disciplína 11 — ženy, 400m voľný spôsob — 9 roč. a st.
17.10.2026 - 12:18 — Výsledky

bodovanie: AQUA 2025

por.		Roč.										čas	body
10 roč.													
1.	Lewandowska Emmka	16	MPK Tvrdošín									**6:50.36**	176
	50m:	45.43	45.43	150m:	2:29.67	52.21	250m:	4:16.79	53.95	350m:	6:02.01		51.35
	100m:	1:37.46	52.03	200m:	3:22.84	53.17	300m:	5:10.66	53.87	400m:	6:50.36		48.35
2.	Mišovicová Nina	16	PK Martin									**7:10.91**	152
	50m:	47.64	47.64	150m:	2:38.79	56.24	250m:	4:29.30	55.26	350m:	6:21.72		56.13
	100m:	1:42.55	54.91	200m:	3:34.04	55.25	300m:	5:25.59	56.29	400m:	7:10.91		49.19
11 - 12 roč.													
1.	Gajanová Dorota	14	PK Tenax Žilina									**4:58.39**	459
	50m:	33.49	33.49	150m:	1:49.86	38.76	250m:	3:07.07	38.33	350m:	4:22.36		37.11
	100m:	1:11.10	37.61	200m:	2:28.74	38.88	300m:	3:45.25	38.18	400m:	4:58.39		36.03
2.	Šišková Eliška	14	MPK Dolný Kubín									**5:03.34**	437
	50m:	33.35	33.35	150m:	1:49.19	38.40	250m:	3:06.44	38.63	350m:	4:25.03		39.38
	100m:	1:10.79	37.44	200m:	2:27.81	38.62	300m:	3:45.65	39.21	400m:	5:03.34		38.31
3.	Kňazúrová Nela	14	MPK Dolný Kubín									**5:29.08**	342
	50m:	35.28	35.28	150m:	1:57.45	41.64	250m:	3:22.69	42.86	350m:	4:47.44		42.01
	100m:	1:15.81	40.53	200m:	2:39.83	42.38	300m:	4:05.43	42.74	400m:	5:29.08		41.64
4.	Záňová Zuzana	14	MPK Dolný Kubín									**5:52.30**	279
	50m:	39.23	39.23	150m:	2:08.20	44.95	250m:	3:39.95	46.31	350m:	5:10.58		44.06
	100m:	1:23.25	44.02	200m:	2:53.64	45.44	300m:	4:26.52	46.57	400m:	5:52.30		41.72
5.	Božoňová Tamara	14	MPK Dolný Kubín									**5:58.08**	265
	50m:	37.64	37.64	150m:	2:08.78	46.73	250m:	3:42.05	46.89	350m:	5:16.83		48.03
	100m:	1:22.05	44.41	200m:	2:55.16	46.38	300m:	4:28.80	46.75	400m:	5:58.08		41.25
6.	Masnicová Sofia	14	MPK Dolný Kubín									**6:03.92**	253
	50m:	38.80	38.80	150m:	2:11.37	47.56	250m:	3:45.39	46.98	350m:	5:19.35		47.00
	100m:	1:23.81	45.01	200m:	2:58.41	47.04	300m:	4:32.35	46.96	400m:	6:03.92		44.57
7.	Húsková Dorota	15	PK Martin									**6:15.69**	230
	50m:	41.61	41.61	150m:	2:17.83	48.47	250m:	3:54.52	48.04	350m:	5:31.05		48.07
	100m:	1:29.36	47.75	200m:	3:06.48	48.65	300m:	4:42.98	48.46	400m:	6:15.69		44.64
8.	Demeterová Zoja	15	PK Martin									**6:20.51**	221
	50m:	42.10	42.10	150m:	2:19.44	48.50	250m:	3:59.22	50.13	350m:	5:37.30		48.66
	100m:	1:30.94	48.84	200m:	3:09.09	49.65	300m:	4:48.64	49.42	400m:	6:20.51		43.21
9.	Vantúchová Tereza	15	PK Martin									**6:20.60**	221
	50m:	39.45	39.45	150m:	2:16.01	49.24	250m:	3:55.16	50.09	350m:	5:35.38		49.79
	100m:	1:26.77	47.32	200m:	3:05.07	49.06	300m:	4:45.59	50.43	400m:	6:20.60		45.22
10.	Krivdová Katarína	15	MPK Tvrdošín									**6:24.58**	214
	50m:	40.23	40.23	150m:	2:18.38	50.55	250m:	4:00.20	51.02	350m:	5:41.45		50.62
	100m:	1:27.83	47.60	200m:	3:09.18	50.80	300m:	4:50.83	50.63	400m:	6:24.58		43.13
11.	Žuffová Liliana	15	MPK Tvrdošín									**6:24.70**	214
	50m:	41.60	41.60	150m:	2:20.02	50.22	250m:	3:59.90	49.48	350m:	5:39.76		49.73
	100m:	1:29.80	48.20	200m:	3:10.42	50.40	300m:	4:50.03	50.13	400m:	6:24.70		44.94
12.	Rišková Eliška	15	PK Martin									**6:31.76**	203
	50m:	44.27	44.27	150m:	2:22.41	49.68	250m:	4:03.95	51.35	350m:	5:45.86		50.10
	100m:	1:32.73	48.46	200m:	3:12.60	50.19	300m:	4:55.76	51.81	400m:	6:31.76		45.90
13.	Kollárová Linda	15	PK Martin									**6:34.47**	198
	50m:	40.43	40.43	150m:	2:20.76	51.72	250m:	4:03.01	50.08	350m:	5:45.86		50.79
	100m:	1:29.04	48.61	200m:	3:12.93	52.17	300m:	4:55.07	52.06	400m:	6:34.47		48.61
14.	Jozefčeková Tereza	15	PK Nanti									**6:59.60**	165
	50m:	43.20	43.20	150m:	2:30.05	55.52	250m:	4:18.30	53.96	350m:	6:09.20		55.53
	100m:	1:34.53	51.33	200m:	3:24.34	54.29	300m:	5:13.67	55.37	400m:	6:59.60		50.40

disciplína 11, ženy, 400m voľný spôsob

13 - 14 roč.

1.	Hodoňová Kristínka			13	TT Dolný Kubín						**4:46.31**	520
	50m:	31.60	31.60	150m:	1:42.23	35.82	250m:	2:55.48	36.73	350m:	4:10.36	37.69
	100m:	1:06.41	34.81	200m:	2:18.75	36.52	300m:	3:32.67	37.19	400m:	4:46.31	35.95
2.	Dubovská Nikola			13	MPK Dolný Kubín						**4:58.10**	460
	50m:	33.94	33.94	150m:	1:49.39	37.81	250m:	3:05.92	38.19	350m:	4:22.03	37.74
	100m:	1:11.58	37.64	200m:	2:27.73	38.34	300m:	3:44.29	38.37	400m:	4:58.10	36.07
3.	Belová Darina			13	PK Martin						**5:00.82**	448
	50m:	33.30	33.30	150m:	1:48.65	37.90	250m:	3:06.50	38.98	350m:	4:23.34	37.96
	100m:	1:10.75	37.45	200m:	2:27.52	38.87	300m:	3:45.38	38.88	400m:	5:00.82	37.48
4.	Štrbáková Simona			12	PK Martin						**5:02.53**	440
	50m:	32.74	32.74	150m:	1:47.57	38.07	250m:	3:05.93	39.46	350m:	4:24.75	39.24
	100m:	1:09.50	36.76	200m:	2:26.47	38.90	300m:	3:45.51	39.58	400m:	5:02.53	37.78
5.	Kubinčáková Dominika			13	MPK Tvrdošín						**5:06.10**	425
	50m:	32.98	32.98	150m:	1:49.84	39.16	250m:	3:08.85	39.57	350m:	4:28.38	39.94
	100m:	1:10.68	37.70	200m:	2:29.28	39.44	300m:	3:48.44	39.59	400m:	5:06.10	37.72
6.	Gaňová Lucia			12	KPŠ Nereus Žilina						**5:13.52**	396
	50m:	35.38	35.38	150m:	1:53.48	39.42	250m:	3:13.80	40.56	350m:	4:35.13	40.86
	100m:	1:14.06	38.68	200m:	2:33.24	39.76	300m:	3:54.27	40.47	400m:	5:13.52	38.39
7.	Gyénová Natalia			12	PK Martin						**5:24.71**	356
	50m:	36.77	36.77	150m:	1:57.94	40.96	250m:	3:20.21	41.22	350m:	4:44.06	41.81
	100m:	1:16.98	40.21	200m:	2:38.99	41.05	300m:	4:02.25	42.04	400m:	5:24.71	40.65
8.	Medlová Simona			13	PK Martin						**5:47.24**	291
	50m:	37.52	37.52	150m:	2:03.32	44.25	250m:	3:32.64	44.57	350m:	5:03.14	44.38
	100m:	1:19.07	41.55	200m:	2:48.07	44.75	300m:	4:18.76	46.12	400m:	5:47.24	44.10