

Jarné M-SSO - dlhé trate
Žilina, 24.2.2024

disciplína 4
24.02.2024 - 11:19

ženy, 1500m vo vny spůsob

13 ro . a st.
Výsledky

bodovanie: FINA 2023

por.	Ro.	as	RT	body
13 ro .				
1.	NOVINSKÁ, Kristína	11	PK Martin	19:24.63 493
	100m: 1:14.44 1:14.44	500m: 6:24.41 1:17.47	900m: 11:37.66 1:18.53	1300m: 16:53.38 1:18.75
	200m: 2:32.03 1:17.59	600m: 7:42.25 1:17.84	1000m: 12:56.91 1:19.25	1400m: 18:12.34 1:18.96
	300m: 3:49.69 1:17.66	700m: 9:01.13 1:18.88	1100m: 14:15.75 1:18.84	1500m: 19:24.63 1:12.29
	400m: 5:06.94 1:17.25	800m: 10:19.13 1:18.00	1200m: 15:34.63 1:18.88	
2.	ROMANOVÁ, Nina	11	PK Martin	23:44.27 269 +4:19.64
	100m: 1:31.70 1:31.70	500m: 7:57.92 1:35.75	900m: 14:19.20 1:36.89	1300m: 20:41.27 1:36.24
	200m: 3:08.87 1:37.17	600m: 9:32.70 1:34.78	1000m: 15:54.70 1:35.50	1400m: 22:15.49 1:34.22
	300m: 4:45.13 1:36.26	700m: 11:07.17 1:34.47	1100m: 17:29.60 1:34.90	1500m: 23:44.27 1:28.78
	400m: 6:22.17 1:37.04	800m: 12:42.31 1:35.14	1200m: 19:05.03 1:35.43	
3.	BENKOVÁ, Sára	11	KPS Nereus Žilina	23:59.41 261 +4:34.78
	100m: 1:29.66 1:29.66	500m: 8:03.19 1:38.28	900m: 14:28.98 1:36.04	1300m: 20:53.41 1:36.15
	200m: 3:07.73 1:38.07	600m: 9:40.51 1:37.32	1000m: 16:04.81 1:35.83	1400m: 22:30.19 1:36.78
	300m: 4:46.31 1:38.58	700m: 11:16.66 1:36.15	1100m: 17:40.02 1:35.21	1500m: 23:59.41 1:29.22
	400m: 6:24.91 1:38.60	800m: 12:52.94 1:36.28	1200m: 19:17.26 1:37.24	
14 ro .				
1.	LABERGE, Dora	10	KPS Nereus Žilina	22:19.50 324
	100m: 1:19.36 1:19.36	500m: 7:19.50 1:30.75	900m: 13:24.25 1:32.32	1300m: 19:28.18 1:29.82
	200m: 2:47.18 1:27.82	600m: 8:50.36 1:30.86	1000m: 14:56.28 1:32.03	1400m: 20:56.61 1:28.43
	300m: 4:17.28 1:30.10	700m: 10:21.90 1:31.54	1100m: 16:26.93 1:30.65	1500m: 22:19.50 1:22.89
	400m: 5:48.75 1:31.47	800m: 11:51.93 1:30.03	1200m: 17:58.36 1:31.43	
2.	BRISUDOVÁ, Alica	10	MPK Tvrdošín	23:08.31 291 +48.81
	100m: 1:24.56 1:24.56	500m: 7:38.75 1:33.44	900m: 13:53.71 1:32.78	1300m: 20:10.75 1:34.07
	200m: 2:57.71 1:33.15	600m: 9:13.81 1:35.06	1000m: 15:29.04 1:35.33	1400m: 21:42.68 1:31.93
	300m: 4:31.75 1:34.04	700m: 10:46.53 1:32.72	1100m: 17:02.25 1:33.21	1500m: 23:08.31 1:25.63
	400m: 6:05.31 1:33.56	800m: 12:20.93 1:34.40	1200m: 18:36.68 1:34.43	
3.	PAŽÍTKOVÁ, Dominika	10	PO Ružomberok	23:35.96 274 +1:16.46
	100m: 1:25.46 1:25.46	500m: 7:44.25 1:35.89	900m: 14:08.50 1:37.97	1300m: 20:31.75 1:35.32
	200m: 2:58.06 1:32.60	600m: 9:18.86 1:34.61	1000m: 15:45.21 1:36.71	1400m: 22:06.31 1:34.56
	300m: 4:32.71 1:34.65	700m: 10:54.18 1:35.32	1100m: 17:21.75 1:36.54	1500m: 23:35.96 1:29.65
	400m: 6:08.36 1:35.65	800m: 12:30.53 1:36.35	1200m: 18:56.43 1:34.68	
4.	DECHTÁROVÁ, Ela	10	PO Ružomberok	26:40.70 190 +4:21.20
	100m: 1:33.13 1:33.13	500m: 8:40.35 1:48.97	900m: 16:05.35 1:51.97	1300m: 23:19.74 1:48.64
	200m: 3:17.35 1:44.22	600m: 10:28.95 1:48.60	1000m: 17:55.99 1:50.64	1400m: 25:06.67 1:46.93
	300m: 5:04.10 1:46.75	700m: 12:21.20 1:52.25	1100m: 19:44.87 1:48.88	1500m: 26:40.70 1:34.03
	400m: 6:51.38 1:47.28	800m: 14:13.38 1:52.18	1200m: 21:31.10 1:46.23	
15 - 16 ro .				
1.	GOMOLOVÁ, Nela	09	PK Martin	19:52.72 459
	100m: 1:13.47 1:13.47	500m: 6:27.33 1:19.39	900m: 11:48.90 1:20.75	1300m: 17:13.79 1:21.64
	200m: 2:31.47 1:18.00	600m: 7:47.47 1:20.14	1000m: 13:09.37 1:20.47	1400m: 18:32.50 1:18.71
	300m: 3:49.65 1:18.18	700m: 9:07.33 1:19.86	1100m: 14:30.33 1:20.96	1500m: 19:52.72 1:20.22
	400m: 5:07.94 1:18.29	800m: 10:28.15 1:20.82	1200m: 15:52.15 1:21.82	
2.	HLIVJÁKOVÁ, Markéta Marta	09	KPS Nereus Žilina	21:43.06 352 +1:50.34
	100m: 1:19.33 1:19.33	500m: 7:09.65 1:29.07	900m: 13:05.37 1:28.50	1300m: 18:56.15 1:26.28
	200m: 2:44.97 1:25.64	600m: 8:39.22 1:29.57	1000m: 14:33.40 1:28.03	1400m: 20:22.05 1:25.90
	300m: 4:12.97 1:28.00	700m: 10:08.00 1:28.78	1100m: 16:02.87 1:29.47	1500m: 21:43.06 1:21.01
	400m: 5:40.58 1:27.61	800m: 11:36.87 1:28.87	1200m: 17:29.87 1:27.00	
3.	DIRBÁKOVÁ, Viktória	08	MPK Prievidza	22:15.29 327 +2:22.57
	100m: 1:21.56 1:21.56	500m: 7:21.46 1:30.08	900m: 13:21.81 1:29.95	1300m: 19:22.63 1:30.22
	200m: 2:50.75 1:29.19	600m: 8:51.54 1:30.08	1000m: 14:51.54 1:29.73	1400m: 20:51.69 1:29.06
	300m: 4:21.28 1:30.53	700m: 10:21.70 1:30.16	1100m: 16:21.61 1:30.07	1500m: 22:15.29 1:23.60
	400m: 5:51.38 1:30.10	800m: 11:51.86 1:30.16	1200m: 17:52.41 1:30.80	

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Žilina, 24.2.2024

disciplína 4, žia ky, 1500m vo ný spôsob, 15 - 16 ro .

por.		Ro .		as	RT	body	
4.	GARAJOVÁ, Katarína	08	MPK Dolný Kubin	22:24.35		321	+ 2:31.63
	100m: 1:24.25 1:24.25	500m: 7:29.27 1:32.57	900m: 13:33.52 1:30.60	1300m: 19:29.77 1:29.50			
	200m: 2:54.10 1:29.85	600m: 8:59.52 1:30.25	1000m: 15:04.10 1:30.58	1400m: 20:58.99 1:29.22			
	300m: 4:26.25 1:32.15	700m: 10:30.67 1:31.15	1100m: 16:32.13 1:28.03	1500m: 22:24.35 1:25.36			
	400m: 5:56.70 1:30.45	800m: 12:02.92 1:32.25	1200m: 18:00.27 1:28.14				
5.	LI KOVÁ, Nina	09	PK Martin	22:41.37		309	+ 2:48.65
	100m: 1:23.91 1:23.91	500m: 7:24.01 1:30.50	900m: 13:35.41 1:33.50	1300m: 19:47.51 1:32.32			
	200m: 2:53.58 1:29.67	600m: 8:56.19 1:32.18	1000m: 15:08.33 1:32.92	1400m: 21:18.87 1:31.36			
	300m: 4:22.51 1:28.93	700m: 10:28.91 1:32.72	1100m: 16:41.87 1:33.54	1500m: 22:41.37 1:22.50			
	400m: 5:53.51 1:31.00	800m: 12:01.91 1:33.00	1200m: 18:15.19 1:33.32				
6.	SMOLEKOVÁ, Ella	08	PO Ružomberok	23:19.66		284	+ 3:26.94
	100m: 1:24.97 1:24.97	500m: 7:38.55 1:34.32	900m: 13:59.80 1:34.93	1300m: 20:16.58 1:33.07			
	200m: 2:56.57 1:31.60	600m: 9:14.66 1:36.11	1000m: 15:35.76 1:35.96	1400m: 21:49.91 1:33.33			
	300m: 4:30.43 1:33.86	700m: 10:49.16 1:34.50	1100m: 17:10.33 1:34.57	1500m: 23:19.66 1:29.75			
	400m: 6:04.23 1:33.80	800m: 12:24.87 1:35.71	1200m: 18:43.51 1:33.18				
7.	LEGEMZOVÁ, Sofia	08	MPK Dolný Kubin	24:09.59		256	+ 4:16.87
	100m: 1:20.78 1:20.78	500m: 7:50.38 1:38.00	900m: 14:25.03 1:38.97	1300m: 21:03.78 1:38.72			
	200m: 2:57.31 1:36.53	600m: 9:28.50 1:38.12	1000m: 16:04.97 1:39.94	1400m: 22:41.25 1:37.47			
	300m: 4:36.00 1:38.69	700m: 11:07.31 1:38.81	1100m: 17:44.91 1:39.94	1500m: 24:09.59 1:28.34			
	400m: 6:12.38 1:36.38	800m: 12:46.06 1:38.75	1200m: 19:25.06 1:40.15				

17 - 18 ro .

1.	GRUCHA ÁKOVÁ, Laura	06	PK Martin	19:50.93		461	
	100m: 1:13.58 1:13.58	500m: 6:23.83 1:17.75	900m: 11:40.40 1:20.40	1300m: 17:09.65 1:22.57			
	200m: 2:31.40 1:17.82	600m: 7:42.03 1:18.20	1000m: 13:02.68 1:22.28	1400m: 18:31.61 1:21.96			
	300m: 3:49.15 1:17.75	700m: 9:01.00 1:18.97	1100m: 14:24.53 1:21.85	1500m: 19:50.93 1:19.32			
	400m: 5:06.08 1:16.93	800m: 10:20.00 1:19.00	1200m: 15:47.08 1:22.55				