

Jarné M-SSO - dlhé trate  
Žilina, 24.2.2024

disciplína 3  
24.02.2024 - 10:11

muži, 1500m vo ný spôsob

13 ro . a st.  
Výsledky

bodovanie: FINA 2023

por.			Ro .			as	RT	body				
13 ro .												
1.	SLÁDEK, Richard		11	KPS Nereus Žilina		<b>22:57.71</b>		252				
	100m:	1:22.18	1:22.18	500m:	7:28.78	1:32.60	900m:	13:43.28	1:34.50	1300m:	19:56.81	1:33.35
	200m:	2:52.53	1:30.35	600m:	9:01.53	1:32.75	1000m:	15:16.53	1:33.25	1400m:	21:30.04	1:33.23
	300m:	4:24.36	1:31.83	700m:	10:34.43	1:32.90	1100m:	16:50.46	1:33.93	1500m:	22:57.71	1:27.67
	400m:	5:56.18	1:31.82	800m:	12:08.78	1:34.35	1200m:	18:23.46	1:33.00			
2.	GO ALTOVSKÝ, Marek		11	PK Martin		<b>24:21.90</b>		211		+ 1:24.19		
	100m:	1:26.00	1:26.00	500m:	7:53.69	1:38.90	900m:	14:28.22	1:39.43	1300m:	21:08.97	1:40.14
	200m:	3:02.65	1:36.65	600m:	9:32.58	1:38.89	1000m:	16:08.00	1:39.78	1400m:	22:47.97	1:39.00
	300m:	4:38.22	1:35.57	700m:	11:09.72	1:37.14	1100m:	17:48.08	1:40.08	1500m:	24:21.90	1:33.93
	400m:	6:14.79	1:36.57	800m:	12:48.79	1:39.07	1200m:	19:28.83	1:40.75			
3.	YURLOV, Daniel		11	KPS Nereus Žilina		<b>24:28.38</b>		208		+ 1:30.67		
	100m:	1:23.85	1:23.85	500m:	7:51.77	1:40.28	900m:	14:34.10	1:41.50	1300m:	21:20.60	1:42.90
	200m:	2:57.60	1:33.75	600m:	9:31.06	1:39.29	1000m:	16:14.85	1:40.75	1400m:	22:57.25	1:36.65
	300m:	4:33.67	1:36.07	700m:	11:10.85	1:39.79	1100m:	17:55.85	1:41.00	1500m:	24:28.38	1:31.13
	400m:	6:11.49	1:37.82	800m:	12:52.60	1:41.75	1200m:	19:37.70	1:41.85			
14 ro .												
1.	AMAJ, Ján		10	PK Banská Štiavnica		<b>18:16.22</b>		501				
	100m:	1:07.44	1:07.44	500m:	5:57.44	1:13.35	900m:	10:53.44	1:13.50	1300m:	15:50.69	1:14.28
	200m:	2:18.72	1:11.28	600m:	7:11.72	1:14.28	1000m:	12:07.41	1:13.97	1400m:	17:05.19	1:14.50
	300m:	3:31.30	1:12.58	700m:	8:25.84	1:14.12	1100m:	13:22.16	1:14.75	1500m:	18:16.22	1:11.03
	400m:	4:44.09	1:12.79	800m:	9:39.94	1:14.10	1200m:	14:36.41	1:14.25			
2.	REICH, Dávid		10	PK Martin		<b>19:23.32</b>		419		+ 1:07.10		
	100m:	1:12.65	1:12.65	500m:	6:21.25	1:16.28	900m:	11:34.75	1:17.68	1300m:	16:48.18	1:19.21
	200m:	2:28.75	1:16.10	600m:	7:39.28	1:18.03	1000m:	12:51.61	1:16.86	1400m:	18:07.11	1:18.93
	300m:	3:46.86	1:18.11	700m:	8:58.43	1:19.15	1100m:	14:09.57	1:17.96	1500m:	19:23.32	1:16.21
	400m:	5:04.97	1:18.11	800m:	10:17.07	1:18.64	1200m:	15:28.97	1:19.40			
3.	BE O, Jakub		10	PK Banská Štiavnica		<b>19:42.25</b>		399		+ 1:26.03		
	100m:	1:13.97	1:13.97	500m:	6:31.78	1:19.62	900m:	11:52.19	1:20.47	1300m:	17:08.94	1:19.63
	200m:	2:31.13	1:17.16	600m:	7:52.25	1:20.47	1000m:	13:11.00	1:18.81	1400m:	18:26.50	1:17.56
	300m:	3:51.66	1:20.53	700m:	9:12.56	1:20.31	1100m:	14:30.69	1:19.69	1500m:	19:42.25	1:15.75
	400m:	5:12.16	1:20.50	800m:	10:31.72	1:19.16	1200m:	15:49.31	1:18.62			
4.	JAMRIŠKA, Daniel		10	PK TENAX Žilina		<b>21:21.26</b>		314		+ 3:05.04		
	100m:	1:17.05	1:17.05	500m:	6:57.41	1:27.07	900m:	12:45.41	1:26.79	1300m:	18:33.34	1:27.83
	200m:	2:40.79	1:23.74	600m:	8:24.34	1:26.93	1000m:	14:11.19	1:25.78	1400m:	20:00.66	1:27.32
	300m:	4:04.87	1:24.08	700m:	9:51.44	1:27.10	1100m:	15:38.72	1:27.53	1500m:	21:21.26	1:20.60
	400m:	5:30.34	1:25.47	800m:	11:18.62	1:27.18	1200m:	17:05.51	1:26.79			
5.	MINEK, Filip		10	PK Martin		<b>21:55.40</b>		290		+ 3:39.18		
	100m:	1:22.00	1:22.00	500m:	7:19.50	1:28.88	900m:	13:18.79	1:29.74	1300m:	19:12.08	1:28.71
	200m:	2:51.19	1:29.19	600m:	8:49.25	1:29.75	1000m:	14:47.94	1:29.15	1400m:	20:39.72	1:27.64
	300m:	4:21.00	1:29.81	700m:	10:18.79	1:29.54	1100m:	16:15.90	1:27.96	1500m:	21:55.40	1:15.68
	400m:	5:50.62	1:29.62	800m:	11:49.05	1:30.26	1200m:	17:43.37	1:27.47			
6.	LICHNER, Alex		10	KPS Nereus Žilina		<b>22:02.84</b>		285		+ 3:46.62		
	100m:	1:21.88	1:21.88	500m:	7:22.28	1:29.55	900m:	13:22.63	1:29.79	1300m:	19:17.88	1:27.50
	200m:	2:51.45	1:29.57	600m:	8:52.23	1:29.95	1000m:	14:52.63	1:30.00	1400m:	20:44.16	1:26.28
	300m:	4:22.34	1:30.89	700m:	10:22.91	1:30.68	1100m:	16:22.70	1:30.07	1500m:	22:02.84	1:18.68
	400m:	5:52.73	1:30.39	800m:	11:52.84	1:29.93	1200m:	17:50.38	1:27.68			
7.	SHKLIAR, Andrii		10	PK TENAX Žilina		<b>22:12.81</b>		279		+ 3:56.59		
	100m:	1:22.10	1:22.10	500m:	7:17.47	1:29.51	900m:	13:15.09	1:29.98	1300m:	19:16.41	1:31.01
	200m:	2:50.26	1:28.16	600m:	8:46.23	1:28.76	1000m:	14:45.21	1:30.12	1400m:	20:46.21	1:29.80
	300m:	4:19.59	1:29.33	700m:	10:15.19	1:28.96	1100m:	16:15.71	1:30.50	1500m:	22:12.81	1:26.60
	400m:	5:47.96	1:28.37	800m:	11:45.11	1:29.92	1200m:	17:45.40	1:29.69			

Jarné M-SSO - dlhé trate  
Žilina, 24.2.2024

disciplína 3, žiaci, 1500m vo ný spôsob, 14 ro .

por.	Ro .	as	RT	body
8.	BÉREŠ, Samuel	10	KPS Nereus Žilina	<b>22:48.34</b> 257 +4:32.12
	100m: 1:22.20 1:22.20	500m: 7:24.21 1:30.01	900m: 13:32.41 1:33.21	1300m: 19:46.32 1:34.03
	200m: 2:52.66 1:30.46	600m: 8:55.35 1:31.14	1000m: 15:05.28 1:32.87	1400m: 21:18.19 1:31.87
	300m: 4:23.38 1:30.72	700m: 10:27.39 1:32.04	1100m: 16:38.29 1:33.01	1500m: 22:48.34 1:30.15
	400m: 5:54.20 1:30.82	800m: 11:59.20 1:31.81	1200m: 18:12.29 1:34.00	
9.	KA ERÍK, Juraj	10	PK TENAX Žilina	<b>22:52.09</b> 255 +4:35.87
	100m: 1:21.39 1:21.39	500m: 7:24.31 1:32.14	900m: 13:38.74 1:34.28	1300m: 19:54.43 1:33.12
	200m: 2:51.31 1:29.92	600m: 8:57.09 1:32.78	1000m: 15:12.59 1:33.85	1400m: 21:27.31 1:32.88
	300m: 4:21.57 1:30.26	700m: 10:30.03 1:32.94	1100m: 16:47.03 1:34.44	1500m: 22:52.09 1:24.78
	400m: 5:52.17 1:30.60	800m: 12:04.46 1:34.43	1200m: 18:21.31 1:34.28	
10.	JUR O, Matej	10	PO Ružomberok	<b>22:59.59</b> 251 +4:43.37
	100m: 1:26.13 1:26.13	500m: 7:39.94 1:34.63	900m: 13:55.91 1:33.72	1300m: 20:05.91 1:32.41
	200m: 2:59.19 1:33.06	600m: 9:14.47 1:34.53	1000m: 15:28.63 1:32.72	1400m: 21:38.16 1:32.25
	300m: 4:32.13 1:32.94	700m: 10:48.69 1:34.22	1100m: 17:01.63 1:33.00	1500m: 22:59.59 1:21.43
	400m: 6:05.31 1:33.18	800m: 12:22.19 1:33.50	1200m: 18:33.50 1:31.87	

15 - 16 ro .

1.	IŽMÁRIK, Tomáš	08	KPS Nereus Žilina	<b>18:35.47</b> 476
	100m: 1:05.94 1:05.94	500m: 6:00.94 1:16.29	900m: 11:09.15 1:33.82	1300m: 16:12.97 1:15.53
	200m: 2:18.00 1:12.06	600m: 7:19.19 1:18.25	1000m: 12:25.69 1:16.54	1400m: 17:27.25 1:14.28
	300m: 3:30.62 1:12.62	700m: 8:35.94 1:16.75	1100m: 13:41.69 1:16.00	1500m: 18:35.47 1:08.22
	400m: 4:44.65 1:14.03	800m: 9:35.33 59.39	1200m: 14:57.44 1:15.75	
2.	GO ALTOVSKÝ, Daniel	09	PK Martin	<b>18:43.39</b> 466 +7.92
	100m: 1:11.75 1:11.75	500m: 6:11.93 1:15.12	900m: 11:13.16 1:15.31	1300m: 16:15.06 1:15.40
	200m: 2:26.18 1:14.43	600m: 7:27.78 1:15.85	1000m: 12:28.35 1:15.19	1400m: 17:30.03 1:14.97
	300m: 3:41.64 1:15.46	700m: 8:43.31 1:15.53	1100m: 13:43.78 1:15.43	1500m: 18:43.39 1:13.36
	400m: 4:56.81 1:15.17	800m: 9:57.85 1:14.54	1200m: 14:59.66 1:15.88	
3.	MACHOV ÁK, Marek	09	PK Martin	<b>19:12.74</b> 431 +37.27
	100m: 1:13.02 1:13.02	500m: 6:20.34 1:15.67	900m: 11:34.37 1:18.00	1300m: 16:40.59 1:18.50
	200m: 2:29.09 1:16.07	600m: 7:39.06 1:18.72	1000m: 12:50.17 1:15.80	1400m: 17:59.45 1:18.86
	300m: 3:46.52 1:17.43	700m: 8:57.81 1:18.75	1100m: 14:04.84 1:14.67	1500m: 19:12.74 1:13.29
	400m: 5:04.67 1:18.15	800m: 10:16.37 1:18.56	1200m: 15:22.09 1:17.25	
4.	LEHOCKÝ, Jakub	08	KPS Nereus Žilina	<b>19:48.65</b> 393 +1:13.18
	100m: 1:12.90 1:12.90	500m: 6:34.28 1:21.00	900m: 11:50.50 1:19.35	1300m: 17:12.75 1:20.78
	200m: 2:32.40 1:19.50	600m: 7:52.93 1:18.65	1000m: 13:10.50 1:20.00	1400m: 18:33.50 1:20.75
	300m: 3:52.50 1:20.10	700m: 9:12.11 1:19.18	1100m: 14:31.08 1:20.58	1500m: 19:48.65 1:15.15
	400m: 5:13.28 1:20.78	800m: 10:31.15 1:19.04	1200m: 15:51.97 1:20.89	
5.	ROVNIANEK, Tomáš	09	PK Martin	<b>20:41.37</b> 345 +2:05.90
	100m: 1:13.19 1:13.19	500m: 6:42.66 1:23.54	900m: 12:21.16 1:25.65	1300m: 18:04.66 1:26.04
	200m: 2:33.84 1:20.65	600m: 8:07.02 1:24.36	1000m: 13:47.05 1:25.89	1400m: 19:28.47 1:23.81
	300m: 3:55.69 1:21.85	700m: 9:31.44 1:24.42	1100m: 15:12.62 1:25.57	1500m: 20:41.37 1:12.90
	400m: 5:19.12 1:23.43	800m: 10:55.51 1:24.07	1200m: 16:38.62 1:26.00	
6.	BOBÁK, Daniel	09	SKP Brezno	<b>22:05.42</b> 283 +3:29.95
	100m: 1:21.56 1:21.56	500m: 7:16.20 1:27.10	900m: 13:12.70 1:29.14	1300m: 19:12.06 1:30.03
	200m: 2:50.67 1:29.11	600m: 8:45.60 1:29.40	1000m: 14:42.95 1:30.25	1400m: 20:40.77 1:28.71
	300m: 4:20.10 1:29.43	700m: 10:15.13 1:29.53	1100m: 16:12.81 1:29.86	1500m: 22:05.42 1:24.65
	400m: 5:49.10 1:29.00	800m: 11:43.56 1:28.43	1200m: 17:42.03 1:29.22	
7.	MINAROVÍ , Juraj	08	PK Žabka adca	<b>22:59.00</b> 251 +4:23.53
	100m: 1:23.28 1:23.28	500m: 7:34.11 1:34.45	900m: 13:54.15 1:33.15	1300m: 20:03.25 1:33.03
	200m: 2:53.25 1:29.97	600m: 9:10.00 1:35.89	1000m: 15:27.83 1:33.68	1400m: 21:35.36 1:32.11
	300m: 4:25.58 1:32.33	700m: 10:46.00 1:36.00	1100m: 16:58.53 1:30.70	1500m: 22:59.00 1:23.64
	400m: 5:59.66 1:34.08	800m: 12:21.00 1:35.00	1200m: 18:30.22 1:31.69	
8.	ONDRÍK, Daniel	08	MPK Dolný Kubín	<b>23:36.48</b> 232 +5:01.01
	100m: 1:22.16 1:22.16	500m: 7:34.80 1:35.85	900m: 14:01.73 1:37.57	1300m: 20:31.95 1:37.97
	200m: 2:50.88 1:28.72	600m: 9:11.16 1:36.36	1000m: 15:39.28 1:37.55	1400m: 22:09.31 1:37.36
	300m: 4:23.95 1:33.07	700m: 10:47.53 1:36.37	1100m: 17:17.03 1:37.75	1500m: 23:36.48 1:27.17
	400m: 5:58.95 1:35.00	800m: 12:24.16 1:36.63	1200m: 18:53.98 1:36.95	

Jarné M-SSO - dlhé trate  
Žilina, 24.2.2024

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disciplína 3, muži, 1500m vo ný spôsob

17 - 18 ro .

1.	<b>CIGÁNIK, Marián</b>		<b>07</b>	<b>KPS Nereus Žilina</b>	<b>19:04.75</b>	<b>440</b>						
	100m:	1:08.63	1:08.63	500m:	6:09.94	1:16.97	900m:	11:17.66	1:17.60	1300m:	16:29.56	1:17.93
	200m:	2:22.50	1:13.87	600m:	7:26.38	1:16.44	1000m:	12:35.28	1:17.62	1400m:	17:47.69	1:18.13
	300m:	3:37.66	1:15.16	700m:	8:43.25	1:16.87	1100m:	13:52.88	1:17.60	1500m:	19:04.75	1:17.06
	400m:	4:52.97	1:15.31	800m:	10:00.06	1:16.81	1200m:	15:11.63	1:18.75			
2.	<b>ALJOU, René</b>		<b>06</b>	<b>PK Martin</b>	<b>20:08.10</b>	<b>374</b>				<b>+ 1:03.35</b>		
	100m:	1:05.33	1:05.33	500m:	6:37.97	1:23.44	900m:	12:12.29	1:22.22	1300m:	17:36.02	1:20.48
	200m:	2:28.85	1:23.52	600m:	8:01.35	1:23.38	1000m:	13:34.69	1:22.40	1400m:	18:54.53	1:18.51
	300m:	3:52.01	1:23.16	700m:	9:25.66	1:24.31	1100m:	14:57.47	1:22.78	1500m:	20:08.10	1:13.57
	400m:	5:14.53	1:22.52	800m:	10:50.07	1:24.41	1200m:	16:15.54	1:18.07			
3.	<b>NEUWIRTH, Jakub</b>		<b>07</b>	<b>MPK Prievidza</b>	<b>23:38.84</b>	<b>231</b>				<b>+ 4:34.09</b>		
	100m:	1:21.67	1:21.67	500m:	7:36.28	1:36.14	900m:	14:03.17	1:38.60	1300m:	20:35.39	1:35.15
	200m:	2:52.34	1:30.67	600m:	9:12.64	1:36.36	1000m:	15:42.59	1:39.42	1400m:	22:09.57	1:34.18
	300m:	4:27.34	1:35.00	700m:	10:48.09	1:35.45	1100m:	17:21.84	1:39.25	1500m:	23:38.84	1:29.27
	400m:	6:00.14	1:32.80	800m:	12:24.57	1:36.48	1200m:	19:00.24	1:38.40			