

Severoslovenská liga 3.kolo  
Dolný Kubín, 28.10.2023

disciplína 8  
28.10.2023 - 12:44

muži, 400m vo ný spôsob

11 ro . a st.  
Výsledky

bodovanie: FINA 2022

por.					Ro .					as	body	
11 ro .												
1.	JELŠOVSKÝ, Milan				12	PK Martin				<b>5:54.85</b>	213	
	50m:	39.61	39.61	150m:	2:09.49	45.60	250m:	3:41.72	45.95	350m:	5:12.34	45.12
	100m:	1:23.89	44.28	200m:	2:55.77	46.28	300m:	4:27.22	45.50	400m:	5:54.85	42.51
2.	GUT, Matej				12	Nereus Žilina				<b>6:27.43</b>	164	
	50m:	41.72	41.72	150m:	2:20.73	49.92	250m:	4:00.51	49.84	350m:	5:41.15	49.98
	100m:	1:30.81	49.09	200m:	3:10.67	49.94	300m:	4:51.17	50.66	400m:	6:27.43	46.28
3.	KOPECKÝ, Matej				12	AT Tur ianske Teplice				<b>6:39.50</b>	149	
	50m:	44.59	44.59	150m:	2:26.33	51.49	250m:	4:08.50	51.31	350m:	5:51.82	51.98
	100m:	1:34.84	50.25	200m:	3:17.19	50.86	300m:	4:59.84	51.34	400m:	6:39.50	47.68
12 ro .												
1.	KOŽÁK, Tomáš				11	Plavecký klub NANTI				<b>5:15.60</b>	304	
	50m:	34.68	34.68	150m:	1:54.91	41.57	250m:	3:17.32	40.83	350m:	4:40.52	41.85
	100m:	1:13.34	38.66	200m:	2:36.49	41.58	300m:	3:58.67	41.35	400m:	5:15.60	35.08
2.	GO ALTOVSKÝ, Marek				11	PK Martin				<b>6:05.29</b>	196	
	50m:	40.57	40.57	150m:	2:14.43	47.03	250m:	3:47.64	46.62	350m:	5:21.92	47.33
	100m:	1:27.40	46.83	200m:	3:01.02	46.59	300m:	4:34.59	46.95	400m:	6:05.29	43.37
3.	GEISBACHER, Matej				11	AT Tur ianske Teplice				<b>6:35.30</b>	154	
	50m:	43.60	43.60	150m:	2:24.43	50.59	250m:	4:04.88	50.08	350m:	5:47.70	50.99
	100m:	1:33.84	50.24	200m:	3:14.80	50.37	300m:	4:56.71	51.83	400m:	6:35.30	47.60
13 - 14 ro .												
1.	JAMRIŠKA, Daniel				10	PK TENAX Žilina				<b>5:18.61</b>	295	
	50m:	33.65	33.65	150m:	1:53.15	40.50	250m:	3:17.25	42.96	350m:	4:38.93	42.25
	100m:	1:12.65	39.00	200m:	2:34.29	41.14	300m:	3:56.68	39.43	400m:	5:18.61	39.68
2.	DANAJ, Dominik				10	PK TENAX Žilina				<b>5:23.12</b>	283	
	50m:	33.57	33.57	150m:	1:54.35	41.19	250m:	3:18.38	42.06	350m:	4:43.12	42.59
	100m:	1:13.16	39.59	200m:	2:36.32	41.97	300m:	4:00.53	42.15	400m:	5:23.12	40.00
3.	SHKLIAR, Andrii				10	PK TENAX Žilina				<b>5:39.55</b>	244	
	50m:	38.01	38.01	150m:	2:02.93	43.04	250m:	3:29.79	43.37	350m:	4:57.58	43.70
	100m:	1:19.89	41.88	200m:	2:46.42	43.49	300m:	4:13.88	44.09	400m:	5:39.55	41.97
4.	KA ERÍK, Juraj				10	PK TENAX Žilina				<b>5:44.98</b>	232	
	50m:	37.45	37.45	150m:	2:03.63	43.63	250m:	3:33.25	45.12	350m:	5:00.51	44.22
	100m:	1:20.00	42.55	200m:	2:48.13	44.50	300m:	4:16.29	43.04	400m:	5:44.98	44.47
5.	KRÁLIK, Matej				10	Delfin Liptovský Mikuláš				<b>6:32.24</b>	158	
	50m:	40.99	40.99	150m:	2:18.56	49.89	250m:	4:01.51	51.73	350m:	5:44.40	51.32
	100m:	1:28.67	47.68	200m:	3:09.78	51.22	300m:	4:53.08	51.57	400m:	6:32.24	47.84
15 - 16 ro .												
1.	LIPTAL, Matej				08	PK Martin				<b>4:30.15</b>	484	
	50m:	28.07	28.07	150m:	1:34.34	34.37	250m:	2:45.27	35.32	350m:	3:56.31	35.32
	100m:	59.97	31.90	200m:	2:09.95	35.61	300m:	3:20.99	35.72	400m:	4:30.15	33.84
2.	CIGÁNIK, Marián				07	Nereus Žilina				<b>4:39.04</b>	440	
	50m:	30.32	30.32	150m:	1:38.40	34.54	250m:	2:50.19	36.62	350m:	4:03.34	36.29
	100m:	1:03.86	33.54	200m:	2:13.57	35.17	300m:	3:27.05	36.86	400m:	4:39.04	35.70
3.	MINAROVÍ , Juraj				08	PK Žabka adca				<b>5:32.81</b>	259	
	50m:	36.55	36.55	150m:	2:01.17	43.23	250m:	3:29.05	44.12	350m:	4:54.57	41.80
	100m:	1:17.94	41.39	200m:	2:44.93	43.76	300m:	4:12.77	43.72	400m:	5:32.81	38.24

Severoslovenská liga 3.kolo  
Dolný Kubín, 28.10.2023

---

disciplína 8, muži, 400m vo ný spôsob

17 ro . a st.

1.	ALJOU, René			06	PK Martin				<b>4:57.65</b>	362		
	50m:	29.08	29.08	150m:	1:39.13	36.94	250m:	2:58.68	40.18	350m:	4:19.57	40.53
	100m:	1:02.19	33.11	200m:	2:18.50	39.37	300m:	3:39.04	40.36	400m:	4:57.65	38.08
2.	REŠETÁR, Andrej			85	AT Turianske Teplice				<b>6:22.59</b>	170		
	50m:	37.41	37.41	150m:	2:08.98	47.13	250m:	3:47.75	50.11	350m:	5:30.97	52.36
	100m:	1:21.85	44.44	200m:	2:57.64	48.66	300m:	4:38.61	50.86	400m:	6:22.59	51.62