

Jarné M-SSO - dlhé trate
Žilina, 2.3.2025

disciplína 2
02.03.2025 - 10:14

ženy, 400m vo vlny spôsob

11 ro . a st.
Výsledky

bodovanie: AQUA 2024

por.	Ro .	as	body
19 ro . a st.			
1.	Jur ová Tereza	05 TRIAN Banská Bystrica	5:50.38 303
	100m: 1:19.84 1:19.84 200m: 2:48.48 1:28.64 300m: 4:20.73 1:32.25 400m: 5:50.38 1:29.65		
17 - 18 ro .			
1.	Peknušová Sophia	08 PK TENAX Žilina	4:50.63 531
	100m: 1:06.73 1:06.73 200m: 2:19.19 1:12.46 300m: 3:34.38 1:15.19 400m: 4:50.63 1:16.25		
2.	Dirbáková Viktória	08 Nereus Žilina	5:10.62 435
	100m: 1:13.12 1:13.12 200m: 2:33.19 1:20.07 300m: 3:53.00 1:19.81 400m: 5:10.62 1:17.62		
3.	Gajdošová Žaneta	07 TRIAN Banská Bystrica	5:23.91 383
	100m: 1:14.91 1:14.91 200m: 2:39.28 1:24.37 300m: 4:01.80 1:22.52 400m: 5:23.91 1:22.11		
4.	Smoleková Ella	08 Po Ružomberok	5:40.00 331
	100m: 1:19.97 1:19.97 200m: 2:46.00 1:26.03 300m: 4:14.41 1:28.41 400m: 5:40.00 1:25.59		
5.	Chromiaková Ema Mária	08 Pk Martin	5:47.06 311
	100m: 1:15.09 1:15.09 200m: 2:43.72 1:28.63 300m: 4:15.13 1:31.41 400m: 5:47.06 1:31.93		
6.	Niklová Dominika	07 ŠKP Brezno	6:18.89 239
	100m: 1:28.14 1:28.14 200m: 3:07.93 1:39.79 300m: 4:45.74 1:37.81 400m: 6:18.89 1:33.15		
15 - 16 ro .			
1.	Gomolová Nela	09 Pk Martin	5:08.60 443
	100m: 1:10.03 1:10.03 200m: 2:28.85 1:18.82 300m: 3:49.13 1:20.28 400m: 5:08.60 1:19.47		
2.	Šmidová Karolína	10 Pk Martin	5:29.50 364
	100m: 1:17.83 1:17.83 200m: 2:43.00 1:25.17 300m: 4:08.69 1:25.69 400m: 5:29.50 1:20.81		
3.	Krkošová Nela	09 Nereus Žilina	5:30.57 361
	100m: 1:15.36 1:15.36 200m: 2:39.68 1:24.32 300m: 4:06.00 1:26.32 400m: 5:30.57 1:24.57		
4.	Viludová Nela	10 Pk Martin	5:44.13 319
	100m: 1:20.69 1:20.69 200m: 2:49.34 1:28.65 300m: 4:17.87 1:28.53 400m: 5:44.13 1:26.26		
5.	Bibová Katarína	10 Swim Warriors	5:56.40 288
	100m: 1:25.47 1:25.47 200m: 3:00.62 1:35.15 300m: 4:32.72 1:32.10 400m: 5:56.40 1:23.68		
6.	Žiaková Tamara	09 PK TENAX Žilina	5:58.37 283
	100m: 1:14.51 1:14.51 200m: 2:47.41 1:32.90 300m: 4:25.72 1:38.31 400m: 5:58.37 1:32.65		
7.	Slovjakova Dominika	10 PK Žabka adca	5:59.57 280
	100m: 1:19.62 1:19.62 200m: 2:52.62 1:33.00 300m: 4:28.15 1:35.53 400m: 5:59.57 1:31.42		
8.	Dechtárová Ela	10 Po Ružomberok	5:59.75 280
	100m: 1:23.06 1:23.06 200m: 2:56.36 1:33.30 300m: 4:32.14 1:35.78 400m: 5:59.75 1:27.61		
9.	Rzeszotová Nela	10 Nereus Žilina	6:00.67 277
	100m: 1:18.11 1:18.11 200m: 2:48.16 1:30.05 300m: 4:22.74 1:34.58 400m: 6:00.67 1:37.93		
10.	Adamová Lenka	09 TRIAN Banská Bystrica	6:08.65 260
	100m: 1:24.00 1:24.00 200m: 2:58.97 1:34.97 300m: 4:36.72 1:37.75 400m: 6:08.65 1:31.93		
11.	Kopecká Emília	10 AT Tur ianske Teplice	6:37.32 207
	100m: 1:32.98 1:32.98 200m: 3:16.94 1:43.96 300m: 5:02.82 1:45.88 400m: 6:37.32 1:34.50		
12.	Ku íková Alexandra	10 PK Banská Bystrica	7:08.67 165
	100m: 1:37.67 1:37.67 200m: 3:29.99 1:52.32 300m: 5:25.49 1:55.50 400m: 7:08.67 1:43.18		
13.	Kanisová Karin	10 Nereus Žilina	7:19.45 153
	100m: 1:34.73 1:34.73 200m: 3:26.30 1:51.57 300m: 5:24.61 1:58.31 400m: 7:19.45 1:54.84		

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14 ro .

1.	Valachová Ela	11	Pk Rimavská Sobota	5:02.50	471
	100m: 1:09.64 1:09.64	200m: 2:26.28	1:16.64 300m: 3:44.79	1:18.51 400m: 5:02.50	1:17.71
2.	Rešetárová Eliška	11	AT Turianske Teplice	5:22.66	388
	100m: 1:16.97 1:16.97	200m: 2:39.26	1:22.29 300m: 4:01.59	1:22.33 400m: 5:22.66	1:21.07
3.	Schedlingová Emília	11	Pk Rimavská Sobota	5:37.36	339
	100m: 1:20.22 1:20.22	200m: 2:48.59	1:28.37 300m: 4:16.50	1:27.91 400m: 5:37.36	1:20.86
4.	Kvašovská Karolína	11	MPK Dolný Kubín	5:41.16	328
	100m: 1:20.22 1:20.22	200m: 2:48.64	1:28.42 300m: 4:17.39	1:28.75 400m: 5:41.16	1:23.77
5.	Ivaníková Nina	11	Nereus Žilina	5:44.54	318
	100m: 1:18.48 1:18.48	200m: 2:47.80	1:29.32 300m: 4:18.22	1:30.42 400m: 5:44.54	1:26.32
6.	Poloncová Zuzana	11	Pk Martin	5:45.62	315
	100m: 1:21.44 1:21.44	200m: 2:50.66	1:29.22 300m: 4:20.12	1:29.46 400m: 5:45.62	1:25.50
7.	Romanová Nina	11	Pk Martin	5:46.31	313
	100m: 1:21.46 1:21.46	200m: 2:49.71	1:28.25 300m: 4:18.81	1:29.10 400m: 5:46.31	1:27.50
8.	Staníková Diana	11	PK TENAX Žilina	5:50.45	302
	100m: 1:20.36 1:20.36	200m: 2:50.92	1:30.56 300m: 4:22.24	1:31.32 400m: 5:50.45	1:28.21
9.	Látková Sofia	11	Pk Rimavská Sobota	5:51.34	300
	100m: 1:20.79 1:20.79	200m: 2:51.72	1:30.93 300m: 4:23.46	1:31.74 400m: 5:51.34	1:27.88
10.	Kolimárová Lea	11	Pk Rimavská Sobota	6:10.51	256
	100m: 1:21.23 1:21.23	200m: 2:55.81	1:34.58 300m: 4:32.41	1:36.60 400m: 6:10.51	1:38.10
11.	Šefranková Lucia	11	Po Ružomberok	6:17.93	241
	100m: 1:23.93 1:23.93	200m: 3:02.28	1:38.35 300m: 4:38.68	1:36.40 400m: 6:17.93	1:39.25
12.	Slovjaková Diana	11	PK Žabka adca	6:22.41	233
	100m: 1:25.29 1:25.29	200m: 3:03.36	1:38.07 300m: 4:43.39	1:40.03 400m: 6:22.41	1:39.02
13.	Staníková Lilien	11	PK TENAX Žilina	6:27.56	224
	100m: 1:28.29 1:28.29	200m: 3:11.26	1:42.97 300m: 4:53.66	1:42.40 400m: 6:27.56	1:33.90

13 ro .

1.	Mikulášová Tamara	12	TT Dolný Kubín	5:09.81	438
	100m: 1:13.72 1:13.72	200m: 2:33.25	1:19.53 300m: 3:52.13	1:18.88 400m: 5:09.81	1:17.68
2.	Šrobová Simona	12	MPK Tvrdošín	5:41.26	328
	100m: 1:20.98 1:20.98	200m: 2:49.18	1:28.20 300m: 4:17.29	1:28.11 400m: 5:41.26	1:23.97
3.	Gilianová Tereza	12	Pk Martin	5:55.25	290
	100m: 1:23.45 1:23.45	200m: 2:53.10	1:29.65 300m: 4:25.35	1:32.25 400m: 5:55.25	1:29.90
4.	Grossmannová Anna	12	Pk Nanti	5:57.45	285
	100m: 1:19.57 1:19.57	200m: 2:49.45	1:29.88 300m: 4:23.98	1:34.53 400m: 5:57.45	1:33.47
5.	Brózová Laura	12	Nereus Žilina	5:58.39	283
	100m: 1:20.78 1:20.78	200m: 2:52.54	1:31.76 300m: 4:27.52	1:34.98 400m: 5:58.39	1:30.87
6.	Ježová Nikola	12	Pk Nanti	6:08.30	261
	100m: 1:27.65 1:27.65	200m: 3:04.12	1:36.47 300m: 4:38.87	1:34.75 400m: 6:08.30	1:29.43
7.	Jurová Dorota	12	Pk Nanti	6:10.32	256
	100m: 1:28.10 1:28.10	200m: 3:04.50	1:36.40 300m: 4:39.32	1:34.82 400m: 6:10.32	1:31.00
8.	Šuttyová Gréta	12	Pk Nanti	6:16.87	243
	100m: 1:29.94 1:29.94	200m: 3:05.79	1:35.85 300m: 4:42.40	1:36.61 400m: 6:16.87	1:34.47
9.	Gyéňová Natalia	12	Pk Martin	6:20.20	237
	100m: 1:28.34 1:28.34	200m: 3:06.88	1:38.54 300m: 4:46.41	1:39.53 400m: 6:20.20	1:33.79
10.	Sedláková Laura	12	Pk Nanti	6:27.82	223
	100m: 1:29.58 1:29.58	200m: 3:11.32	1:41.74 300m: 4:54.87	1:43.55 400m: 6:27.82	1:32.95

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disciplína 2, žia ky, 400m vo ný spôsob, 13 ro .

por.		Ro .		as	body
11.	Brezianska Paulína	12	Pk Martin	7:10.09	163
	100m: 1:38.84 1:38.84	200m: 3:30.03	1:51.19 300m: 5:24.31	1:54.28 400m: 7:10.09	1:45.78
12.	Janovská Natália	12	Pk Martin	7:13.84	159
	100m: 1:43.47 1:43.47	200m: 3:37.94	1:54.47 300m: 5:28.47	1:50.53 400m: 7:13.84	1:45.37
13.	Plavá Kristína	12	PK TENAX Žilina	7:25.59	147
	100m: 1:45.69 1:45.69	200m: 3:42.31	1:56.62 300m: 5:37.48	1:55.17 400m: 7:25.59	1:48.11

12 ro .

1.	Kubín áková Dominika	13	MPK Tvrdošín	5:28.87	366
	100m: 1:16.30 1:16.30	200m: 2:40.24	1:23.94 300m: 4:06.85	1:26.61 400m: 5:28.87	1:22.02
2.	Belová Darina	13	Pk Martin	5:29.73	363
	100m: 1:19.31 1:19.31	200m: 2:44.09	1:24.78 300m: 4:09.48	1:25.39 400m: 5:29.73	1:20.25
3.	Dubovská Nikola	13	MPK Dolný Kubín	5:38.84	335
	100m: 1:21.64 1:21.64	200m: 2:49.64	1:28.00 300m: 4:16.39	1:26.75 400m: 5:38.84	1:22.45
4.	Krebesová Ema	13	PK TENAX Žilina	5:39.19	334
	100m: 1:18.94 1:18.94	200m: 2:45.44	1:26.50 300m: 4:13.12	1:27.68 400m: 5:39.19	1:26.07
5.	Ma ošková Barbora	13	MPK Tvrdošín	5:44.97	317
	100m: 1:21.37 1:21.37	200m: 2:50.55	1:29.18 300m: 4:20.00	1:29.45 400m: 5:44.97	1:24.97
6.	Leš ovská Miriama	13	MPK Dolný Kubín	5:46.09	314
	100m: 1:20.16 1:20.16	200m: 2:49.16	1:29.00 300m: 4:18.70	1:29.54 400m: 5:46.09	1:27.39
7.	Hodo ová Kristínka	13	TT Dolný Kubín	5:48.68	307
	100m: 1:17.14 1:17.14	200m: 2:44.28	1:27.14 300m: 4:19.03	1:34.75 400m: 5:48.68	1:29.65
8.	Poláková Zara	13	MPK Tvrdošín	5:52.47	297
	100m: 1:21.45 1:21.45	200m: 2:52.07	1:30.62 300m: 4:24.57	1:32.50 400m: 5:52.47	1:27.90
9.	Capandová Romana	13	Nereus Žilina	5:56.29	288
	100m: 1:19.88 1:19.88	200m: 2:52.35	1:32.47 300m: 4:25.18	1:32.83 400m: 5:56.29	1:31.11
10.	Krivdová Michaela	13	MPK Tvrdošín	5:57.34	285
	100m: 1:23.03 1:23.03	200m: 2:57.88	1:34.85 300m: 4:29.63	1:31.75 400m: 5:57.34	1:27.71
11.	Laukova Alexis	13	Pk Martin	6:00.53	278
	100m: 1:23.94 1:23.94	200m: 2:57.66	1:33.72 300m: 4:32.91	1:35.25 400m: 6:00.53	1:27.62
12.	Langšádlová Tamara	13	Po Ružomberok	6:04.22	269
	100m: 1:26.73 1:26.73	200m: 3:00.10	1:33.37 300m: 4:33.09	1:32.99 400m: 6:04.22	1:31.13
13.	Lejová Dorota	13	Pk Martin	6:11.84	253
	100m: 1:26.22 1:26.22	200m: 3:02.19	1:35.97 300m: 4:39.88	1:37.69 400m: 6:11.84	1:31.96
14.	Medlová Simona	13	Pk Martin	6:18.94	239
	100m: 1:25.24 1:25.24	200m: 3:04.36	1:39.12 300m: 4:42.92	1:38.56 400m: 6:18.94	1:36.02
15.	Slosar íková Natália	13	MPK Dolný Kubín	6:20.86	236
	100m: 1:28.44 1:28.44	200m: 3:07.69	1:39.25 300m: 4:47.47	1:39.78 400m: 6:20.86	1:33.39
16.	Hanák Victoria	13	Po Ružomberok	6:28.18	222
	100m: 1:26.64 1:26.64	200m: 3:08.28	1:41.64 300m: 4:52.89	1:44.61 400m: 6:28.18	1:35.29
17.	Hasáková Michaela Mia	13	MPK Prievidza	6:32.87	215
	100m: 1:31.72 1:31.72	200m: 3:14.58	1:42.86 300m: 4:57.50	1:42.92 400m: 6:32.87	1:35.37
18.	Kubá ová Rebeka	13	MPK Dolný Kubín	6:33.36	214
	100m: 1:33.25 1:33.25	200m: 3:19.43	1:46.18 300m: 5:05.28	1:45.85 400m: 6:33.36	1:28.08
19.	Balková Ema	13	MPK Dolný Kubín	6:34.60	212
	100m: 1:33.95 1:33.95	200m: 3:17.06	1:43.11 300m: 4:58.70	1:41.64 400m: 6:34.60	1:35.90
20.	Bartová Matilda	13	MPK Prievidza	6:40.00	203
	100m: 1:32.37 1:32.37	200m: 3:16.25	1:43.88 300m: 5:02.12	1:45.87 400m: 6:40.00	1:37.88

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Žilina, 2.3.2025

disciplína 2, žia ky, 400m vo ný spôsob, 12 ro .

por.		Ro .		as	body
21.	Balejova Simona	13	Pk Nanti	6:42.12	200
	100m: 1:35.94 1:35.94	200m: 3:19.12 1:43.18	300m: 5:02.66 1:43.54	400m: 6:42.12 1:39.46	
22.	urková Tereza	13	Pk Rimavská Sobota	7:10.56	163
	100m: 1:36.69 1:36.69	200m: 3:26.28 1:49.59	300m: 5:15.22 1:48.94	400m: 7:10.56 1:55.34	
11 ro .					
1.	Gajanová Dorota	14	PK TENAX Žilina	5:50.16	303
	100m: 1:22.66 1:22.66	200m: 2:50.98 1:28.32	300m: 4:21.87 1:30.89	400m: 5:50.16 1:28.29	
2.	Šišková Eliška	14	MPK Dolný Kubín	5:50.57	302
	100m: 1:20.92 1:20.92	200m: 2:51.98 1:31.06	300m: 4:24.15 1:32.17	400m: 5:50.57 1:26.42	
3.	Hanusová Jesica	14	Nereus Žilina	6:24.19	229
	100m: 1:29.76 1:29.76	200m: 3:09.62 1:39.86	300m: 4:49.69 1:40.07	400m: 6:24.19 1:34.50	
4.	Klincková Viktória	14	Pk Rimavská Sobota	6:26.38	226
	100m: 1:31.11 1:31.11	200m: 3:12.11 1:41.00	300m: 4:51.79 1:39.68	400m: 6:26.38 1:34.59	
5.	Luká ová Ema	14	Pk Martin	6:28.66	222
	100m: 1:31.41 1:31.41	200m: 3:12.09 1:40.68	300m: 4:52.23 1:40.14	400m: 6:28.66 1:36.43	
6.	Figei Vivien	14	Pk Rimavská Sobota	6:29.75	220
	100m: 1:32.59 1:32.59	200m: 3:14.13 1:41.54	300m: 4:54.31 1:40.18	400m: 6:29.75 1:35.44	
7.	Blahušiaková Nelka	14	Pk Martin	6:52.53	185
	100m: 1:35.72 1:35.72	200m: 3:24.47 1:48.75	300m: 5:12.25 1:47.78	400m: 6:52.53 1:40.28	
8.	Hrúzová Katarina	14	Pk Martin	7:11.97	161
	100m: 1:39.06 1:39.06	200m: 3:31.06 1:52.00	300m: 5:24.34 1:53.28	400m: 7:11.97 1:47.63	
9.	Kraj ovi ová Alžbeta	14	Nereus Žilina	7:12.50	161
	100m: 1:42.04 1:42.04	200m: 3:32.93 1:50.89	300m: 5:25.75 1:52.82	400m: 7:12.50 1:46.75	
10.	Puch ová Zuzana	14	MPK Tvrdošín	7:12.81	160
	100m: 1:37.81 1:37.81	200m: 3:30.06 1:52.25	300m: 5:22.69 1:52.63	400m: 7:12.81 1:50.12	
11.	Dršková Nina	14	PK TENAX Žilina	7:17.56	155
	100m: 1:41.44 1:41.44	200m: 3:33.44 1:52.00	300m: 5:27.34 1:53.90	400m: 7:17.56 1:50.22	
12.	Loneková Elena Emilia	14	MPK Tvrdošín	7:18.81	154
	100m: 1:42.63 1:42.63	200m: 3:37.84 1:55.21	300m: 5:34.56 1:56.72	400m: 7:18.81 1:44.25	
13.	Dziurová Ela	14	Pk Martin	7:19.70	153
	100m: 1:33.77 1:33.77	200m: 3:27.99 1:54.22	300m: 5:24.77 1:56.78	400m: 7:19.70 1:54.93	
14.	Kazíková So a	14	PK TENAX Žilina	7:45.55	129
	100m: 1:49.42 1:49.42	200m: 3:54.78 2:05.36	300m: 5:56.66 2:01.88	400m: 7:45.55 1:48.89	
15.	Pyvovarova Kira	14	PK TENAX Žilina	8:34.81	95
	100m: 1:48.77 1:48.77	200m: 4:04.10 2:15.33	300m: 6:23.06 2:18.96	400m: 8:34.81 2:11.75	