

Severoslovenská liga 4.kolo
Dolný Kubín, 23.11.2024

disciplína 9
23.11.2024 - 12:04

ženy, 400m vo vlny spôsob

11 ro . a st.
Výsledky

bodovanie: FINA 2023

por.	Ro .	as	body
11 ro .			
1.	Hodo ová Kristínka	13 TT Dolný Kubín	5:41.71 310
	50m: 36.87 36.87 150m: 2:02.16 43.40 250m: 3:30.25 44.46 350m: 4:59.74 46.26		
	100m: 1:18.76 41.89 200m: 2:45.79 43.63 300m: 4:13.48 43.23 400m: 5:41.71 41.97		
2.	Ma ošková Barbora	13 MPK Tvrdošín	5:45.76 299
	50m: 38.56 38.56 150m: 2:05.74 44.29 250m: 3:35.14 44.15 350m: 5:03.65 43.33		
	100m: 1:21.45 42.89 200m: 2:50.99 45.25 300m: 4:20.32 45.18 400m: 5:45.76 42.11		
3.	Leš ovská Miriama	13 MPK Dolný Kubín	5:47.46 294
	50m: 37.01 37.01 150m: 2:02.34 43.51 250m: 3:29.98 43.97 350m: 5:02.11 47.19		
	100m: 1:18.83 41.82 200m: 2:46.01 43.67 300m: 4:14.92 44.94 400m: 5:47.46 45.35		
4.	Dubovská Nikola	13 MPK Dolný Kubín	5:54.38 278
	50m: 39.32 39.32 150m: 2:08.78 45.36 250m: 3:40.38 45.89 350m: 5:11.04 45.06		
	100m: 1:23.42 44.10 200m: 2:54.49 45.71 300m: 4:25.98 45.60 400m: 5:54.38 43.34		
5.	Belová Darina	13 PK Martin	6:04.07 256
	50m: 37.78 37.78 150m: 2:10.15 47.02 250m: 3:46.82 48.48 350m: 5:19.48 46.07		
	100m: 1:23.13 45.35 200m: 2:58.34 48.19 300m: 4:33.41 46.59 400m: 6:04.07 44.59		
6.	Lomázová Barbora	13 MPK Dolný Kubín	6:29.69 209
	50m: 41.05 41.05 150m: 2:18.81 49.81 250m: 4:01.32 51.63 350m: 5:43.29 50.99		
	100m: 1:29.00 47.95 200m: 3:09.69 50.88 300m: 4:52.30 50.98 400m: 6:29.69 46.40		
7.	Spišáková Lucia	13 PO Ružomberok	7:11.21 154
	50m: 47.20 47.20 150m: 2:34.44 53.47 250m: 4:24.86 54.77 350m: 6:16.97 56.22		
	100m: 1:40.97 53.77 200m: 3:30.09 55.65 300m: 5:20.75 55.89 400m: 7:11.21 54.24		
12 ro .			
1.	Mikulášová Tamara	12 TT Dolný Kubín	5:10.52 413
	50m: 35.36 35.36 150m: 1:52.30 39.24 250m: 3:11.29 39.22 350m: 4:31.10 39.70		
	100m: 1:13.06 37.70 200m: 2:32.07 39.77 300m: 3:51.40 40.11 400m: 5:10.52 39.42		
2.	Šrobová Simona	12 MPK Tvrdošín	5:38.72 318
	50m: 37.03 37.03 150m: 2:03.60 43.51 250m: 3:30.63 43.76 350m: 4:58.24 43.50		
	100m: 1:20.09 43.06 200m: 2:46.87 43.27 300m: 4:14.74 44.11 400m: 5:38.72 40.48		
3.	Brózová Laura	12 Nereus Žilina	5:51.47 285
	50m: 40.50 40.50 150m: 2:10.82 45.60 250m: 3:40.27 44.83 350m: 5:08.97 44.59		
	100m: 1:25.22 44.72 200m: 2:55.44 44.62 300m: 4:24.38 44.11 400m: 5:51.47 42.50		
4.	Gyéňová Natalia	12 PK Martin	6:01.67 261
	50m: 40.11 40.11 150m: 2:12.74 46.99 250m: 3:46.62 46.81 350m: 5:19.52 45.61		
	100m: 1:25.75 45.64 200m: 2:59.81 47.07 300m: 4:33.91 47.29 400m: 6:01.67 42.15		
5.	Mi ková Silvia	12 PK Martin	6:10.50 243
	50m: 41.75 41.75 150m: 2:17.09 47.92 250m: 3:52.68 47.78 350m: 5:26.33 47.11		
	100m: 1:29.17 47.42 200m: 3:04.90 47.81 300m: 4:39.22 46.54 400m: 6:10.50 44.17		
6.	Janovská Natália	12 PK Martin	7:06.82 159
	50m: 45.89 45.89 150m: 2:35.48 55.41 250m: 4:26.09 55.74 350m: 6:16.02 53.87		
	100m: 1:40.07 54.18 200m: 3:30.35 54.87 300m: 5:22.15 56.06 400m: 7:06.82 50.80		
13 - 14 ro .			
1.	Benková Sára	11 Nereus Žilina	5:15.02 395
	50m: 33.83 33.83 150m: 1:51.99 39.84 250m: 3:13.69 40.63 350m: 4:35.69 41.59		
	100m: 1:12.15 38.32 200m: 2:33.06 41.07 300m: 3:54.10 40.41 400m: 5:15.02 39.33		
2.	Rešetárová Eliška	11 AT Tur ianske Teplice	5:16.83 389
	50m: 34.85 34.85 150m: 1:54.11 39.64 250m: 3:14.42 40.04 350m: 4:36.64 41.30		
	100m: 1:14.47 39.62 200m: 2:34.38 40.27 300m: 3:55.34 40.92 400m: 5:16.83 40.19		

Severoslovenská liga 4.kolo
Dolný Kubín, 23.11.2024

disciplína 9, žia ky, 400m vo ný spôsob, 13 - 14 ro .

por.			Ro .					as	body			
3.	Kvaš ovská Karolína		11	MPK Dolný Kubín				5:29.71	345			
	50m:	37.06	37.06	150m:	2:01.00	42.04	250m:	3:25.56	42.51	350m:	4:49.74	42.60
	100m:	1:18.96	41.90	200m:	2:43.05	42.05	300m:	4:07.14	41.58	400m:	5:29.71	39.97
4.	Brisudová Alica		10	PK Nanti				5:36.14	325			
	50m:	34.70	34.70	150m:	1:58.11	42.44	250m:	3:26.20	44.26	350m:	4:54.10	44.34
	100m:	1:15.67	40.97	200m:	2:41.94	43.83	300m:	4:09.76	43.56	400m:	5:36.14	42.04
5.	Romanová Nina		11	PK Martin				5:36.63	324			
	50m:	37.10	37.10	150m:	2:01.29	42.74	250m:	3:27.47	43.04	350m:	4:53.91	43.17
	100m:	1:18.55	41.45	200m:	2:44.43	43.14	300m:	4:10.74	43.27	400m:	5:36.63	42.72
6.	Staníková Diana		11	PK TENAX Žilina				5:48.16	293			
	50m:	37.87	37.87	150m:	2:06.94	45.40	250m:	3:36.77	45.19	350m:	5:06.59	44.28
	100m:	1:21.54	43.67	200m:	2:51.58	44.64	300m:	4:22.31	45.54	400m:	5:48.16	41.57
7.	Kopecká Emília		10	AT Tur ianske Teplice				6:01.67	261			
	50m:	40.19	40.19	150m:	2:11.73	45.68	250m:	3:44.70	46.81	350m:	5:19.11	46.84
	100m:	1:26.05	45.86	200m:	2:57.89	46.16	300m:	4:32.27	47.57	400m:	6:01.67	42.56
8.	Šefranková Lucia		11	PO Ružomberok				6:12.30	239			
	50m:	41.33	41.33	150m:	2:15.19	47.85	250m:	3:49.92	48.55	350m:	5:27.30	48.89
	100m:	1:27.34	46.01	200m:	3:01.37	46.18	300m:	4:38.41	48.49	400m:	6:12.30	45.00
9.	Tadlánková Lucia		11	AT Tur ianske Teplice				6:13.55	237			
	50m:	38.53	38.53	150m:	2:10.60	47.32	250m:	3:47.43	48.50	350m:	5:25.94	49.69
	100m:	1:23.28	44.75	200m:	2:58.93	48.33	300m:	4:36.25	48.82	400m:	6:13.55	47.61

15 - 16 ro .

1.	Dirbáková Viktória		08	Nereus Žilina				4:59.85	459			
	50m:	32.17	32.17	150m:	1:46.71	38.13	250m:	3:02.86	38.36	350m:	4:21.29	39.36
	100m:	1:08.58	36.41	200m:	2:24.50	37.79	300m:	3:41.93	39.07	400m:	4:59.85	38.56
2.	Urbanová Linda		08	MPK Dolný Kubín				5:04.51	438			
	50m:	34.25	34.25	150m:	1:49.82	38.29	250m:	3:06.86	38.63	350m:	4:25.16	39.27
	100m:	1:11.53	37.28	200m:	2:28.23	38.41	300m:	3:45.89	39.03	400m:	5:04.51	39.35
3.	Legemzová Sofia		08	MPK Dolný Kubín				5:22.40	369			
	50m:	34.95	34.95	150m:	1:53.91	40.50	250m:	3:17.77	42.21	350m:	4:41.75	41.05
	100m:	1:13.41	38.46	200m:	2:35.56	41.65	300m:	4:00.70	42.93	400m:	5:22.40	40.65

17 ro . a st.

1.	Mikulášová Eva		07	TT Dolný Kubín				4:41.34	555			
	50m:	30.68	30.68	150m:	1:40.91	35.69	250m:	2:53.09	36.41	350m:	4:06.61	36.66
	100m:	1:05.22	34.54	200m:	2:16.68	35.77	300m:	3:29.95	36.86	400m:	4:41.34	34.73
2.	Vi áková Lucia		94	MPK Dolný Kubín				5:37.68	321			
	50m:	37.54	37.54	150m:	2:01.93	42.66	250m:	3:28.86	43.23	350m:	4:55.29	43.42
	100m:	1:19.27	41.73	200m:	2:45.63	43.70	300m:	4:11.87	43.01	400m:	5:37.68	42.39