallo Patrik			2010	Nereus Žilina			5:46.57		229	+ 1:19.76	
	50m:	37.46	37.46	150m:	2:06.17	45.68	250m:	3:35.67	44.75	350m:	5:07.49	45.07
	100m:	1:20.49	43.03	200m:	2:50.92	44.75	300m:	4:22.42	46.75	400m:	5:46.57	39.08

starší juniori, 17.-18.roční

1.	Liptai Matej			2008	PK Martin			4:24.81		514		
	50m:	29.49	29.49	150m:	1:35.56	33.57	250m:	2:43.87	34.02	350m:	3:52.25	34.26
	100m:	1:01.99	32.50	200m:	2:09.85	34.29	300m:	3:17.99	34.12	400m:	4:24.81	32.56
2.	Gočaltovský Daniel			2009	PK Martin			4:25.76		509		+ 0.95
	50m:	27.64	27.64	150m:	1:30.51	32.62	250m:	2:40.54	35.56	350m:	3:51.89	35.25
	100m:	57.89	30.25	200m:	2:04.98	34.47	300m:	3:16.64	36.10	400m:	4:25.76	33.87
3.	Zvozil Nikolas			2008	PK Banská Bystrica			4:37.41		447		+ 12.60
	50m:	29.06	29.06	150m:	1:38.09	35.46	250m:	2:51.94	37.35	350m:	4:04.81	35.83
	100m:	1:02.63	33.57	200m:	2:14.59	36.50	300m:	3:28.98	37.04	400m:	4:37.41	32.60
4.	Hryshchenko Hlieb			2009	PK Banská Bystrica			4:38.74		441		+ 13.93
	50m:	32.34	32.34	150m:	1:40.14	34.18	250m:	2:51.31	36.17	350m:	4:03.56	36.42
	100m:	1:05.96	33.62	200m:	2:15.14	35.00	300m:	3:27.14	35.83	400m:	4:38.74	35.18
5.	Kubas Rastislav			2008	TT Dolný Kubín			4:48.61		397		+ 23.80
	50m:	33.20	33.20	150m:	1:42.95	35.31	250m:	2:57.20	37.59	350m:	4:12.98	37.82
	100m:	1:07.64	34.44	200m:	2:19.61	36.66	300m:	3:35.16	37.96	400m:	4:48.61	35.63
6.	Ondřík Daniel			2008	TT Dolný Kubín			5:02.67		344		+ 37.86
	50m:	32.81	32.81	150m:	1:47.31	37.89	250m:	3:05.96	39.65	350m:	4:25.59	39.00
	100m:	1:09.42	36.61	200m:	2:26.31	39.00	300m:	3:46.59	40.63	400m:	5:02.67	37.08

muži, 19.roční a starší

1.	Ščevlík Jakub			2005		ŠK UMB Banská Bystrica		4:32.22		474		
	50m:	30.41	30.41	150m:	1:38.06	34.34	250m:	2:48.13	35.00	350m:	3:58.09	35.00
	100m:	1:03.72	33.31	200m:	2:13.13	35.07	300m:	3:23.09	34.96	400m:	4:32.22	34.13
2.	Čamaj Ján			1978		PK Banská Štiavnica		5:12.27		314		+ 40.05
	50m:	34.04	34.04	150m:	1:51.00	39.65	250m:	3:11.15	39.81	350m:	4:32.49	40.86
	100m:	1:11.35	37.31	200m:	2:31.34	40.34	300m:	3:51.63	40.48	400m:	5:12.27	39.78