

Jarná cena Žiliny
Žilina, 21. - 23.3.2025

disciplína 21
22.03.2025 - 18:37

ženy, 400m vo ný spôsob

11 ro . a st.
Výsledky

Meeting record / Rekord mítingu	4:20.90	Risztov Éva	HUN	Žilina	20.03.2010
Rekord SR sen.	4:14.02	Listopadová Katarína	DUBB	Rio de Janeiro (BRA)	16.04.2016
Rekord SR jun.	4:22.30	Kupová Sabína	AQSLE	Bucuresti (ROU)	09.05.2019

bodovanie: AQUA 2024

por.	Ro .	as	RT	body
15 ro . a st.				
1.	Benková Laura	00	Považskobystrický PO	4:29.80 664
	50m: 30.05 30.05	150m: 1:37.02	33.66 250m: 2:46.36	34.48 350m: 3:55.98 34.34
	100m: 1:03.36 33.31	200m: 2:11.88	34.86 300m: 3:21.64	35.28 400m: 4:29.80 33.82
2.	Horáková Nadine	08	J&T Sport Team	4:36.94 613 + 7.14
	50m: 30.99 30.99	150m: 1:40.21	34.75 250m: 2:50.86	35.34 350m: 4:02.02 35.22
	100m: 1:05.46 34.47	200m: 2:15.52	35.31 300m: 3:26.80	35.94 400m: 4:36.94 34.92
3.	Gray Sophia	09	SPORT CLUB Senec	4:40.13 593 + 10.33
	50m: 32.39 32.39	150m: 1:42.83	35.20 250m: 2:53.91	35.56 350m: 4:05.69 35.84
	100m: 1:07.63 35.24	200m: 2:18.35	35.52 300m: 3:29.85	35.94 400m: 4:40.13 34.44
4.	Grožajová Lea	07	J&T Sport Team	4:40.77 589 + 10.97
	50m: 31.67 31.67	150m: 1:42.41	35.48 250m: 2:53.88	35.69 350m: 4:06.19 36.24
	100m: 1:06.93 35.26	200m: 2:18.19	35.78 300m: 3:29.95	36.07 400m: 4:40.77 34.58
5.	Kolníková Veronika	90	TJ Znojmo	4:45.32 561 + 15.52
	50m: 31.04 31.04	150m: 1:42.20	35.96 250m: 2:56.01	37.29 350m: 4:10.41 36.93
	100m: 1:06.24 35.20	200m: 2:18.72	36.52 300m: 3:33.48	37.47 400m: 4:45.32 34.91
6.	Janová Sophia Alexandra	10	J&T Sport Team	4:45.79 558 + 15.99
	50m: 31.57 31.57	150m: 1:42.63	35.78 250m: 2:55.79	36.65 350m: 4:10.62 37.02
	100m: 1:06.85 35.28	200m: 2:19.14	36.51 300m: 3:33.60	37.81 400m: 4:45.79 35.17
7.	Trná Leontýna	07	TJ Znojmo	4:46.09 556 + 16.29
	50m: 32.74 32.74	150m: 1:46.14	37.08 250m: 2:58.17	36.23 350m: 4:10.76 36.81
	100m: 1:09.06 36.32	200m: 2:21.94	35.80 300m: 3:33.95	35.78 400m: 4:46.09 35.33
8.	Špániková Natália	09	PK Záhorák Senica	4:49.51 537 + 19.71
	50m: 32.01 32.01	150m: 1:44.17	36.27 250m: 2:58.64	37.17 350m: 4:13.30 36.96
	100m: 1:07.90 35.89	200m: 2:21.47	37.30 300m: 3:36.34	37.70 400m: 4:49.51 36.21
9.	Fusková Viktória	09	J&T Sport Team	4:51.06 528 + 21.26
	50m: 32.00 32.00	150m: 1:43.93	36.26 250m: 2:58.48	37.16 350m: 4:14.53 37.33
	100m: 1:07.67 35.67	200m: 2:21.32	37.39 300m: 3:37.20	38.72 400m: 4:51.06 36.53
10.	Štangová Gréta	10	ŠKP Košice	4:51.87 524 + 22.07
	50m: 32.13 32.13	150m: 1:44.84	36.80 250m: 2:59.79	37.74 350m: 4:15.48 37.36
	100m: 1:08.04 35.91	200m: 2:22.05	37.21 300m: 3:38.12	38.33 400m: 4:51.87 36.39
11.	Šenkeříková Lucie	08	PK Nový Jiřín	4:53.06 518 + 23.26
	50m: 33.29 33.29	150m: 1:47.40	37.64 250m: 3:02.24	37.61 350m: 4:17.01 37.47
	100m: 1:09.76 36.47	200m: 2:24.63	37.23 300m: 3:39.54	37.30 400m: 4:53.06 36.05
12.	Vlková Sabína	10	Slávia Trenčín	4:57.58 494 + 27.78
	50m: 33.45 33.45	150m: 1:48.83	37.97 250m: 3:04.88	37.82 350m: 4:20.49 37.65
	100m: 1:10.86 37.41	200m: 2:27.06	38.23 300m: 3:42.84	37.96 400m: 4:57.58 37.09
13.	Mucinová Lenka	09	STU Trnava	4:58.68 489 + 28.88
	50m: 33.12 33.12	150m: 1:48.72	38.25 250m: 3:05.19	37.87 350m: 4:22.13 38.11
	100m: 1:10.47 37.35	200m: 2:27.32	38.60 300m: 3:44.02	38.83 400m: 4:58.68 36.55
14.	Tomešková Adéla	08	PK Nový Jiřín	5:00.79 479 + 30.99
	50m: 33.37 33.37	150m: 1:48.63	38.62 250m: 3:05.88	39.52 350m: 4:23.87 39.12
	100m: 1:10.01 36.64	200m: 2:26.36	37.73 300m: 3:44.75	38.87 400m: 5:00.79 36.92
15.	Babincová Sofia	08	STU Trnava	5:01.44 476 + 31.64
	50m: 33.66 33.66	150m: 1:49.34	37.65 250m: 3:06.59	38.04 350m: 4:24.49 38.39
	100m: 1:11.69 38.03	200m: 2:28.55	39.21 300m: 3:46.10	39.51 400m: 5:01.44 36.95
16.	Gronichová Melánia	09	STU Trnava	5:04.46 462 + 34.66
	50m: 34.48 34.48	150m: 1:51.71	39.04 250m: 3:10.70	39.26 350m: 4:27.88 37.48
	100m: 1:12.67 38.19	200m: 2:31.44	39.73 300m: 3:50.40	39.70 400m: 5:04.46 36.58

Jarná cena Žiliny
Žilina, 21. - 23.3.2025

disciplína 21, ženy, 400m vo ný spôsob, 15 ro . a st.

por.					Ro .					as	RT	body	
17.	Letková Lara				10	XBS swimming				5:05.40		457	+ 35.60
	50m:	33.96	33.96	150m:	1:52.19	39.11	250m:	3:10.74	38.91	350m:	4:28.45	38.28	
	100m:	1:13.08	39.12	200m:	2:31.83	39.64	300m:	3:50.17	39.43	400m:	5:05.40	36.95	
18.	Dršková Eliška				10	STU Trnava				5:06.53		452	+ 36.73
	50m:	34.74	34.74	150m:	1:51.59	39.17	250m:	3:11.09	40.20	350m:	4:30.30	39.61	
	100m:	1:12.42	37.68	200m:	2:30.89	39.30	300m:	3:50.69	39.60	400m:	5:06.53	36.23	
19.	Spišáková Alexandra				08	VŠK UK FTVŠ Lafranconi				5:07.30		449	+ 37.50
	50m:	35.67	35.67	150m:	1:53.53	39.69	250m:	3:11.90	39.07	350m:	4:30.01	38.31	
	100m:	1:13.84	38.17	200m:	2:32.83	39.30	300m:	3:51.70	39.80	400m:	5:07.30	37.29	
20.	Dirbáková Viktória				08	Nereus Žilina				5:09.05		441	+ 39.25
	50m:	34.39	34.39	150m:	1:53.68	39.77	250m:	3:14.74	40.18	350m:	4:32.65	37.25	
	100m:	1:13.91	39.52	200m:	2:34.56	40.88	300m:	3:55.40	40.66	400m:	5:09.05	36.40	
21.	Vnuková Anna				09	Elite Standard Academy				5:09.48		439	+ 39.68
	50m:	34.23	34.23	150m:	1:52.01	39.62	250m:	3:11.37	39.88	350m:	4:30.86	39.80	
	100m:	1:12.39	38.16	200m:	2:31.49	39.48	300m:	3:51.06	39.69	400m:	5:09.48	38.62	
22.	Žurková Adéla				07	PK Nový Ji ín				5:10.03		437	+ 40.23
	50m:	34.62	34.62	150m:	1:52.04	39.72	250m:	3:11.73	40.17	350m:	4:31.45	40.42	
	100m:	1:12.32	37.70	200m:	2:31.56	39.52	300m:	3:51.03	39.30	400m:	5:10.03	38.58	
23.	Konôpková Danka				08	PK Banská Bystrica				5:17.60		407	+ 47.80
	50m:	34.73	34.73	150m:	1:53.76	40.80	250m:	3:16.67	41.90	350m:	4:39.05	41.22	
	100m:	1:12.96	38.23	200m:	2:34.77	41.01	300m:	3:57.83	41.16	400m:	5:17.60	38.55	
24.	Janušeková Nina				10	PK Banská Bystrica				5:18.81		402	+ 49.01
	50m:	34.21	34.21	150m:	1:51.65	39.44	250m:	3:14.20	41.33	350m:	4:39.34	42.23	
	100m:	1:12.21	38.00	200m:	2:32.87	41.22	300m:	3:57.11	42.91	400m:	5:18.81	39.47	
25.	Mikulincová Silvia				10	STU Trnava				5:23.86		383	+ 54.06
	50m:	38.34	38.34	150m:	2:01.71	41.69	250m:	3:23.39	40.89	350m:	4:44.69	40.28	
	100m:	1:20.02	41.68	200m:	2:42.50	40.79	300m:	4:04.41	41.02	400m:	5:23.86	39.17	
26.	Šmidová Karolína				10	PK Martin				5:30.46		361	+ 1:00.66
	50m:	36.63	36.63	150m:	2:00.45	42.39	250m:	3:25.03	41.43	350m:	4:50.32	42.46	
	100m:	1:18.06	41.43	200m:	2:43.60	43.15	300m:	4:07.86	42.83	400m:	5:30.46	40.14	
27.	Barká ová Anna Dorota				10	PK ORCA Bratislava				5:39.57		333	+ 1:09.77
	50m:	37.11	37.11	150m:	2:03.13	43.23	250m:	3:31.31	43.89	350m:	4:58.49	42.72	
	100m:	1:19.90	42.79	200m:	2:47.42	44.29	300m:	4:15.77	44.46	400m:	5:39.57	41.08	

13 - 14 ro .

1.	Fiedlerová Stella				12	Elite Standard Academy				4:52.74		519	
	50m:	33.42	33.42	150m:	1:47.77	37.42	250m:	3:02.57	37.31	350m:	4:17.49	37.25	
	100m:	1:10.35	36.93	200m:	2:25.26	37.49	300m:	3:40.24	37.67	400m:	4:52.74	35.25	
2.	Fabíková Kristýna				11	PK Nový Ji ín				4:58.90		488	+ 6.16
	50m:	32.71	32.71	150m:	1:48.96	38.44	250m:	3:06.32	38.16	350m:	4:22.94	37.48	
	100m:	1:10.52	37.81	200m:	2:28.16	39.20	300m:	3:45.46	39.14	400m:	4:58.90	35.96	
3.	Muránska Nina				11	ŠK Iglovia				5:02.77		469	+ 10.03
	50m:	33.85	33.85	150m:	1:49.79	38.01	250m:	3:07.10	38.79	350m:	4:25.19	39.03	
	100m:	1:11.78	37.93	200m:	2:28.31	38.52	300m:	3:46.16	39.06	400m:	5:02.77	37.58	
4.	Kertész Karolina				12	Elite Standard Academy				5:03.22		467	+ 10.48
	50m:	33.49	33.49	150m:	1:49.82	38.74	250m:	3:07.76	39.19	350m:	4:26.16	38.86	
	100m:	1:11.08	37.59	200m:	2:28.57	38.75	300m:	3:47.30	39.54	400m:	5:03.22	37.06	
5.	Št pánová Sophia Anna				11	Elite Standard Academy				5:05.60		456	+ 12.86
	50m:	34.31	34.31	150m:	1:53.40	40.01	250m:	3:12.05	38.65	350m:	4:29.98	38.45	
	100m:	1:13.39	39.08	200m:	2:33.40	40.00	300m:	3:51.53	39.48	400m:	5:05.60	35.62	
6.	Štrbáková Simona				12	PK Martin				5:06.36		453	+ 13.62
	50m:	33.69	33.69	150m:	1:50.92	38.68	250m:	3:10.16	39.52	350m:	4:28.87	38.68	
	100m:	1:12.24	38.55	200m:	2:30.64	39.72	300m:	3:50.19	40.03	400m:	5:06.36	37.49	

Jarná cena Žiliny
Žilina, 21. - 23.3.2025

disciplína 21, žia ky, 400m vo ný spôsob, 13 - 14 ro .

por.		Ro .		as	RT	body		
7.	Briedová Nela	12	XBS swimming	5:08.51		444	+ 15.77	
	50m: 35.00	35.00	150m: 1:53.59	39.36	250m: 3:13.15	39.48	350m: 4:32.37	39.18
	100m: 1:14.23	39.23	200m: 2:33.67	40.08	300m: 3:53.19	40.04	400m: 5:08.51	36.14
8.	apinová Karina	11	KP Aquacity Poprad	5:11.56		431	+ 18.82	
	50m: 34.55	34.55	150m: 1:53.28	39.67	250m: 3:14.08	39.95	350m: 4:34.17	39.98
	100m: 1:13.61	39.06	200m: 2:34.13	40.85	300m: 3:54.19	40.11	400m: 5:11.56	37.39
9.	Benková Sára	11	Nereus Žilina	5:12.71		426	+ 19.97	
	50m: 34.40	34.40	150m: 1:53.29	40.31	250m: 3:14.69	40.40	350m: 4:34.69	39.51
	100m: 1:12.98	38.58	200m: 2:34.29	41.00	300m: 3:55.18	40.49	400m: 5:12.71	38.02
10.	Va ková Eva	11	PK Záhorák Senica	5:13.70		422	+ 20.96	
	50m: 35.02	35.02	150m: 1:53.24	39.88	250m: 3:14.23	41.28	350m: 4:35.88	41.02
	100m: 1:13.36	38.34	200m: 2:32.95	39.71	300m: 3:54.86	40.63	400m: 5:13.70	37.82
11.	Gešiniaková Dorota	11	Slávia Tren ín	5:16.07		413	+ 23.33	
	50m: 35.80	35.80	150m: 1:55.10	40.32	250m: 3:17.20	40.93	350m: 4:37.92	39.86
	100m: 1:14.78	38.98	200m: 2:36.27	41.17	300m: 3:58.06	40.86	400m: 5:16.07	38.15
12.	Zemešová Natália	11	XBS swimming	5:25.17		379	+ 32.43	
	50m: 35.67	35.67	150m: 1:56.99	41.52	250m: 3:21.35	42.46	350m: 4:45.40	42.04
	100m: 1:15.47	39.80	200m: 2:38.89	41.90	300m: 4:03.36	42.01	400m: 5:25.17	39.77
13.	Beblavá Lujza	11	PK Záhorák Senica	5:29.57		364	+ 36.83	
	50m: 36.72	36.72	150m: 2:00.36	43.03	250m: 3:26.34	43.43	350m: 4:51.58	42.58
	100m: 1:17.33	40.61	200m: 2:42.91	42.55	300m: 4:09.00	42.66	400m: 5:29.57	37.99
14.	Serbousková Karolína	12	Elite Standard Academy	5:38.67		335	+ 45.93	
	50m: 36.91	36.91	150m: 2:03.49	43.80	250m: 3:30.70	43.69	350m: 4:57.73	43.11
	100m: 1:19.69	42.78	200m: 2:47.01	43.52	300m: 4:14.62	43.92	400m: 5:38.67	40.94
15.	Marková Kristína	12	PK ORCA Bratislava	5:45.01		317	+ 52.27	
	50m: 38.02	38.02	150m: 2:06.49	44.90	250m: 3:36.04	44.26	350m: 5:03.81	42.74
	100m: 1:21.59	43.57	200m: 2:51.78	45.29	300m: 4:21.07	45.03	400m: 5:45.01	41.20
16.	Šimková Lea	12	PK ORCA Bratislava	5:50.85		301	+ 58.11	
	50m: 38.01	38.01	150m: 2:07.43	44.99	250m: 3:38.86	45.48	350m: 5:08.59	44.08
	100m: 1:22.44	44.43	200m: 2:53.38	45.95	300m: 4:24.51	45.65	400m: 5:50.85	42.26
17.	Van o Vivien	11	PK ORCA Bratislava	5:52.75		297	+ 1:00.01	
	50m: 38.03	38.03	150m: 2:05.34	44.76	250m: 3:36.36	45.76	350m: 5:08.87	46.41
	100m: 1:20.58	42.55	200m: 2:50.60	45.26	300m: 4:22.46	46.10	400m: 5:52.75	43.88
18.	Kostolániová Stela	11	Aquasport Levice	6:23.49		231	+ 1:30.75	
	50m: 41.22	41.22	150m: 2:18.90	50.47	250m: 3:57.92	50.68	350m: 5:37.43	50.11
	100m: 1:28.43	47.21	200m: 3:07.24	48.34	300m: 4:47.32	49.40	400m: 6:23.49	46.06

11 - 12 ro .

1.	Moravská Miriam	13	Aquasport Levice	5:05.96		455		
	50m: 33.68	33.68	150m: 1:52.17	38.99	250m: 3:11.15	39.63	350m: 4:28.61	38.16
	100m: 1:13.18	39.50	200m: 2:31.52	39.35	300m: 3:50.45	39.30	400m: 5:05.96	37.35
2.	Labantová Tereza	13	Matador Púchov	5:16.54		411	+ 10.58	
	50m: 36.50	36.50	150m: 1:57.77	40.77	250m: 3:19.13	40.52	350m: 4:39.12	39.34
	100m: 1:17.00	40.50	200m: 2:38.61	40.84	300m: 3:59.78	40.65	400m: 5:16.54	37.42
3.	Pirk Viktória	13	XBS swimming	5:17.81		406	+ 11.85	
	50m: 36.63	36.63	150m: 1:58.81	40.51	250m: 3:20.67	40.48	350m: 4:40.01	38.84
	100m: 1:18.30	41.67	200m: 2:40.19	41.38	300m: 4:01.17	40.50	400m: 5:17.81	37.80
4.	Belová Darina	13	PK Martin	5:24.54		381	+ 18.58	
	50m: 36.20	36.20	150m: 1:59.31	40.99	250m: 3:22.45	41.13	350m: 4:46.00	41.76
	100m: 1:18.32	42.12	200m: 2:41.32	42.01	300m: 4:04.24	41.79	400m: 5:24.54	38.54
5.	Kubin áková Dominika	13	MPK Tvrdošín	5:25.08		379	+ 19.12	
	50m: 35.02	35.02	150m: 1:57.64	42.01	250m: 3:22.63	42.14	350m: 4:46.93	41.93
	100m: 1:15.63	40.61	200m: 2:40.49	42.85	300m: 4:05.00	42.37	400m: 5:25.08	38.15

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disciplína 21, žia ky, 400m vo ný spôsob, 11 - 12 ro .

por.					Ro .					as	RT	body	
6.	Holomá ová Nina				13	XBS swimming				5:32.51		354	+ 26.55
	50m:	35.94	35.94	150m:	2:02.36	43.27	250m:	3:28.01	42.43	350m:	4:53.10	41.94	
	100m:	1:19.09	43.15	200m:	2:45.58	43.22	300m:	4:11.16	43.15	400m:	5:32.51	39.41	
7.	Hodo ová Kristínka				13	TT Dolný Kubín				5:36.24		343	+ 30.28
	50m:	35.54	35.54	150m:	2:00.14	42.65	250m:	3:30.08	43.67	350m:	4:56.66	42.34	
	100m:	1:17.49	41.95	200m:	2:46.41	46.27	300m:	4:14.32	44.24	400m:	5:36.24	39.58	
8.	Ondrušková Nela				13	PK Banská Bystrica				5:47.57		310	+ 41.61
	50m:	38.60	38.60	150m:	2:06.43	45.52	250m:	3:36.69	45.20	350m:	5:05.56	44.56	
	100m:	1:20.91	42.31	200m:	2:51.49	45.06	300m:	4:21.00	44.31	400m:	5:47.57	42.01	
9.	Poláková Zara				13	MPK Tvrdošín				5:48.58		307	+ 42.62
	50m:	39.43	39.43	150m:	2:07.04	44.38	250m:	3:37.46	45.38	350m:	5:07.23	44.42	
	100m:	1:22.66	43.23	200m:	2:52.08	45.04	300m:	4:22.81	45.35	400m:	5:48.58	41.35	
10.	Vrla Anna				13	PK Bohumín				6:19.52		238	+ 1:13.56
	50m:	40.15	40.15	150m:	2:16.37	49.30	250m:	3:55.35	49.64	350m:	5:33.42	48.77	
	100m:	1:27.07	46.92	200m:	3:05.71	49.34	300m:	4:44.65	49.30	400m:	6:19.52	46.10	
11.	Žuffová Nela				13	MPK Tvrdošín				6:28.29		222	+ 1:22.33
	50m:	41.48	41.48	150m:	2:21.05	51.34	250m:	4:03.82	50.67	350m:	5:43.89	48.71	
	100m:	1:29.71	48.23	200m:	3:13.15	52.10	300m:	4:55.18	51.36	400m:	6:28.29	44.40	