

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 1
28.09.2025 - 9:00

muži, 400m vo ný spôsob

11 ro . a st.
Výsledky

bodovanie: AQUA 2024

Por.	Meno	Ro .	Klub	as	RT	Body	Odstup	
seniori								
1.	Kore Marek	2003	PK Banská Bystrica	4:23.06		525		
	50m: 30.35	30.35	150m: 1:36.45	33.34	250m: 2:42.99	32.61	350m: 3:49.30	33.09
	100m: 1:03.11	32.76	200m: 2:10.38	33.93	300m: 3:16.21	33.22	400m: 4:23.06	33.76
2.	Chladný Matej	2003	PK Banská Bystrica	4:32.09		474	+ 9.03	
	50m: 30.73	30.73	150m: 1:37.88	34.00	250m: 2:45.38	33.97	350m: 3:56.59	35.86
	100m: 1:03.88	33.15	200m: 2:11.41	33.53	300m: 3:20.73	35.35	400m: 4:32.09	35.50
3.	amaj Ján	1978	PK Banská Štiavnica	5:16.11		302	+ 53.05	
	50m: 34.26	34.26	150m: 1:52.42	39.97	250m: 3:13.22	40.57	350m: 4:35.92	41.81
	100m: 1:12.45	38.19	200m: 2:32.65	40.23	300m: 3:54.11	40.89	400m: 5:16.11	40.19

starší juniori

1.	Liptai Matej	2008	Pk Martin	4:19.91		544		
	50m: 28.47	28.47	150m: 1:32.81	32.78	250m: 2:39.31	33.43	350m: 3:46.88	33.94
	100m: 1:00.03	31.56	200m: 2:05.88	33.07	300m: 3:12.94	33.63	400m: 4:19.91	33.03
2.	ernák Adam	2007	Pk Martin	4:23.61		521	+ 3.70	
	50m: 28.40	28.40	150m: 1:33.25	33.22	250m: 2:41.25	34.00	350m: 3:48.97	33.94
	100m: 1:00.03	31.63	200m: 2:07.25	34.00	300m: 3:15.03	33.78	400m: 4:23.61	34.64
3.	ižmárik Tomáš	2008	Nereus Žilina	4:26.59		504	+ 6.68	
	50m: 29.57	29.57	150m: 1:35.99	34.25	250m: 2:45.78	34.71	350m: 3:54.59	33.75
	100m: 1:01.74	32.17	200m: 2:11.07	35.08	300m: 3:20.84	35.06	400m: 4:26.59	32.00
4.	Machá Kvido	2007	PK TENAX Žilina	4:31.31		478	+ 11.40	
	50m: 30.10	30.10	150m: 1:36.74	33.85	250m: 2:45.77	34.90	350m: 3:57.38	36.00
	100m: 1:02.89	32.79	200m: 2:10.87	34.13	300m: 3:21.38	35.61	400m: 4:31.31	33.93
5.	Zvozil Nikolas	2008	PK Banská Bystrica	4:46.28		407	+ 26.37	
	50m: 32.28	32.28	150m: 1:42.91	36.03	250m: 2:56.78	36.75	350m: 4:11.91	37.82
	100m: 1:06.88	34.60	200m: 2:20.03	37.12	300m: 3:34.09	37.31	400m: 4:46.28	34.37
6.	Baláž Šimon	2007	PK Banská Bystrica	4:52.25		383	+ 32.34	
	50m: 32.78	32.78	150m: 1:44.47	36.54	250m: 2:58.53	36.88	350m: 4:14.25	37.75
	100m: 1:07.93	35.15	200m: 2:21.65	37.18	300m: 3:36.50	37.97	400m: 4:52.25	38.00
7.	Kubas Rastislav	2008	TT Dolný Kubín	4:57.68		362	+ 37.77	
	50m: 32.27	32.27	150m: 1:44.97	36.97	250m: 3:01.46	38.64	350m: 4:20.28	39.72
	100m: 1:08.00	35.73	200m: 2:22.82	37.85	300m: 3:40.56	39.10	400m: 4:57.68	37.40

mladší juniori

1.	Malachovský Daniel	2010	PK Banská Bystrica	4:27.29		500		
	50m: 30.72	30.72	150m: 1:37.21	33.56	250m: 2:45.10	33.94	350m: 3:53.42	34.55
	100m: 1:03.65	32.93	200m: 2:11.16	33.95	300m: 3:18.87	33.77	400m: 4:27.29	33.87
2.	Go altovský Daniel	2009	Pk Martin	4:30.50		483	+ 3.21	
	50m: 30.03	30.03	150m: 1:36.50	33.89	250m: 2:46.22	34.94	350m: 3:56.43	34.82
	100m: 1:02.61	32.58	200m: 2:11.28	34.78	300m: 3:21.61	35.39	400m: 4:30.50	34.07
3.	Be o Jakub	2010	PK Banská Štiavnica	4:36.59		451	+ 9.30	
	50m: 31.39	31.39	150m: 1:39.14	34.40	250m: 2:49.31	35.17	350m: 4:01.57	36.43
	100m: 1:04.74	33.35	200m: 2:14.14	35.00	300m: 3:25.14	35.83	400m: 4:36.59	35.02
4.	Valúch Richard	2010	PK Banská Bystrica	4:40.72		432	+ 13.43	
	50m: 31.65	31.65	150m: 1:41.50	35.28	250m: 2:53.22	35.97	350m: 4:05.28	36.25
	100m: 1:06.22	34.57	200m: 2:17.25	35.75	300m: 3:29.03	35.81	400m: 4:40.72	35.44
5.	erný Matúš	2010	Nereus Žilina	4:44.58		414	+ 17.29	
	50m: 31.16	31.16	150m: 1:41.65	36.23	250m: 2:54.95	37.03	350m: 4:09.16	37.19
	100m: 1:05.42	34.26	200m: 2:17.92	36.27	300m: 3:31.97	37.02	400m: 4:44.58	35.42

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 1, žiaci, 400m vo vlny spôsob, mladší juniori

Por.	Meno	Ro.	Klub	as	RT	Body	Odstup	
6.	Rovnianek Tomáš	2009	Pk Martin	4:45.74		409	+ 18.45	
	50m: 32.24	32.24	150m: 1:43.24	36.07	250m: 2:57.53	37.29	350m: 4:12.17	37.50
	100m: 1:07.17	34.93	200m: 2:20.24	37.00	300m: 3:34.67	37.14	400m: 4:45.74	33.57
7.	Reich Dávid	2010	Pk Martin	4:46.31		407	+ 19.02	
	50m: 31.89	31.89	150m: 1:43.56	36.67	250m: 2:57.21	37.10	350m: 4:12.06	37.53
	100m: 1:06.89	35.00	200m: 2:20.11	36.55	300m: 3:34.53	37.32	400m: 4:46.31	34.25
8.	Béreš Samuel	2010	Nereus Žilina	4:46.93		404	+ 19.64	
	50m: 31.53	31.53	150m: 1:43.40	36.61	250m: 2:56.63	36.57	350m: 4:11.15	37.62
	100m: 1:06.79	35.26	200m: 2:20.06	36.66	300m: 3:33.53	36.90	400m: 4:46.93	35.78
9.	Lichner Alex	2010	PK TENAX Žilina	4:48.11		399	+ 20.82	
	50m: 33.36	33.36	150m: 1:47.43	37.35	250m: 3:01.50	37.07	350m: 4:13.78	35.38
	100m: 1:10.08	36.72	200m: 2:24.43	37.00	300m: 3:38.40	36.90	400m: 4:48.11	34.33
10.	Kaerík Juraj	2010	PK TENAX Žilina	4:51.34		386	+ 24.05	
	50m: 31.87	31.87	150m: 1:44.26	36.89	250m: 2:58.16	37.14	350m: 4:13.83	38.24
	100m: 1:07.37	35.50	200m: 2:21.02	36.76	300m: 3:35.59	37.43	400m: 4:51.34	37.51
11.	Vavrica Erik	2009	PK Banská Bystrica	4:51.53		385	+ 24.24	
	50m: 30.06	30.06	150m: 1:40.06	36.45	250m: 2:55.61	38.00	350m: 4:13.31	39.10
	100m: 1:03.61	33.55	200m: 2:17.61	37.55	300m: 3:34.21	38.60	400m: 4:51.53	38.22
12.	Machaj Jakub	2010	TT Dolný Kubín	4:56.72		366	+ 29.43	
	50m: 31.75	31.75	150m: 1:43.06	36.51	250m: 3:00.02	39.22	350m: 4:17.85	39.18
	100m: 1:06.55	34.80	200m: 2:20.80	37.74	300m: 3:38.67	38.65	400m: 4:56.72	38.87
13.	Hryshchenko Hlieb	2009	PK Banská Bystrica	4:57.22		364	+ 29.93	
	50m: 31.47	31.47	150m: 1:43.84	37.71	250m: 3:00.97	38.88	350m: 4:18.78	39.12
	100m: 1:06.13	34.66	200m: 2:22.09	38.25	300m: 3:39.66	38.69	400m: 4:57.22	38.44
14.	Shkliar Andrii	2010	PK TENAX Žilina	5:03.36		342	+ 36.07	
	50m: 33.31	33.31	150m: 1:48.28	38.10	250m: 3:06.56	39.03	350m: 4:25.18	38.90
	100m: 1:10.18	36.87	200m: 2:27.53	39.25	300m: 3:46.28	39.72	400m: 5:03.36	38.18
15.	Hudák Matej	2010	PK TENAX Žilina	5:04.36		339	+ 37.07	
	50m: 33.32	33.32	150m: 1:50.25	39.28	250m: 3:09.65	40.05	350m: 4:28.78	39.60
	100m: 1:10.97	37.65	200m: 2:29.60	39.35	300m: 3:49.18	39.53	400m: 5:04.36	35.58
16.	Danaj Dominik	2010	PK TENAX Žilina	5:05.22		336	+ 37.93	
	50m: 33.32	33.32	150m: 1:47.83	38.04	250m: 3:05.56	39.06	350m: 4:26.34	40.86
	100m: 1:09.79	36.47	200m: 2:26.50	38.67	300m: 3:45.48	39.92	400m: 5:05.22	38.88
17.	Minek Filip	2010	Pk Martin	5:05.49		335	+ 38.20	
	50m: 33.07	33.07	150m: 1:49.53	39.22	250m: 3:09.17	39.93	350m: 4:27.84	39.45
	100m: 1:10.31	37.24	200m: 2:29.24	39.71	300m: 3:48.39	39.22	400m: 5:05.49	37.65
18.	Holúbek Jakub	2010	PO UMB Banská Bystrica	5:16.82		300	+ 49.53	
	50m: 34.35	34.35	150m: 1:52.39	40.13	250m: 3:14.53	41.14	350m: 4:37.00	41.23
	100m: 1:12.26	37.91	200m: 2:33.39	41.00	300m: 3:55.77	41.24	400m: 5:16.82	39.82
19.	unga Viliam	2010	Nereus Žilina	5:34.29		255	+ 1:07.00	
	50m: 34.72	34.72	150m: 1:56.57	42.17	250m: 3:24.75	44.38	350m: 4:52.87	43.55
	100m: 1:14.40	39.68	200m: 2:40.37	43.80	300m: 4:09.32	44.57	400m: 5:34.29	41.42
20.	Volček Šimon	2010	PK Nanti	5:43.23		236	+ 1:15.94	
	50m: 36.91	36.91	150m: 2:01.69	43.46	250m: 3:29.91	43.85	350m: 4:59.51	44.17
	100m: 1:18.23	41.32	200m: 2:46.06	44.37	300m: 4:15.34	45.43	400m: 5:43.23	43.72
21.	Bursa Samuel	2009	PO Ružomberok	6:04.99		196	+ 1:37.70	
	50m: 37.27	37.27	150m: 2:05.49	45.60	250m: 3:41.74	48.36	350m: 5:19.20	48.33
	100m: 1:19.89	42.62	200m: 2:53.38	47.89	300m: 4:30.87	49.13	400m: 6:04.99	45.79
22.	Solivajs Jakub	2010	PO UMB Banská Bystrica	6:26.25		165	+ 1:58.96	
	50m: 39.63	39.63	150m: 2:15.48	49.53	250m: 3:55.70	50.05	350m: 5:36.46	50.62
	100m: 1:25.95	46.32	200m: 3:05.65	50.17	300m: 4:45.84	50.14	400m: 6:26.25	49.79

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 1, muži, 400m vo ný spôsob

starší žiaci "A", 14.ro ní

1. Bela Ivan	2011	Pk Martin	4:40.97	431	
50m: 31.78 31.78	150m: 1:42.16 32.85	250m: 2:54.28 35.94	350m: 4:07.22 36.47		
100m: 1:09.31 37.53	200m: 2:18.34 36.18	300m: 3:30.75 36.47	400m: 4:40.97 33.75		
2. Sládek Richard	2011	PK TENAX Žilina	5:06.70	331	+ 25.73
50m: 34.20 34.20	150m: 1:50.27 38.32	250m: 3:09.52 39.67	350m: 4:29.35 39.75		
100m: 1:11.95 37.75	200m: 2:29.85 39.58	300m: 3:49.60 40.08	400m: 5:06.70 37.35		
3. Debnár Jakub Alexander	2011	PK Banská Štiavnica	5:24.08	280	+ 43.11
50m: 36.16 36.16	150m: 1:57.50 41.28	250m: 3:21.44 42.00	350m: 4:45.83 41.64		
100m: 1:16.22 40.06	200m: 2:39.44 41.94	300m: 4:04.19 42.75	400m: 5:24.08 38.25		
4. Yurlov Daniel	2011	Nereus Žilina	5:33.38	258	+ 52.41
50m: 34.98 34.98	150m: 1:56.63 41.60	250m: 3:21.45 42.57	350m: 4:50.38 45.07		
100m: 1:15.03 40.05	200m: 2:38.88 42.25	300m: 4:05.31 43.86	400m: 5:33.38 43.00		
5. Debnár Matej František	2011	PK Banská Štiavnica	5:35.14	254	+ 54.17
50m: 36.31 36.31	150m: 2:00.89 43.33	250m: 3:28.39 44.08	350m: 4:50.68 38.00		
100m: 1:17.56 41.25	200m: 2:44.31 43.42	300m: 4:12.68 44.29	400m: 5:35.14 44.46		
6. Grygar Oliver	2011	PK Nanti	5:43.78	235	+ 1:02.81
50m: 37.36 37.36	150m: 2:02.32 43.04	250m: 3:31.18 44.43	350m: 5:00.00 44.25		
100m: 1:19.28 41.92	200m: 2:46.75 44.43	300m: 4:15.75 44.57	400m: 5:43.78 43.78		
7. Knecht Maximilian	2011	Pk Martin	6:20.61	173	+ 1:39.64
50m: 39.57 39.57	150m: 2:14.65 48.43	250m: 3:53.22 49.79	350m: 5:32.50 49.28		
100m: 1:26.22 46.65	200m: 3:03.43 48.78	300m: 4:43.22 50.00	400m: 6:20.61 48.11		
8. Lorer Rodion	2011	PK Nanti	6:51.03	137	+ 2:10.06
50m: 43.03 43.03	150m: 2:26.25 53.42	250m: 4:13.25 53.60	350m: 5:58.65 52.65		
100m: 1:32.83 49.80	200m: 3:19.65 53.40	300m: 5:06.00 52.75	400m: 6:51.03 52.38		

starší žiaci "A", 13.ro ní

1. Buc Tomáš	2012	PO Ružomberok	4:44.50	415	
50m: 31.69 31.69	150m: 1:41.65 35.46	250m: 2:54.90 37.20	350m: 4:08.72 37.18		
100m: 1:06.19 34.50	200m: 2:17.70 36.05	300m: 3:31.54 36.64	400m: 4:44.50 35.78		
2. Mi o Tomáš	2012	Pk Martin	4:51.25	387	+ 6.75
50m: 33.85 33.85	150m: 1:45.99 36.39	250m: 3:00.03 37.22	350m: 4:15.03 37.43		
100m: 1:09.60 35.75	200m: 2:22.81 36.82	300m: 3:37.60 37.57	400m: 4:51.25 36.22		
3. Vrobel Michael	2012	MPK Tvrdošín	4:59.12	357	+ 14.62
50m: 33.30 33.30	150m: 1:47.84 38.08	250m: 3:05.47 39.00	350m: 4:21.94 37.85		
100m: 1:09.76 36.46	200m: 2:26.47 38.63	300m: 3:44.09 38.62	400m: 4:59.12 37.18		
4. Hudák Richard	2012	PK TENAX Žilina	5:08.29	326	+ 23.79
50m: 34.13 34.13	150m: 1:49.94 39.22	250m: 3:09.97 39.91	350m: 4:30.22 39.84		
100m: 1:10.72 36.59	200m: 2:30.06 40.12	300m: 3:50.38 40.41	400m: 5:08.29 38.07		
5. Jelšovský Milan	2012	Pk Martin	5:09.85	321	+ 25.35
50m: 33.59 33.59	150m: 1:50.40 38.98	250m: 3:10.04 40.07	350m: 4:30.90 40.31		
100m: 1:11.42 37.83	200m: 2:29.97 39.57	300m: 3:50.59 40.55	400m: 5:09.85 38.95		
6. Tichý Peter	2012	ŠKP Brezno	5:11.24	317	+ 26.74
50m: 34.36 34.36	150m: 1:52.39 40.11	250m: 3:13.41 40.27	350m: 4:34.28 40.00		
100m: 1:12.28 37.92	200m: 2:33.14 40.75	300m: 3:54.28 40.87	400m: 5:11.24 36.96		
7. Fabian Matej	2012	Pk Martin	5:26.08	275	+ 41.58
50m: 36.47 36.47	150m: 1:57.09 41.01	250m: 3:20.81 41.97	350m: 4:45.20 41.80		
100m: 1:16.08 39.61	200m: 2:38.84 41.75	300m: 4:03.40 42.59	400m: 5:26.08 40.88		
8. Šmajda Marián	2012	Pk Martin	5:35.92	252	+ 51.42
50m: 37.77 37.77	150m: 2:02.25 42.62	250m: 3:28.49 42.86	350m: 4:55.81 43.43		
100m: 1:19.63 41.86	200m: 2:45.63 43.38	300m: 4:12.38 43.89	400m: 5:35.92 40.11		
9. Slovák Samuel	2012	PK Nanti	5:39.30	244	+ 54.80
50m: 36.65 36.65	150m: 1:59.50 42.52	250m: 3:27.87 44.59	350m: 4:51.20 38.37		
100m: 1:16.98 40.33	200m: 2:43.28 43.78	300m: 4:12.83 44.96	400m: 5:39.30 48.10		

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 1, žiaci, 400m vo ný spôsob, starší žiaci "A", 13.ro ní

Por.	Meno	Ro.	Klub	as	RT	Body	Odstup	
10.	Chaban Tobias	2012	PK Banská Bystrica	5:44.70		233	+ 1:00.20	
	50m: 35.78	35.78	150m: 2:01.91	43.50	250m: 3:30.48	44.60	350m: 5:01.09	45.21
	100m: 1:18.41	42.63	200m: 2:45.88	43.97	300m: 4:15.88	45.40	400m: 5:44.70	43.61
11.	Vyskok Maxim	2012	PK Nanti	5:48.80		225	+ 1:04.30	
	50m: 36.97	36.97	150m: 2:07.60	46.87	250m: 3:35.97	44.96	350m: 5:04.76	44.44
	100m: 1:20.73	43.76	200m: 2:51.01	43.41	300m: 4:20.32	44.35	400m: 5:48.80	44.04
12.	Domenik Samuel	2012	PO Ružomberok	5:50.31		222	+ 1:05.81	
	50m: 42.72	42.72	150m: 2:05.31	44.55	250m: 3:36.76	46.32	350m: 5:07.94	45.53
	100m: 1:20.76	38.04	200m: 2:50.44	45.13	300m: 4:22.41	45.65	400m: 5:50.31	42.37
13.	Lubellan Damian	2012	PK Banská Bystrica	5:52.55		218	+ 1:08.05	
	50m: 36.58	36.58	150m: 2:03.83	44.86	250m: 3:36.75	46.75	350m: 5:08.50	45.28
	100m: 1:18.97	42.39	200m: 2:50.00	46.17	300m: 4:23.22	46.47	400m: 5:52.55	44.05
14.	Hrúz Jakub	2012	PK Martin	5:58.78		207	+ 1:14.28	
	50m: 40.13	40.13	150m: 2:09.09	45.75	250m: 3:43.25	48.53	350m: 5:19.84	50.25
	100m: 1:23.34	43.21	200m: 2:54.72	45.63	300m: 4:29.59	46.34	400m: 5:58.78	38.94
15.	Dubovec Ivan	2012	MPK Dolný Kubín	6:14.11		182	+ 1:29.61	
	50m: 39.81	39.81	150m: 2:16.18	48.22	250m: 3:54.89	49.03	350m: 5:29.18	46.44
	100m: 1:27.96	48.15	200m: 3:05.86	49.68	300m: 4:42.74	47.85	400m: 6:14.11	44.93
16.	Žigmund Šimon	2012	PK Nanti	7:22.35		110	+ 2:37.85	
	50m: 43.49	43.49	150m: 2:31.13	57.10	250m: 4:28.03	59.22	350m: 6:24.95	57.68
	100m: 1:34.03	50.54	200m: 3:28.81	57.68	300m: 5:27.27	59.24	400m: 7:22.35	57.40

mladší žiaci "B", 12.ro ní

1.	Gavula Stanislav	2013	MPK Tvrdošín	5:04.84		337		
	50m: 33.69	33.69	150m: 1:51.94	39.39	250m: 3:10.34	38.97	350m: 4:28.12	39.15
	100m: 1:12.55	38.86	200m: 2:31.37	39.43	300m: 3:48.97	38.63	400m: 5:04.84	36.72
2.	Svitek Artur	2013	PK Martin	5:05.46		335	+ 0.62	
	50m: 33.81	33.81	150m: 1:51.31	39.06	250m: 3:12.00	40.50	350m: 4:30.64	39.75
	100m: 1:12.25	38.44	200m: 2:31.50	40.19	300m: 3:50.89	38.89	400m: 5:05.46	34.82
3.	urian ík Lukáš	2013	PK Banská Bystrica	5:05.96		333	+ 1.12	
	50m: 34.36	34.36	150m: 1:52.86	40.30	250m: 3:11.75	39.29	350m: 4:30.04	39.40
	100m: 1:12.56	38.20	200m: 2:32.46	39.60	300m: 3:50.64	38.89	400m: 5:05.96	35.92
4.	Kekely Richard	2013	PK TENAX Žilina	5:07.58		328	+ 2.74	
	50m: 33.58	33.58	150m: 1:50.75	39.28	250m: 3:10.55	39.83	350m: 4:30.44	39.54
	100m: 1:11.47	37.89	200m: 2:30.72	39.97	300m: 3:50.90	40.35	400m: 5:07.58	37.14
5.	Urban Adam	2013	PK Martin	5:17.14		299	+ 12.30	
	50m: 35.83	35.83	150m: 1:55.40	40.48	250m: 3:17.31	40.78	350m: 4:37.67	40.01
	100m: 1:14.92	39.09	200m: 2:36.53	41.13	300m: 3:57.66	40.35	400m: 5:17.14	39.47
6.	Gabarík Peter	2013	MPK Tvrdošín	5:17.97		297	+ 13.13	
	50m: 36.25	36.25	150m: 1:54.75	39.82	250m: 3:16.03	41.00	350m: 4:38.75	41.78
	100m: 1:14.93	38.68	200m: 2:35.03	40.28	300m: 3:56.97	40.94	400m: 5:17.97	39.22
7.	Amrich Andrej	2013	MPK Tvrdošín	5:33.15		258	+ 28.31	
	50m: 37.69	37.69	150m: 2:03.15	42.82	250m: 3:28.15	38.62	350m: 4:52.43	42.14
	100m: 1:20.33	42.64	200m: 2:49.53	46.38	300m: 4:10.29	42.14	400m: 5:33.15	40.72
8.	Dziura Alex	2013	PK Martin	5:35.81		252	+ 30.97	
	50m: 37.59	37.59	150m: 2:03.63	43.34	250m: 3:28.78	42.31	350m: 4:59.38	46.60
	100m: 1:20.29	42.70	200m: 2:46.47	42.84	300m: 4:12.78	44.00	400m: 5:35.81	36.43
9.	Benko Adam	2013	PK TENAX Žilina	5:41.89		239	+ 37.05	
	50m: 37.89	37.89	150m: 2:04.81	43.85	250m: 3:32.28	43.47	350m: 5:00.21	43.90
	100m: 1:20.96	43.07	200m: 2:48.81	44.00	300m: 4:16.31	44.03	400m: 5:41.89	41.68
10.	Vierik Samuel	2013	PO Ružomberok	5:42.66		237	+ 37.82	
	50m: 36.30	36.30	150m: 2:00.05	42.94	250m: 3:28.88	44.86	350m: 4:58.52	45.25
	100m: 1:17.11	40.81	200m: 2:44.02	43.97	300m: 4:13.27	44.39	400m: 5:42.66	44.14

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 1, žiaci, 400m vo ný spôsob, mladší žiaci "B", 12.ro ní

Por.	Meno	Ro .	Klub	as	RT	Body	Odstup
11.	Kerná Jakub	2013	PK Banská Štiavnica	5:44.03		234	+ 39.19
	50m: 35.75 35.75	150m: 2:02.00 44.47	250m: 3:31.03 44.67	350m: 5:00.93 44.40			
	100m: 1:17.53 41.78	200m: 2:46.36 44.36	300m: 4:16.53 45.50	400m: 5:44.03 43.10			
12.	Plešinský Miroslav	2013	MPK Dolný Kubín	5:52.99		217	+ 48.15
	50m: 38.31 38.31	150m: 2:09.07 45.98	250m: 3:39.42 44.71	350m: 5:10.59 44.95			
	100m: 1:23.09 44.78	200m: 2:54.71 45.64	300m: 4:25.64 46.22	400m: 5:52.99 42.40			
13.	Gallik Filip	2013	PK TENAX Žilina	6:09.18		190	+ 1:04.34
	50m: 40.04 40.04	150m: 2:13.38 46.57	250m: 3:48.70 47.86	350m: 5:24.67 48.44			
	100m: 1:26.81 46.77	200m: 3:00.84 47.46	300m: 4:36.23 47.53	400m: 6:09.18 44.51			
14.	Liptai Tomáš	2013	PK Martin	6:16.72		178	+ 1:11.88
	50m: 42.59 42.59	150m: 2:18.88 48.92	250m: 3:56.56 48.99	350m: 5:33.01 48.20			
	100m: 1:29.96 47.37	200m: 3:07.57 48.69	300m: 4:44.81 48.25	400m: 6:16.72 43.71			
15.	Hudák Juraj	2013	PK TENAX Žilina	6:23.17		169	+ 1:18.33
	50m: 40.74 40.74	150m: 2:16.59 48.78	250m: 3:56.24 50.15	350m: 5:36.59 49.89			
	100m: 1:27.81 47.07	200m: 3:06.09 49.50	300m: 4:46.70 50.46	400m: 6:23.17 46.58			
16.	Pažitka Oliver	2013	PO Ružomberok	7:00.10		128	+ 1:55.26
	50m: 43.63 43.63	150m: 2:28.27 54.17	250m: 4:18.87 55.02	350m: 6:09.56 55.39			
	100m: 1:34.10 50.47	200m: 3:23.85 55.58	300m: 5:14.17 55.30	400m: 7:00.10 50.54			
17.	Kútnik Maximilián	2013	PO Ružomberok	7:25.13		108	+ 2:20.29
	50m: 46.20 46.20	150m: 2:36.65 56.20	250m: 4:34.13 59.51	350m: 6:32.67 58.83			
	100m: 1:40.45 54.25	200m: 3:34.62 57.97	300m: 5:33.84 59.71	400m: 7:25.13 52.46			

mladší žiaci "B", 11.ro ní

1.	Žuffa Michal	2014	MPK Tvrdošín	5:47.03		228	
	50m: 37.19 37.19	150m: 2:00.78 42.50	250m: 3:30.93 41.15	350m: 5:02.94 46.44			
	100m: 1:18.28 41.09	200m: 2:49.78 49.00	300m: 4:16.50 45.57	400m: 5:47.03 44.09			
2.	Go altovský Patrik	2014	PK Martin	5:52.26		218	+ 5.23
	50m: 38.39 38.39	150m: 2:07.71 45.38	250m: 3:39.72 45.39	350m: 5:10.85 45.55			
	100m: 1:22.33 43.94	200m: 2:54.33 46.62	300m: 4:25.30 45.58	400m: 5:52.26 41.41			
3.	Plešinský Jakub	2014	MPK Dolný Kubín	5:57.14		209	+ 10.11
	50m: 40.22 40.22	150m: 2:10.80 45.77	250m: 3:42.39 46.05	350m: 5:14.22 45.57			
	100m: 1:25.03 44.81	200m: 2:56.34 45.54	300m: 4:28.65 46.26	400m: 5:57.14 42.92			
4.	Jašík Martin	2014	Nereus Žilina	5:57.21		209	+ 10.18
	50m: 39.22 39.22	150m: 2:09.28 44.85	250m: 3:41.68 45.44	350m: 5:14.38 46.48			
	100m: 1:24.43 45.21	200m: 2:56.24 46.96	300m: 4:27.90 46.22	400m: 5:57.21 42.83			
5.	Ondřík D' Angel	2014	MPK Dolný Kubín	6:16.77		178	+ 29.74
	50m: 41.06 41.06	150m: 2:13.85 46.82	250m: 3:50.31 48.71	350m: 5:28.03 48.68			
	100m: 1:27.03 45.97	200m: 3:01.60 47.75	300m: 4:39.35 49.04	400m: 6:16.77 48.74			
6.	Halvoník Patrik	2014	MPK Dolný Kubín	6:22.47		170	+ 35.44
	50m: 46.04 46.04	150m: 2:12.73 47.94	250m: 3:52.38 50.51	350m: 5:35.80 52.59			
	100m: 1:24.79 38.75	200m: 3:01.87 49.14	300m: 4:43.21 50.83	400m: 6:22.47 46.67			
7.	Drdák Teo	2014	PK Martin	6:30.72		160	+ 43.69
	50m: 41.79 41.79	150m: 2:20.08 49.58	250m: 3:58.22 49.14	350m: 5:38.84 49.71			
	100m: 1:30.50 48.71	200m: 3:09.08 49.00	300m: 4:49.13 50.91	400m: 6:30.72 51.88			
8.	Morinec Martin	2014	MPK Dolný Kubín	6:56.34		132	+ 1:09.31
	50m: 43.20 43.20	150m: 2:28.25 53.64	250m: 4:14.56 53.16	350m: 6:03.09 53.82			
	100m: 1:34.61 51.41	200m: 3:21.40 53.15	300m: 5:09.27 54.71	400m: 6:56.34 53.25			
9.	uvada Vratko	2014	MPK Dolný Kubín	7:07.15		122	+ 1:20.12
	50m: 49.61 49.61	150m: 2:34.36 55.68	250m: 4:29.50 1:00.18	350m: 6:19.00 59.00			
	100m: 1:38.68 49.07	200m: 3:29.32 54.96	300m: 5:20.00 50.50	400m: 7:07.15 48.15			
10.	Krivda Tomáš	2014	MPK Tvrdošín	7:10.11		120	+ 1:23.08
	50m: 46.28 46.28	150m: 2:33.28 54.50	250m: 4:24.75 55.39	350m: 6:17.78 56.78			
	100m: 1:38.78 52.50	200m: 3:29.36 56.08	300m: 5:21.00 56.25	400m: 7:10.11 52.33			

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 1, žiaci, 400m voľný spôsob, mladší žiaci "B", 11.ročník

Por.	Meno	Ro.	Klub	čas	RT	Body	Odstup	
11.	Belov Adam	2014	PO UMB Banská Bystrica	7:12.00		118	+ 1:24.97	
	50m: 47.47	47.47	150m: 2:39.79	59.48	250m: 4:26.79	55.95	350m: 6:18.13	55.04
	100m: 1:40.31	52.84	200m: 3:30.84	51.05	300m: 5:23.09	56.30	400m: 7:12.00	53.87
12.	Volček Oliver	2014	PK Nanti	7:14.20		116	+ 1:27.17	
	50m: 44.31	44.31	150m: 2:30.73	54.68	250m: 4:23.92	56.90	350m: 6:17.56	56.80
	100m: 1:36.05	51.74	200m: 3:27.02	56.29	300m: 5:20.76	56.84	400m: 7:14.20	56.64
13.	Kotlár Ján	2014	MPK Tvrdošín	7:25.58		108	+ 1:38.55	
	50m: 53.85	53.85	150m: 2:33.03	57.30	250m: 4:31.38	1:00.70	350m: 6:31.00	59.18
	100m: 1:35.73	41.88	200m: 3:30.68	57.65	300m: 5:31.82	1:00.44	400m: 7:25.58	54.58
14.	Šimurda Šimon	2014	Pk Martin	7:39.96		98	+ 1:52.93	
	50m: 50.18	50.18	150m: 2:45.64	59.53	250m: 4:45.03	59.39	350m: 6:43.56	59.31
	100m: 1:46.11	55.93	200m: 3:45.64	1:00.00	300m: 5:44.25	59.22	400m: 7:39.96	56.40