

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 3
28.09.2025 - 10:53

muži, 1500m vo ný spôsob

13 ro . a st.
Výsledky

bodovanie: AQUA 2024

Por.	Meno	Ro .	Klub	as	RT	Body	Odstup	
starší juniori								
1.	ernák Adam	2007	Pk Martin	17:15.34		547		
	50m: 30.38	30.38	450m: 5:07.25	35.25	850m: 9:44.66	34.63	1250m: 14:23.69	34.72
	100m: 1:03.78	33.40	500m: 5:42.44	35.19	900m: 10:19.34	34.68	1300m: 14:58.75	35.06
	150m: 1:38.00	34.22	550m: 6:17.28	34.84	950m: 10:54.16	34.82	1350m: 15:33.59	34.84
	200m: 2:12.91	34.91	600m: 6:51.81	34.53	1000m: 11:28.84	34.68	1400m: 16:07.97	34.38
	250m: 2:47.81	34.90	650m: 7:26.31	34.50	1050m: 12:03.97	35.13	1450m: 16:42.09	34.12
	300m: 3:22.66	34.85	700m: 8:00.56	34.25	1100m: 12:39.00	35.03	1500m: 17:15.34	33.25
	350m: 3:57.06	34.40	750m: 8:35.25	34.69	1150m: 13:13.88	34.88		
	400m: 4:32.00	34.94	800m: 9:10.03	34.78	1200m: 13:48.97	35.09		
2.	Liptai Matej	2008	Pk Martin	17:33.72		519	+ 18.38	
	50m: 30.69	30.69	450m: 5:06.41	35.36	850m: 9:49.34	35.75	1250m: 14:33.19	35.97
	100m: 1:04.05	33.36	500m: 5:41.94	35.53	900m: 10:23.69	34.35	1300m: 15:09.30	36.11
	150m: 1:37.94	33.89	550m: 6:17.55	35.61	950m: 10:58.37	34.68	1350m: 15:45.65	36.35
	200m: 2:12.02	34.08	600m: 6:52.69	35.14	1000m: 11:33.59	35.22	1400m: 16:21.97	36.32
	250m: 2:46.19	34.17	650m: 7:27.69	35.00	1050m: 12:09.16	35.57	1450m: 16:58.44	36.47
	300m: 3:20.91	34.72	700m: 8:02.91	35.22	1100m: 12:45.19	36.03	1500m: 17:33.72	35.28
	350m: 3:55.76	34.85	750m: 8:38.41	35.50	1150m: 13:21.12	35.93		
	400m: 4:31.05	35.29	800m: 9:13.59	35.18	1200m: 13:57.22	36.10		
3.	Cigánik Marián	2007	Nereus Žilina	17:57.32		485	+ 41.98	
	50m: 31.00	31.00	450m: 5:10.15	35.65	850m: 9:59.16	36.38	1250m: 14:53.52	36.83
	100m: 1:03.66	32.66	500m: 5:45.90	35.75	900m: 10:35.56	36.40	1300m: 15:30.31	36.79
	150m: 1:38.10	34.44	550m: 6:21.90	36.00	950m: 11:12.33	36.77	1350m: 16:07.55	37.24
	200m: 2:12.78	34.68	600m: 6:58.35	36.45	1000m: 11:48.99	36.66	1400m: 16:44.39	36.84
	250m: 2:47.68	34.90	650m: 7:34.20	35.85	1050m: 12:25.96	36.97	1450m: 17:21.16	36.77
	300m: 3:23.02	35.34	700m: 8:09.69	35.49	1100m: 13:03.03	37.07	1500m: 17:57.32	36.16
	350m: 3:58.68	35.66	750m: 8:46.19	36.50	1150m: 13:40.18	37.15		
	400m: 4:34.50	35.82	800m: 9:22.78	36.59	1200m: 14:16.69	36.51		
4.	Machá Kvido	2007	PK TENAX Žilina	18:36.80		436	+ 1:21.46	
	50m: 35.13	35.13	450m: 5:39.45	37.82	850m: 10:41.50	37.23	1250m: 15:42.70	37.20
	100m: 1:13.49	38.36	500m: 6:17.31	37.86	900m: 11:19.60	38.10	1300m: 16:19.42	36.72
	150m: 1:51.35	37.86	550m: 6:55.17	37.86	950m: 11:57.30	37.70	1350m: 16:55.30	35.88
	200m: 2:28.99	37.64	600m: 7:33.31	38.14	1000m: 12:35.23	37.93	1400m: 17:31.56	36.26
	250m: 3:06.56	37.57	650m: 8:11.56	38.25	1050m: 13:13.10	37.87	1450m: 18:07.25	35.69
	300m: 3:44.70	38.14	700m: 8:49.45	37.89	1100m: 13:50.45	37.35	1500m: 18:36.80	29.55
	350m: 4:23.56	38.86	750m: 9:27.10	37.65	1150m: 14:27.85	37.40		
	400m: 5:01.63	38.07	800m: 10:04.27	37.17	1200m: 15:05.50	37.65		
5.	Neuwirth Jakub	2007	MPK Prievidza	21:38.56		277	+ 4:23.22	
	50m: 38.13	38.13	450m: 6:18.56	43.71	850m: 12:07.35	43.50	1250m: 18:01.70	44.64
	100m: 1:19.20	41.07	500m: 7:02.35	43.79	900m: 12:51.56	44.21	1300m: 18:47.03	45.33
	150m: 2:00.60	41.40	550m: 7:46.92	44.57	950m: 13:35.31	43.75	1350m: 19:31.85	44.82
	200m: 2:42.35	41.75	600m: 8:31.60	44.68	1000m: 14:18.10	42.79	1400m: 20:16.31	44.46
	250m: 3:24.49	42.14	650m: 9:15.77	44.17	1050m: 15:00.77	42.67	1450m: 21:00.17	43.86
	300m: 4:07.77	43.28	700m: 9:58.38	42.61	1100m: 15:45.63	44.86	1500m: 21:38.56	38.39
	350m: 4:51.35	43.58	750m: 10:40.38	42.00	1150m: 16:31.17	45.54		
	400m: 5:34.85	43.50	800m: 11:23.85	43.47	1200m: 17:17.06	45.89		
6.	Baroš Patrik	2007	PO UMB Banská Bystrica	24:52.18		182	+ 7:36.84	
	50m: 35.18	35.18	450m: 6:52.90	51.22	850m: 13:54.50	52.25	1250m: 20:43.11	50.83
	100m: 1:16.00	40.82	500m: 7:46.40	53.50	900m: 14:47.25	52.75	1300m: 21:32.90	49.79
	150m: 1:58.08	42.08	550m: 8:39.75	53.35	950m: 15:39.22	51.97	1350m: 22:22.50	49.60
	200m: 2:44.50	46.42	600m: 9:32.50	52.75	1000m: 16:30.53	51.31	1400m: 23:13.43	50.93
	250m: 3:32.03	47.53	650m: 10:24.47	51.97	1050m: 17:20.43	49.90	1450m: 24:03.47	50.04
	300m: 4:21.15	49.12	700m: 11:17.78	53.31	1100m: 18:11.03	50.60	1500m: 24:52.18	48.71
	350m: 5:11.11	49.96	750m: 12:09.15	51.37	1150m: 19:01.86	50.83		
	400m: 6:01.68	50.57	800m: 13:02.25	53.10	1200m: 19:52.28	50.42		

Jesenné M-SSO - dlhé trate
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mladší juniori

1.	amaj Ján		2010	PK Banská Štiavnica	17:23.46	534						
	50m:	29.39	29.39	450m:	5:06.34	35.03	850m:	9:49.84	35.35	1250m:	14:31.71	34.82
	100m:	1:01.59	32.20	500m:	5:42.07	35.73	900m:	10:25.24	35.40	1300m:	15:06.64	34.93
	150m:	1:35.89	34.30	550m:	6:17.59	35.52	950m:	11:00.57	35.33	1350m:	15:41.24	34.60
	200m:	2:10.78	34.89	600m:	6:52.31	34.72	1000m:	11:35.59	35.02	1400m:	16:15.84	34.60
	250m:	2:45.92	35.14	650m:	7:27.74	35.43	1050m:	12:11.42	35.83	1450m:	16:50.49	34.65
	300m:	3:21.03	35.11	700m:	8:03.49	35.75	1100m:	12:46.09	34.67	1500m:	17:23.46	32.97
	350m:	3:56.07	35.04	750m:	8:39.21	35.72	1150m:	13:21.74	35.65			
	400m:	4:31.31	35.24	800m:	9:14.49	35.28	1200m:	13:56.89	35.15			
2.	Be o Jakub		2010	PK Banská Štiavnica	17:47.90	498		+ 24.44				
	50m:	31.80	31.80	450m:	5:15.20	35.50	850m:	10:02.66	36.28	1250m:	14:51.17	35.58
	100m:	1:05.80	34.00	500m:	5:51.60	36.40	900m:	10:38.84	36.18	1300m:	15:27.23	36.06
	150m:	1:40.60	34.80	550m:	6:27.40	35.80	950m:	11:15.28	36.44	1350m:	16:03.03	35.80
	200m:	2:16.00	35.40	600m:	7:03.54	36.14	1000m:	11:50.96	35.68	1400m:	16:39.04	36.01
	250m:	2:51.60	35.60	650m:	7:39.23	35.69	1050m:	12:27.13	36.17	1450m:	17:13.90	34.86
	300m:	3:27.66	36.06	700m:	8:14.84	35.61	1100m:	13:03.42	36.29	1500m:	17:47.90	34.00
	350m:	4:03.60	35.94	750m:	8:50.65	35.81	1150m:	13:39.91	36.49			
	400m:	4:39.70	36.10	800m:	9:26.38	35.73	1200m:	14:15.59	35.68			
3.	Go altovský Daniel		2009	Pk Martin	18:14.19	463		+ 50.73				
	50m:	32.83	32.83	450m:	5:15.25	36.63	850m:	10:09.72	36.47	1250m:	15:10.33	37.75
	100m:	1:07.22	34.39	500m:	5:52.30	37.05	900m:	10:47.19	37.47	1300m:	15:48.08	37.75
	150m:	1:42.47	35.25	550m:	6:28.25	35.95	950m:	11:24.55	37.36	1350m:	16:25.22	37.14
	200m:	2:17.58	35.11	600m:	7:04.62	36.37	1000m:	12:02.47	37.92	1400m:	17:02.25	37.03
	250m:	2:52.25	34.67	650m:	7:42.05	37.43	1050m:	12:40.08	37.61	1450m:	17:38.75	36.50
	300m:	3:27.05	34.80	700m:	8:19.22	37.17	1100m:	13:17.15	37.07	1500m:	18:14.19	35.44
	350m:	4:02.37	35.32	750m:	8:56.37	37.15	1150m:	13:54.79	37.64			
	400m:	4:38.62	36.25	800m:	9:33.25	36.88	1200m:	14:32.58	37.79			
4.	Reich Dávid		2010	Pk Martin	18:21.50	454		+ 58.04				
	50m:	33.61	33.61	450m:	5:23.61	36.00	850m:	10:18.93	37.36	1250m:	15:20.28	37.67
	100m:	1:09.93	36.32	500m:	5:59.75	36.14	900m:	10:56.50	37.57	1300m:	15:57.03	36.75
	150m:	1:46.68	36.75	550m:	6:36.25	36.50	950m:	11:34.32	37.82	1350m:	16:34.15	37.12
	200m:	2:23.36	36.68	600m:	7:13.28	37.03	1000m:	12:12.53	38.21	1400m:	17:10.82	36.67
	250m:	2:59.36	36.00	650m:	7:50.57	37.29	1050m:	12:49.53	37.00	1450m:	17:47.50	36.68
	300m:	3:35.28	35.92	700m:	8:27.03	36.46	1100m:	13:27.03	37.50	1500m:	18:21.50	34.00
	350m:	4:11.43	36.15	750m:	9:04.25	37.22	1150m:	14:04.90	37.87			
	400m:	4:47.61	36.18	800m:	9:41.57	37.32	1200m:	14:42.61	37.71			
5.	Rovnianek Tomáš		2009	Pk Martin	18:57.28	412		+ 1:33.82				
	50m:	33.78	33.78	450m:	5:36.57	38.40	850m:	10:44.03	38.79	1250m:	15:54.99	38.68
	100m:	1:10.24	36.46	500m:	6:15.07	38.50	900m:	11:23.34	39.31	1300m:	16:33.21	38.22
	150m:	1:47.78	37.54	550m:	6:52.99	37.92	950m:	12:03.21	39.87	1350m:	17:11.64	38.43
	200m:	2:25.81	38.03	600m:	7:30.92	37.93	1000m:	12:42.31	39.10	1400m:	17:48.81	37.17
	250m:	3:03.31	37.50	650m:	8:09.53	38.61	1050m:	13:19.24	36.93	1450m:	18:26.49	37.68
	300m:	3:41.74	38.43	700m:	8:48.42	38.89	1100m:	13:58.53	39.29	1500m:	18:57.28	30.79
	350m:	4:20.42	38.68	750m:	9:27.03	38.61	1150m:	14:37.31	38.78			
	400m:	4:58.17	37.75	800m:	10:05.24	38.21	1200m:	15:16.31	39.00			
6.	Lichner Alex		2010	PK TENAX Žilina	19:16.00	393		+ 1:52.54				
	50m:	35.43	35.43	450m:	5:47.90	39.12	850m:	11:02.53	39.31	1250m:	16:10.25	38.50
	100m:	1:14.33	38.90	500m:	6:27.28	39.38	900m:	11:40.75	38.22	1300m:	16:48.86	38.61
	150m:	1:53.43	39.10	550m:	7:06.75	39.47	950m:	12:19.50	38.75	1350m:	17:27.61	38.75
	200m:	2:32.36	38.93	600m:	7:46.18	39.43	1000m:	12:57.78	38.28	1400m:	18:05.18	37.57
	250m:	3:11.40	39.04	650m:	8:25.61	39.43	1050m:	13:35.97	38.19	1450m:	18:42.36	37.18
	300m:	3:50.33	38.93	700m:	9:04.86	39.25	1100m:	14:14.08	38.11	1500m:	19:16.00	33.64
	350m:	4:29.25	38.92	750m:	9:44.33	39.47	1150m:	14:52.28	38.20			
	400m:	5:08.78	39.53	800m:	10:23.22	38.89	1200m:	15:31.75	39.47			
7.	Ka erík Juraj		2010	PK TENAX Žilina	19:25.31	383		+ 2:01.85				
	50m:	34.73	34.73	450m:	5:48.13	39.25	850m:	11:02.84	39.43	1250m:	16:14.45	39.04
	100m:	1:13.56	38.83	500m:	6:27.48	39.35	900m:	11:41.84	39.00	1300m:	16:53.23	38.78
	150m:	1:53.20	39.64	550m:	7:06.91	39.43	950m:	12:20.98	39.14	1350m:	17:32.09	38.86
	200m:	2:32.63	39.43	600m:	7:46.41	39.50	1000m:	12:59.94	38.96	1400m:	18:11.38	39.29
	250m:	3:11.66	39.03	650m:	8:25.91	39.50	1050m:	13:38.78	38.84	1450m:	18:49.28	37.90
	300m:	3:50.28	38.62	700m:	9:05.23	39.32	1100m:	14:17.45	38.67	1500m:	19:25.31	36.03
	350m:	4:29.63	39.35	750m:	9:44.31	39.08	1150m:	14:56.28	38.83			
	400m:	5:08.88	39.25	800m:	10:23.41	39.10	1200m:	15:35.41	39.13			

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 3, žiaci, 1500m vo ný spôsob, mladší juniori

Por.	Meno	Ro.	Klub	as	RT	Body	Odstup	
8.	Minek Filip	2010	PK Martin	19:48.52		361	+ 2:25.06	
	50m: 34.25	34.25	450m: 5:45.24	40.06	850m: 11:05.93	39.99	1250m: 16:29.13	40.52
	100m: 1:12.02	37.77	500m: 6:25.24	40.00	900m: 11:46.02	40.09	1300m: 17:09.56	40.43
	150m: 1:49.92	37.90	550m: 7:05.49	40.25	950m: 12:26.73	40.71	1350m: 17:59.07	49.51
	200m: 2:28.02	38.10	600m: 7:45.60	40.11	1000m: 13:06.99	40.26	1400m: 18:30.40	31.33
	250m: 3:06.88	38.86	650m: 8:25.94	40.34	1050m: 13:47.69	40.70	1450m: 19:10.48	40.08
	300m: 3:45.81	38.93	700m: 9:05.01	39.07	1100m: 14:27.79	40.10	1500m: 19:48.52	38.04
	350m: 4:25.54	39.73	750m: 9:45.68	40.67	1150m: 15:07.66	39.87		
	400m: 5:05.18	39.64	800m: 10:25.94	40.26	1200m: 15:48.61	40.95		
9.	Danaj Dominik	2010	PK TENAX Žilina	19:49.07		361	+ 2:25.61	
	50m: 35.26	35.26	450m: 5:49.45	39.25	850m: 11:07.09	40.48	1250m: 16:29.19	40.41
	100m: 1:14.79	39.53	500m: 6:29.41	39.96	900m: 11:47.05	39.96	1300m: 17:10.11	40.92
	150m: 1:54.22	39.43	550m: 7:08.23	38.82	950m: 12:27.29	40.24	1350m: 17:50.22	40.11
	200m: 2:33.54	39.32	600m: 7:47.98	39.75	1000m: 13:07.00	39.71	1400m: 18:30.21	39.99
	250m: 3:12.55	39.01	650m: 8:27.52	39.54	1050m: 13:47.63	40.63	1450m: 19:10.24	40.03
	300m: 3:51.65	39.10	700m: 9:07.47	39.95	1100m: 14:27.76	40.13	1500m: 19:49.07	38.83
	350m: 4:31.31	39.66	750m: 9:46.77	39.30	1150m: 15:07.66	39.90		
	400m: 5:10.20	38.89	800m: 10:26.61	39.84	1200m: 15:48.78	41.12		
10.	Shkliar Andrii	2010	PK TENAX Žilina	20:05.55		346	+ 2:42.09	
	50m: 35.40	35.40	450m: 5:55.05	40.34	850m: 11:18.06	39.97	1250m: 16:44.66	40.70
	100m: 1:14.26	38.86	500m: 6:35.06	40.01	900m: 11:59.09	41.03	1300m: 17:25.44	40.78
	150m: 1:54.14	39.88	550m: 7:15.61	40.55	950m: 12:39.57	40.48	1350m: 18:06.16	40.72
	200m: 2:34.08	39.94	600m: 7:56.06	40.45	1000m: 13:20.56	40.99	1400m: 18:47.28	41.12
	250m: 3:14.01	39.93	650m: 8:36.28	40.22	1050m: 14:01.43	40.87	1450m: 19:28.28	41.00
	300m: 3:53.71	39.70	700m: 9:16.93	40.65	1100m: 14:42.03	40.60	1500m: 20:05.55	37.27
	350m: 4:34.47	40.76	750m: 9:57.36	40.43	1150m: 15:22.58	40.55		
	400m: 5:14.71	40.24	800m: 10:38.09	40.73	1200m: 16:03.96	41.38		
11.	Hudák Matej	2010	PK TENAX Žilina	20:08.51		344	+ 2:45.05	
	50m: 36.29	36.29	450m: 5:59.09	41.54	850m: 11:24.53	41.27	1250m: 16:50.75	39.80
	100m: 1:15.94	39.65	500m: 6:40.20	41.11	900m: 12:05.10	40.57	1300m: 17:31.05	40.30
	150m: 1:55.91	39.97	550m: 7:20.26	40.06	950m: 12:46.48	41.38	1350m: 18:12.07	41.02
	200m: 2:34.79	38.88	600m: 8:01.22	40.96	1000m: 13:27.95	41.47	1400m: 18:52.83	40.76
	250m: 3:15.26	40.47	650m: 8:42.18	40.96	1050m: 14:08.72	40.77	1450m: 19:32.29	39.46
	300m: 3:55.68	40.42	700m: 9:23.05	40.87	1100m: 14:49.52	40.80	1500m: 20:08.51	36.22
	350m: 4:36.50	40.82	750m: 10:03.72	40.67	1150m: 15:30.71	41.19		
	400m: 5:17.55	41.05	800m: 10:43.26	39.54	1200m: 16:10.95	40.24		
12.	Varga Jozef	2009	PO UMB Banská Bystrica	20:11.99		341	+ 2:48.53	
	50m: 34.36	34.36	450m: 5:54.67	40.27	850m: 11:24.36	41.46	1250m: 16:48.47	40.69
	100m: 1:13.40	39.04	500m: 6:35.52	40.85	900m: 12:05.47	41.11	1300m: 17:28.99	40.52
	150m: 1:53.10	39.70	550m: 7:16.30	40.78	950m: 12:46.53	41.06	1350m: 18:10.21	41.22
	200m: 2:33.13	40.03	600m: 7:57.73	41.43	1000m: 13:27.75	41.22	1400m: 18:52.20	41.99
	250m: 3:13.38	40.25	650m: 8:38.85	41.12	1050m: 14:07.87	40.12	1450m: 19:33.50	41.30
	300m: 3:53.17	39.79	700m: 9:19.58	40.73	1100m: 14:47.30	39.43	1500m: 20:11.99	38.49
	350m: 4:32.90	39.73	750m: 10:01.34	41.76	1150m: 15:27.65	40.35		
	400m: 5:14.40	41.50	800m: 10:42.90	41.56	1200m: 16:07.78	40.13		
13.	Holúbek Jakub	2010	PO UMB Banská Bystrica	21:54.22		267	+ 4:30.76	
	50m: 38.25	38.25	450m: 6:19.25	43.25	850m: 12:14.47	44.22	1250m: 18:16.78	44.63
	100m: 1:19.28	41.03	500m: 7:03.40	44.15	900m: 13:00.00	45.53	1300m: 19:01.40	44.62
	150m: 2:01.75	42.47	550m: 7:48.36	44.96	950m: 13:46.03	46.03	1350m: 19:46.40	45.00
	200m: 2:43.75	42.00	600m: 8:32.65	44.29	1000m: 14:31.86	45.83	1400m: 20:31.25	44.85
	250m: 3:26.18	42.43	650m: 9:16.97	44.32	1050m: 15:16.97	45.11	1450m: 21:14.08	42.83
	300m: 4:09.28	43.10	700m: 10:01.25	44.28	1100m: 16:02.36	45.39	1500m: 21:54.22	40.14
	350m: 4:52.36	43.08	750m: 10:44.78	43.53	1150m: 16:48.11	45.75		
	400m: 5:36.00	43.64	800m: 11:30.25	45.47	1200m: 17:32.15	44.04		
14.	Bursa Samuel	2009	PO Ružomberok	23:53.56		206	+ 6:30.10	
	50m: 41.20	41.20	450m: 6:59.40	48.08	850m: 13:27.11	47.45	1250m: 19:57.00	49.75
	100m: 1:26.02	44.82	500m: 7:47.79	48.39	900m: 14:15.22	48.11	1300m: 20:44.52	47.52
	150m: 2:12.50	46.48	550m: 8:36.68	48.89	950m: 15:03.32	48.10	1350m: 21:33.82	49.30
	200m: 2:59.43	46.93	600m: 9:24.84	48.16	1000m: 15:52.02	48.70	1400m: 22:20.61	46.79
	250m: 3:46.16	46.73	650m: 10:12.97	48.13	1050m: 16:40.47	48.45	1450m: 23:07.64	47.03
	300m: 4:34.19	48.03	700m: 11:01.34	48.37	1100m: 17:29.50	49.03	1500m: 23:53.56	45.92
	350m: 5:22.44	48.25	750m: 11:50.54	49.20	1150m: 18:17.78	48.28		
	400m: 6:11.32	48.88	800m: 12:39.66	49.12	1200m: 19:07.25	49.47		

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 3, muži, 1500m vo ný spôsob

starší žiaci "A", 14.ro ní

1. Bela Ivan			2011	Pk Martin		18:31.30		442	
50m: 33.53	33.53	450m: 5:31.22	38.28	850m: 10:32.85	36.79	1250m: 15:30.97	36.75		
100m: 1:09.50	35.97	500m: 6:09.06	37.84	900m: 11:12.59	39.74	1300m: 16:07.69	36.72		
150m: 1:46.41	36.91	550m: 6:47.31	38.25	950m: 11:49.62	37.03	1350m: 16:44.12	36.43		
200m: 2:23.75	37.34	600m: 7:24.28	36.97	1000m: 12:26.84	37.22	1400m: 17:20.69	36.57		
250m: 3:00.88	37.13	650m: 8:02.16	37.88	1050m: 13:03.44	36.60	1450m: 17:57.59	36.90		
300m: 3:37.50	36.62	700m: 8:41.13	38.97	1100m: 13:40.76	37.32	1500m: 18:31.30	33.71		
350m: 4:15.53	38.03	750m: 9:18.34	37.21	1150m: 14:17.66	36.90				
400m: 4:52.94	37.41	800m: 9:56.06	37.72	1200m: 14:54.22	36.56				
2. Sládek Richard			2011	PK TENAX Žilina		20:25.21		330	+ 1:53.91
50m: 35.93	35.93	450m: 6:02.21	41.43	850m: 11:32.18	41.29	1250m: 17:03.64	41.21		
100m: 1:15.78	39.85	500m: 6:43.78	41.57	900m: 12:13.75	41.57	1300m: 17:44.86	41.22		
150m: 1:56.46	40.68	550m: 7:24.71	40.93	950m: 12:54.28	40.53	1350m: 18:26.46	41.60		
200m: 2:36.71	40.25	600m: 8:05.68	40.97	1000m: 13:34.78	40.50	1400m: 19:07.28	40.82		
250m: 3:17.39	40.68	650m: 8:46.78	41.10	1050m: 14:17.50	42.72	1450m: 19:47.64	40.36		
300m: 3:58.71	41.32	700m: 9:28.21	41.43	1100m: 14:59.56	42.06	1500m: 20:25.21	37.57		
350m: 4:39.53	40.82	750m: 10:09.36	41.15	1150m: 15:41.18	41.62				
400m: 5:20.78	41.25	800m: 10:50.89	41.53	1200m: 16:22.43	41.25				
3. Jaško Tobias			2011	PK TENAX Žilina		20:35.14		322	+ 2:03.84
50m: 36.36	36.36	450m: 6:07.29	41.14	850m: 11:40.27	41.42	1250m: 17:13.42	41.71		
100m: 1:17.31	40.95	500m: 6:48.99	41.70	900m: 12:21.73	41.46	1300m: 17:54.68	41.26		
150m: 1:59.29	41.98	550m: 7:30.69	41.70	950m: 13:03.43	41.70	1350m: 18:35.85	41.17		
200m: 2:40.41	41.12	600m: 8:12.25	41.56	1000m: 13:45.16	41.73	1400m: 19:17.52	41.67		
250m: 3:21.81	41.40	650m: 8:53.57	41.32	1050m: 14:27.19	42.03	1450m: 19:57.72	40.20		
300m: 4:03.78	41.97	700m: 9:35.00	41.43	1100m: 15:09.02	41.83	1500m: 20:35.14	37.42		
350m: 4:44.98	41.20	750m: 10:17.07	42.07	1150m: 15:50.59	41.57				
400m: 5:26.15	41.17	800m: 10:58.85	41.78	1200m: 16:31.71	41.12				
4. Janza Simon			2011	Nereus Žilina		20:51.58		309	+ 2:20.28
50m: 36.47	36.47	450m: 6:09.37	42.50	850m: 11:45.72	42.47	1250m: 17:21.72	42.14		
100m: 1:16.83	40.36	500m: 6:50.75	41.38	900m: 12:28.12	42.40	1300m: 18:03.62	41.90		
150m: 1:57.69	40.86	550m: 7:32.87	42.12	950m: 13:09.72	41.60	1350m: 18:45.90	42.28		
200m: 2:38.97	41.28	600m: 8:14.90	42.03	1000m: 13:52.15	42.43	1400m: 19:28.33	42.43		
250m: 3:20.47	41.50	650m: 8:56.83	41.93	1050m: 14:33.47	41.32	1450m: 20:10.25	41.92		
300m: 4:02.19	41.72	700m: 9:38.72	41.89	1100m: 15:15.79	42.32	1500m: 20:51.58	41.33		
350m: 4:44.44	42.25	750m: 10:20.69	41.97	1150m: 15:57.83	42.04				
400m: 5:26.87	42.43	800m: 11:03.25	42.56	1200m: 16:39.58	41.75				
5. urica Martin			2011	PO UMB Banská Bystrica		21:23.33		287	+ 2:52.03
50m: 36.65	36.65	450m: 6:16.75	43.07	850m: 12:02.90	43.75	1250m: 17:50.90	43.15		
100m: 1:17.25	40.60	500m: 6:59.75	43.00	900m: 12:47.25	44.35	1300m: 18:35.36	44.46		
150m: 1:59.28	42.03	550m: 7:42.40	42.65	950m: 13:31.50	44.25	1350m: 19:21.33	45.97		
200m: 2:41.58	42.30	600m: 8:25.47	43.07	1000m: 14:14.86	43.36	1400m: 20:05.00	43.67		
250m: 3:24.28	42.70	650m: 9:07.90	42.43	1050m: 14:58.58	43.72	1450m: 20:46.83	41.83		
300m: 4:07.11	42.83	700m: 9:51.97	44.07	1100m: 15:41.25	42.67	1500m: 21:23.33	36.50		
350m: 4:50.72	43.61	750m: 10:35.50	43.53	1150m: 16:24.33	43.08				
400m: 5:33.68	42.96	800m: 11:19.15	43.65	1200m: 17:07.75	43.42				
6. Knecht Maximilian			2011	Pk Martin		26:06.20		158	+ 7:34.90
50m: 43.50	43.50	450m: 7:35.04	53.29	850m: 14:36.61	52.97	1250m: 21:40.71	52.57		
100m: 1:31.30	47.80	500m: 8:27.18	52.14	900m: 15:28.43	51.82	1300m: 22:35.04	54.33		
150m: 2:20.04	48.74	550m: 9:20.46	53.28	950m: 16:21.84	53.41	1350m: 23:28.50	53.46		
200m: 3:10.78	50.74	600m: 10:12.00	51.54	1000m: 17:15.93	54.09	1400m: 24:22.71	54.21		
250m: 4:02.86	52.08	650m: 11:05.18	53.18	1050m: 18:08.46	52.53	1450m: 25:15.11	52.40		
300m: 4:55.34	52.48	700m: 11:58.28	53.10	1100m: 19:00.00	51.54	1500m: 26:06.20	51.09		
350m: 5:49.14	53.80	750m: 12:50.89	52.61	1150m: 19:54.31	54.31				
400m: 6:41.75	52.61	800m: 13:43.64	52.75	1200m: 20:48.14	53.83				

Jesenné M-SSO - dlhé trate
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disciplína 3, muži, 1500m vo ný spôsob

starší žiaci "A", 13.ro ní

1. Mi o Tomáš				2012		Pk Martin		18:43.90		427			
50m:	34.72	34.72	450m:	5:36.75	37.82	850m:	10:40.58	37.80	1250m:	15:41.75	37.25		
100m:	1:11.86	37.14	500m:	6:14.58	37.83	900m:	11:18.40	37.82	1300m:	16:18.97	37.22		
150m:	1:49.18	37.32	550m:	6:52.78	38.20	950m:	11:55.72	37.32	1350m:	16:55.61	36.64		
200m:	2:26.97	37.79	600m:	7:30.75	37.97	1000m:	12:33.50	37.78	1400m:	17:32.25	36.64		
250m:	3:04.75	37.78	650m:	8:08.78	38.03	1050m:	13:11.47	37.97	1450m:	18:09.33	37.08		
300m:	3:42.86	38.11	700m:	8:46.72	37.94	1100m:	13:49.03	37.56	1500m:	18:43.90	34.57		
350m:	4:20.61	37.75	750m:	9:24.47	37.75	1150m:	14:26.86	37.83					
400m:	4:58.93	38.32	800m:	10:02.78	38.31	1200m:	15:04.50	37.64					
2. Vrobel Michael				2012		MPK Tvrdošín		19:31.11		378		+ 47.21	
50m:	34.79	34.79	450m:	5:49.78	39.63	850m:	11:05.60	39.12	1250m:	16:20.00	39.18		
100m:	1:13.84	39.05	500m:	6:29.43	39.65	900m:	11:45.20	39.60	1300m:	16:59.40	39.40		
150m:	1:52.88	39.04	550m:	7:08.84	39.41	950m:	12:24.50	39.30	1350m:	17:38.30	38.90		
200m:	2:32.15	39.27	600m:	7:48.61	39.77	1000m:	13:03.70	39.20	1400m:	18:17.70	39.40		
250m:	3:11.64	39.49	650m:	8:28.46	39.85	1050m:	13:43.03	39.33	1450m:	18:54.90	37.20		
300m:	3:51.17	39.53	700m:	9:07.79	39.33	1100m:	14:22.03	39.00	1500m:	19:31.11	36.21		
350m:	4:30.65	39.48	750m:	9:47.22	39.43	1150m:	15:01.70	39.67					
400m:	5:10.15	39.50	800m:	10:26.48	39.26	1200m:	15:40.82	39.12					
3. Buc Tomáš				2012		PO Ružomberok		19:56.25		354		+ 1:12.35	
50m:	34.60	34.60	450m:	6:01.92	41.43	850m:	11:26.42	40.55	1250m:	16:45.17	38.86		
100m:	1:15.77	41.17	500m:	6:42.63	40.71	900m:	12:07.87	41.45	1300m:	17:25.17	40.00		
150m:	1:55.70	39.93	550m:	7:23.13	40.50	950m:	12:48.20	40.33	1350m:	18:04.06	38.89		
200m:	2:37.03	41.33	600m:	8:03.52	40.39	1000m:	13:28.35	40.15	1400m:	18:43.25	39.19		
250m:	3:16.99	39.96	650m:	8:44.60	41.08	1050m:	14:07.99	39.64	1450m:	19:22.38	39.13		
300m:	3:57.38	40.39	700m:	9:24.85	40.25	1100m:	14:46.63	38.64	1500m:	19:56.25	33.87		
350m:	4:38.67	41.29	750m:	10:05.45	40.60	1150m:	15:26.60	39.97					
400m:	5:20.49	41.82	800m:	10:45.87	40.42	1200m:	16:06.31	39.71					
4. Jelšovský Milan				2012		Pk Martin		20:18.59		335		+ 1:34.69	
50m:	34.18	34.18	450m:	5:59.05	40.75	850m:	11:26.49	40.64	1250m:	16:54.87	41.18		
100m:	1:14.36	40.18	500m:	6:40.11	41.06	900m:	12:07.99	41.50	1300m:	17:35.87	41.00		
150m:	1:54.67	40.31	550m:	7:21.36	41.25	950m:	12:48.44	40.45	1350m:	18:17.38	41.51		
200m:	2:35.05	40.38	600m:	8:02.92	41.56	1000m:	13:29.19	40.75	1400m:	18:58.62	41.24		
250m:	3:15.73	40.68	650m:	8:43.24	40.32	1050m:	14:10.19	41.00	1450m:	19:39.74	41.12		
300m:	3:56.36	40.63	700m:	9:24.43	41.19	1100m:	14:51.13	40.94	1500m:	20:18.59	38.85		
350m:	4:37.17	40.81	750m:	10:05.30	40.87	1150m:	15:32.38	41.25					
400m:	5:18.30	41.13	800m:	10:45.85	40.55	1200m:	16:13.69	41.31					
5. Hudák Richard				2012		PK TENAX Žilina		20:29.60		326		+ 1:45.70	
50m:	36.99	36.99	450m:	6:01.20	40.95	850m:	11:35.99	41.69	1250m:	17:09.77	39.25		
100m:	1:15.63	38.64	500m:	6:42.85	41.65	900m:	12:17.10	41.11	1300m:	17:50.99	41.22		
150m:	1:55.85	40.22	550m:	7:24.95	42.10	950m:	12:59.50	42.40	1350m:	18:31.67	40.68		
200m:	2:36.31	40.46	600m:	8:07.03	42.08	1000m:	13:41.50	42.00	1400m:	19:12.70	41.03		
250m:	3:16.85	40.54	650m:	8:49.31	42.28	1050m:	14:23.70	42.20	1450m:	19:52.40	39.70		
300m:	3:58.10	41.25	700m:	9:30.85	41.54	1100m:	15:05.35	41.65	1500m:	20:29.60	37.20		
350m:	4:39.10	41.00	750m:	10:12.25	41.40	1150m:	15:46.70	41.35					
400m:	5:20.25	41.15	800m:	10:54.30	42.05	1200m:	16:30.52	43.82					
6. Gut Matej				2012		Nereus Žilina		21:05.09		299		+ 2:21.19	
50m:	36.47	36.47	450m:	6:07.50	42.53	850m:	11:51.94	43.88	1250m:	17:37.22	42.81		
100m:	1:15.50	39.03	500m:	6:50.72	43.22	900m:	12:35.72	43.78	1300m:	18:20.06	42.84		
150m:	1:55.84	40.34	550m:	7:33.41	42.69	950m:	13:19.09	43.37	1350m:	19:02.31	42.25		
200m:	2:36.47	40.63	600m:	8:15.97	42.56	1000m:	14:02.53	43.44	1400m:	19:44.81	42.50		
250m:	3:18.13	41.66	650m:	8:58.06	42.09	1050m:	14:45.50	42.97	1450m:	20:26.38	41.57		
300m:	4:00.25	42.12	700m:	9:41.38	43.32	1100m:	15:28.78	43.28	1500m:	21:05.09	38.71		
350m:	4:42.58	42.33	750m:	10:24.72	43.34	1150m:	16:11.53	42.75					
400m:	5:24.97	42.39	800m:	11:08.06	43.34	1200m:	16:54.41	42.88					
7. Fabian Matej				2012		Pk Martin		21:08.81		297		+ 2:24.91	
50m:	36.28	36.28	450m:	6:09.56	42.78	850m:	11:52.04	42.93	1250m:	17:38.71	43.78		
100m:	1:15.78	39.50	500m:	6:51.81	42.25	900m:	12:34.93	42.89	1300m:	18:21.53	42.82		
150m:	1:55.68	39.90	550m:	7:34.68	42.87	950m:	13:17.96	43.03	1350m:	19:04.25	42.72		
200m:	2:36.81	41.13	600m:	8:17.53	42.85	1000m:	14:01.36	43.40	1400m:	19:47.75	43.50		
250m:	3:18.81	42.00	650m:	8:59.96	42.43	1050m:	14:44.28	42.92	1450m:	20:29.00	41.25		
300m:	4:01.00	42.19	700m:	9:42.96	43.00	1100m:	15:27.53	43.25	1500m:	21:08.81	39.81		
350m:	4:44.21	43.21	750m:	10:25.78	42.82	1150m:	16:11.68	44.15					
400m:	5:26.78	42.57	800m:	11:09.11	43.33	1200m:	16:54.93	43.25					

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 3, žiaci, 1500m vo ný spôsob, starší žiaci "A", 13.ro ní

Por.	Meno		Ro .	Klub		as	RT	Body	Odstup			
8.	Šmajda Marián		2012	Pk Martin		21:57.34		265	+ 3:13.44			
	50m:	39.22	39.22	450m:	6:26.76	44.64	850m:	12:20.97	44.00	1250m:	18:17.69	45.35
	100m:	1:21.55	42.33	500m:	7:10.72	43.96	900m:	13:05.02	44.05	1300m:	19:02.79	45.10
	150m:	2:04.44	42.89	550m:	7:55.69	44.97	950m:	13:49.37	44.35	1350m:	19:47.62	44.83
	200m:	2:47.05	42.61	600m:	8:39.84	44.15	1000m:	14:33.76	44.39	1400m:	20:32.19	44.57
	250m:	3:30.19	43.14	650m:	9:24.22	44.38	1050m:	15:17.37	43.61	1450m:	21:16.37	44.18
	300m:	4:14.12	43.93	700m:	10:08.16	43.94	1100m:	16:01.76	44.39	1500m:	21:57.34	40.97
	350m:	4:58.15	44.03	750m:	10:52.37	44.21	1150m:	16:47.34	45.58			
	400m:	5:42.12	43.97	800m:	11:36.97	44.60	1200m:	17:32.34	45.00			
9.	Domenik Samuel		2012	PO Ružomberok		23:00.16		231	+ 4:16.26			
	50m:	38.03	38.03	450m:	6:41.31	47.78	850m:	12:55.13	46.85	1250m:	19:16.59	47.31
	100m:	1:19.34	41.31	500m:	7:27.75	46.44	900m:	13:43.03	47.90	1300m:	20:02.38	45.79
	150m:	2:03.44	44.10	550m:	8:14.53	46.78	950m:	14:31.53	48.50	1350m:	20:48.34	45.96
	200m:	2:48.41	44.97	600m:	9:01.72	47.19	1000m:	15:18.56	47.03	1400m:	21:35.09	46.75
	250m:	3:34.50	46.09	650m:	9:49.00	47.28	1050m:	16:06.88	48.32	1450m:	22:18.84	43.75
	300m:	4:20.38	45.88	700m:	10:36.41	47.41	1100m:	16:54.56	47.68	1500m:	23:00.16	41.32
	350m:	5:07.00	46.62	750m:	11:23.28	46.87	1150m:	17:42.22	47.66			
	400m:	5:53.53	46.53	800m:	12:08.28	45.00	1200m:	18:29.28	47.06			
10.	Hrúz Jakub		2012	Pk Martin		23:13.30		224	+ 4:29.40			
	50m:	39.50	39.50	450m:	6:48.20	48.19	850m:	13:06.82	47.73	1250m:	19:26.51	49.06
	100m:	1:23.01	43.51	500m:	7:35.22	47.02	900m:	13:54.67	47.85	1300m:	20:11.70	45.19
	150m:	2:09.60	46.59	550m:	8:23.13	47.91	950m:	14:41.80	47.13	1350m:	20:58.05	46.35
	200m:	2:54.51	44.91	600m:	9:10.65	47.52	1000m:	15:27.43	45.63	1400m:	21:43.27	45.22
	250m:	3:42.02	47.51	650m:	9:57.80	47.15	1050m:	16:15.93	48.50	1450m:	22:27.65	44.38
	300m:	4:27.90	45.88	700m:	10:44.54	46.74	1100m:	17:02.95	47.02	1500m:	23:13.30	45.65
	350m:	5:14.02	46.12	750m:	11:33.04	48.50	1150m:	17:51.23	48.28			
	400m:	6:00.01	45.99	800m:	12:19.09	46.05	1200m:	18:37.45	46.22			
11.	Dubovec Ivan		2012	MPK Dolný Kubín		24:53.56		182	+ 6:09.66			
	50m:	46.26	46.26	450m:	7:17.16	52.10	850m:	13:54.16	51.18	1250m:	20:51.69	49.53
	100m:	1:26.87	40.61	500m:	8:03.91	46.75	900m:	14:47.69	53.53	1300m:	21:39.66	47.97
	150m:	2:14.56	47.69	550m:	8:53.69	49.78	950m:	15:41.16	53.47	1350m:	22:28.16	48.50
	200m:	3:04.09	49.53	600m:	9:42.34	48.65	1000m:	16:33.41	52.25	1400m:	23:18.31	50.15
	250m:	3:52.87	48.78	650m:	10:31.38	49.04	1050m:	17:27.02	53.61	1450m:	24:07.41	49.10
	300m:	4:42.73	49.86	700m:	11:21.63	50.25	1100m:	18:19.69	52.67	1500m:	24:53.56	46.15
	350m:	5:33.98	51.25	750m:	12:11.44	49.81	1150m:	19:12.23	52.54			
	400m:	6:25.06	51.08	800m:	13:02.98	51.54	1200m:	20:02.16	49.93			