

Jarné M-SSO - dlhé trate  
Žilina, 2.3.2025

disciplína 4  
02.03.2025 - 13:14

ženy, 1500m vo vlny spôsob

13 ro . a st.  
Výsledky

bodovanie: AQUA 2024

por.	Ro .	as	body
17 - 18 ro .			
1.	Peknušová Sophia	08	PK TENAX Žilina
	100m: 1:13.62 1:13.62	500m: 6:16.94 1:16.15	900m: 11:25.75 1:17.75
	200m: 2:29.40 1:15.78	600m: 7:34.15 1:17.21	1000m: 12:44.19 1:18.44
	300m: 3:45.30 1:15.90	700m: 8:51.25 1:17.10	1100m: 14:02.47 1:18.28
	400m: 5:00.79 1:15.49	800m: 10:08.00 1:16.75	1200m: 15:20.62 1:18.15
			1300m: 16:39.65 1:19.03
			1400m: 17:57.97 1:18.32
			1500m: 19:13.47 1:15.50
2.	Chromiaková Ema Mária	08	Pk Martin
	100m: 1:14.41 1:14.41	500m: 6:47.02 1:24.58	900m: 12:30.51 1:26.17
	200m: 2:34.51 1:20.10	600m: 8:12.41 1:25.39	1000m: 13:56.34 1:25.83
	300m: 3:57.87 1:23.36	700m: 9:37.94 1:25.53	1100m: 15:23.30 1:26.96
	400m: 5:22.44 1:24.57	800m: 11:04.34 1:26.40	1200m: 16:51.09 1:27.79
			1300m: 18:17.05 1:25.96
			1400m: 19:43.34 1:26.29
			1500m: 21:06.22 1:22.88
3.	Zajacová Slávka	08	MPK Prievidza
	100m: 1:19.95 1:19.95	500m: 7:36.73 1:35.50	900m: 13:57.29 1:33.06
	200m: 2:54.29 1:34.34	600m: 9:13.45 1:36.72	1000m: 15:33.97 1:36.68
	300m: 4:27.01 1:32.72	700m: 10:49.89 1:36.44	1100m: 17:11.06 1:37.09
	400m: 6:01.23 1:34.22	800m: 12:24.23 1:34.34	1200m: 18:47.80 1:36.74
			1300m: 20:25.11 1:37.31
			1400m: 22:01.61 1:36.50
			1500m: 23:30.92 1:29.31
4.	Smoleková Ella	08	Po Ružomberok
	100m: 1:28.38 1:28.38	500m: 7:51.25 1:36.44	900m: 14:16.30 1:35.80
	200m: 3:03.19 1:34.81	600m: 9:27.78 1:36.53	1000m: 15:53.69 1:37.39
	300m: 4:39.50 1:36.31	700m: 11:04.00 1:36.22	1100m: 17:32.25 1:38.56
	400m: 6:14.81 1:35.31	800m: 12:40.50 1:36.50	1200m: 19:08.59 1:36.34
			1300m: 20:44.72 1:36.13
			1400m: 22:19.47 1:34.75
			1500m: 23:45.59 1:26.12
5.	Juríková Radka	08	MPK Prievidza
	100m: 1:26.15 1:26.15	500m: 7:51.37 1:36.75	900m: 14:28.75 1:41.35
	200m: 3:00.87 1:34.72	600m: 9:29.55 1:38.18	1000m: 16:13.33 1:44.58
	300m: 4:37.25 1:36.38	700m: 11:08.58 1:39.03	1100m: 17:55.50 1:42.17
	400m: 6:14.62 1:37.37	800m: 12:47.40 1:38.82	1200m: 19:39.00 1:43.50
			1300m: 21:22.37 1:43.37
			1400m: 23:06.75 1:44.38
			1500m: 24:46.65 1:39.90
15 - 16 ro .			
1.	Gomolová Nela	09	Pk Martin
	100m: 1:13.73 1:13.73	500m: 6:28.43 1:19.89	900m: 11:51.64 1:21.43
	200m: 2:30.61 1:16.88	600m: 7:49.27 1:20.84	1000m: 13:13.88 1:22.24
	300m: 3:49.30 1:18.69	700m: 9:09.76 1:20.49	1100m: 14:35.82 1:21.94
	400m: 5:08.54 1:19.24	800m: 10:30.21 1:20.45	1200m: 15:58.02 1:22.20
			1300m: 17:20.82 1:22.80
			1400m: 18:42.95 1:22.13
			1500m: 20:01.91 1:18.96
2.	Beráková Silvia	10	Pk Nanti
	100m: 1:16.61 1:16.61	500m: 7:28.57 1:36.64	900m: 14:02.67 1:38.58
	200m: 2:44.32 1:27.71	600m: 9:05.41 1:36.84	1000m: 15:42.01 1:39.34
	300m: 4:16.89 1:32.57	700m: 10:44.95 1:39.54	1100m: 17:21.36 1:39.35
	400m: 5:51.93 1:35.04	800m: 12:24.09 1:39.14	1200m: 19:00.36 1:39.00
			1300m: 20:37.64 1:37.28
			1400m: 22:13.41 1:35.77
			1500m: 23:41.39 1:27.98
3.	Krabá Veronica	10	MPK Prievidza
	100m: 1:20.06 1:20.06	500m: 7:38.98 1:36.54	900m: 14:08.69 1:37.86
	200m: 2:53.31 1:33.25	600m: 9:15.73 1:36.75	1000m: 15:46.37 1:37.68
	300m: 4:27.91 1:34.60	700m: 10:53.41 1:37.68	1100m: 17:24.13 1:37.76
	400m: 6:02.44 1:34.53	800m: 12:30.83 1:37.42	1200m: 19:00.98 1:36.85
			1300m: 20:36.98 1:36.00
			1400m: 22:10.81 1:33.83
			1500m: 23:42.09 1:31.28
14 ro .			
1.	Dan íková Laura	11	Nereus Žilina
	100m: 1:16.03 1:16.03	500m: 6:38.66 1:21.25	900m: 12:01.13 1:21.22
	200m: 2:35.78 1:19.75	600m: 7:58.22 1:19.56	1000m: 13:22.69 1:21.56
	300m: 3:56.38 1:20.60	700m: 9:18.94 1:20.72	1100m: 14:43.97 1:21.28
	400m: 5:17.41 1:21.03	800m: 10:39.91 1:20.97	1200m: 16:05.41 1:21.44
			1300m: 17:27.03 1:21.62
			1400m: 18:49.53 1:22.50
			1500m: 20:06.91 1:17.38
2.	Kvaš ovská Karolína	11	MPK Dolný Kubín
	100m: 1:20.73 1:20.73	500m: 7:10.31 1:27.93	900m: 13:03.16 1:27.78
	200m: 2:46.78 1:26.05	600m: 8:38.91 1:28.60	1000m: 14:31.45 1:28.29
	300m: 4:14.28 1:27.50	700m: 10:07.98 1:29.07	1100m: 16:00.59 1:29.14
	400m: 5:42.38 1:28.10	800m: 11:35.38 1:27.40	1200m: 17:30.59 1:30.00
			1300m: 19:00.41 1:29.82
			1400m: 20:29.66 1:29.25
			1500m: 21:52.80 1:23.14

Jarné M-SSO - dlhé trate  
Žilina, 2.3.2025

disciplína 4, žia ky, 1500m vo ný spôsob, 14 ro .

por.	Ro .		as		body			
3.	Romanová Nina		11	Pk Martin		<b>22:13.75</b>	328	
	100m: 1:22.41	1:22.41	500m: 7:19.47	1:29.52	900m: 13:19.63	1:29.73	1300m: 19:18.45	1:29.17
	200m: 2:51.26	1:28.85	600m: 8:50.49	1:31.02	1000m: 14:49.24	1:29.61	1400m: 20:47.50	1:29.05
	300m: 4:20.91	1:29.65	700m: 10:20.04	1:29.55	1100m: 16:19.38	1:30.14	1500m: 22:13.75	1:26.25
	400m: 5:49.95	1:29.04	800m: 11:49.90	1:29.86	1200m: 17:49.28	1:29.90		
4.	Staníková Diana		11	PK TENAX Žilina		<b>23:45.10</b>	269	
	100m: 1:28.31	1:28.31	500m: 7:49.25	1:35.51	900m: 14:16.99	1:37.89	1300m: 20:42.35	1:35.40
	200m: 3:02.99	1:34.68	600m: 9:24.87	1:35.62	1000m: 15:53.74	1:36.75	1400m: 22:16.74	1:34.39
	300m: 4:39.42	1:36.43	700m: 11:01.85	1:36.98	1100m: 17:30.56	1:36.82	1500m: 23:45.10	1:28.36
	400m: 6:13.74	1:34.32	800m: 12:39.10	1:37.25	1200m: 19:06.95	1:36.39		
5.	Poloncová Zuzana		11	Pk Martin		<b>23:49.23</b>	267	
	100m: 1:27.66	1:27.66	500m: 7:54.69	1:37.35	900m: 14:24.41	1:37.25	1300m: 20:45.09	1:34.53
	200m: 3:02.76	1:35.10	600m: 9:32.34	1:37.65	1000m: 15:59.84	1:35.43	1400m: 22:19.76	1:34.67
	300m: 4:39.31	1:36.55	700m: 11:09.66	1:37.32	1100m: 17:34.73	1:34.89	1500m: 23:49.23	1:29.47
	400m: 6:17.34	1:38.03	800m: 12:47.16	1:37.50	1200m: 19:10.56	1:35.83		
6.	Šefranková Lucia		11	Po Ružomberok		<b>25:05.42</b>	228	
	100m: 1:33.48	1:33.48	500m: 8:14.09	1:41.02	900m: 14:57.67	1:43.97	1300m: 21:54.40	1:40.55
	200m: 3:13.51	1:40.03	600m: 9:54.86	1:40.77	1000m: 16:41.71	1:44.04	1400m: 23:37.63	1:43.23
	300m: 4:52.63	1:39.12	700m: 11:32.76	1:37.90	1100m: 18:27.42	1:45.71	1500m: 25:05.42	1:27.79
	400m: 6:33.07	1:40.44	800m: 13:13.70	1:40.94	1200m: 20:13.85	1:46.43		
7.	Aleksandrova Zlata		11	Pk Nanti		<b>25:05.79</b>	228	
	100m: 1:34.97	1:34.97	500m: 8:13.69	1:40.25	900m: 15:00.34	1:43.37	1300m: 21:53.69	1:41.35
	200m: 3:12.41	1:37.44	600m: 9:55.12	1:41.43	1000m: 16:44.12	1:43.78	1400m: 23:35.22	1:41.53
	300m: 4:51.72	1:39.31	700m: 11:35.37	1:40.25	1100m: 18:28.02	1:43.90	1500m: 25:05.79	1:30.57
	400m: 6:33.44	1:41.72	800m: 13:16.97	1:41.60	1200m: 20:12.34	1:44.32		
8.	Staníková Lilien		11	PK TENAX Žilina		<b>25:30.13</b>	217	
	100m: 1:30.36	1:30.36	500m: 8:24.24	1:44.26	900m: 15:20.43	1:43.58	1300m: 22:11.43	1:41.76
	200m: 3:12.54	1:42.18	600m: 10:07.98	1:43.74	1000m: 17:05.11	1:44.68	1400m: 23:51.49	1:40.06
	300m: 4:55.30	1:42.76	700m: 11:52.67	1:44.69	1100m: 18:47.11	1:42.00	1500m: 25:30.13	1:38.64
	400m: 6:39.98	1:44.68	800m: 13:36.85	1:44.18	1200m: 20:29.67	1:42.56		
13 ro .								
1.	Hlavajová Tea		12	Pk Martin		<b>19:58.78</b>	452	
	100m: 1:14.53	1:14.53	500m: 6:37.18	1:20.65	900m: 11:57.56	1:20.70	1300m: 17:21.03	1:21.22
	200m: 2:35.04	1:20.51	600m: 7:56.68	1:19.50	1000m: 13:18.56	1:21.00	1400m: 18:41.21	1:20.18
	300m: 3:55.50	1:20.46	700m: 9:16.81	1:20.13	1100m: 14:38.71	1:20.15	1500m: 19:58.78	1:17.57
	400m: 5:16.53	1:21.03	800m: 10:36.86	1:20.05	1200m: 15:59.81	1:21.10		
2.	Mikulášová Tamara		12	TT Dolný Kubín		<b>21:12.19</b>	378	
	100m: 1:18.19	1:18.19	500m: 7:02.44	1:26.75	900m: 12:45.97	1:25.78	1300m: 18:26.34	1:25.40
	200m: 2:42.84	1:24.65	600m: 8:28.62	1:26.18	1000m: 14:11.02	1:25.05	1400m: 19:51.09	1:24.75
	300m: 4:09.59	1:26.75	700m: 9:54.72	1:26.10	1100m: 15:36.09	1:25.07	1500m: 21:12.19	1:21.10
	400m: 5:35.69	1:26.10	800m: 11:20.19	1:25.47	1200m: 17:00.94	1:24.85		
3.	Tarbajová Radka		12	Pk Nanti		<b>22:28.38</b>	318	
	100m: 1:22.09	1:22.09	500m: 7:22.31	1:31.37	900m: 13:24.47	1:30.59	1300m: 19:33.94	1:33.41
	200m: 2:50.31	1:28.22	600m: 8:53.09	1:30.78	1000m: 14:54.72	1:30.25	1400m: 21:04.19	1:30.25
	300m: 4:19.88	1:29.57	700m: 10:23.34	1:30.25	1100m: 16:27.34	1:32.62	1500m: 22:28.38	1:24.19
	400m: 5:50.94	1:31.06	800m: 11:53.88	1:30.54	1200m: 18:00.53	1:33.19		
4.	Adam íková Sofia		12	MPK Prievidza		<b>23:57.62</b>	262	
	100m: 1:26.45	1:26.45	500m: 7:53.67	1:36.64	900m: 14:18.70	1:35.96	1300m: 20:50.27	1:37.71
	200m: 3:02.25	1:35.80	600m: 9:30.81	1:37.14	1000m: 15:56.85	1:38.15	1400m: 22:27.95	1:37.68
	300m: 4:39.27	1:37.02	700m: 11:06.10	1:35.29	1100m: 17:33.56	1:36.71	1500m: 23:57.62	1:29.67
	400m: 6:17.03	1:37.76	800m: 12:42.74	1:36.64	1200m: 19:12.56	1:39.00		
5.	Gilianová Tereza		12	Pk Martin		<b>25:04.03</b>	229	
	100m: 1:33.38	1:33.38	500m: 8:19.94	1:41.91	900m: 15:07.88	1:42.16	1300m: 21:58.22	1:41.81
	200m: 3:17.16	1:43.78	600m: 10:01.56	1:41.62	1000m: 16:51.13	1:43.25	1400m: 23:36.19	1:37.97
	300m: 5:47.59	2:30.43	700m: 11:43.38	1:41.82	1100m: 18:33.44	1:42.31	1500m: 25:04.03	1:27.84
	400m: 6:38.03	50.44	800m: 13:25.72	1:42.34	1200m: 20:16.41	1:42.97		

Jarné M-SSO - dlhé trate  
Žilina, 2.3.2025

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disciplína 4, žia ky, 1500m vo ný spôsob, 13 ro .

por.	Ro .										as	body		
6.	Minichová Linda										12	MPK Prievdza	<b>25:15.71</b>	223
	100m:	1:36.28	1:36.28	500m:	8:25.09	1:42.98	900m:	15:16.99	1:42.93	1300m:	22:04.97	1:41.03		
	200m:	3:19.00	1:42.72	600m:	10:08.75	1:43.66	1000m:	17:00.07	1:43.08	1400m:	23:44.04	1:39.07		
	300m:	4:59.91	1:40.91	700m:	11:51.26	1:42.51	1100m:	18:42.49	1:42.42	1500m:	25:15.71	1:31.67		
	400m:	6:42.11	1:42.20	800m:	13:34.06	1:42.80	1200m:	20:23.94	1:41.45					
7.	Fabianová Kristínka										12	MPK Prievdza	<b>25:16.93</b>	223
	100m:	1:35.26	1:35.26	500m:	8:26.97	1:43.28	900m:	15:18.97	1:41.81	1300m:	22:05.02	1:40.05		
	200m:	3:17.66	1:42.40	600m:	10:09.69	1:42.72	1000m:	17:01.79	1:42.82	1400m:	23:44.41	1:39.39		
	300m:	4:59.94	1:42.28	700m:	11:53.41	1:43.72	1100m:	18:44.47	1:42.68	1500m:	25:16.93	1:32.52		
	400m:	6:43.69	1:43.75	800m:	13:37.16	1:43.75	1200m:	20:24.97	1:40.50					