

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 4
28.09.2025 - 12:21

ženy, 1500m vo vny spôsob

13 ro . a st.
Výsledky

bodovanie: AQUA 2024

Por.	Meno	Ro.	Klub	as	RT	Body	Odstup
seniorky							
1.	Hrnárová Alexandra	2006	PK TENAX Žilina	18:45.06		526	
	50m: 32.85 32.85	450m: 5:34.14 37.46	850m: 10:34.64 37.86	1250m: 15:40.96 37.32			
	100m: 1:10.31 37.46	500m: 6:12.03 37.89	900m: 11:12.68 38.04	1300m: 16:17.43 36.47			
	150m: 1:48.60 38.29	550m: 6:48.96 36.93	950m: 11:51.88 39.20	1350m: 16:55.31 37.88			
	200m: 2:26.28 37.68	600m: 7:26.53 37.57	1000m: 12:28.64 36.76	1400m: 17:33.50 38.19			
	250m: 3:04.28 38.00	650m: 8:03.78 37.25	1050m: 13:07.25 38.61	1450m: 18:10.81 37.31			
	300m: 3:42.03 37.75	700m: 8:41.35 37.57	1100m: 13:47.18 39.93	1500m: 18:45.06 34.25			
	350m: 4:19.85 37.82	750m: 9:18.81 37.46	1150m: 14:25.75 38.57				
	400m: 4:56.68 36.83	800m: 9:56.78 37.97	1200m: 15:03.64 37.89				

staršie juniorky

1.	Garajová Katarína	2008	MPK Dolný Kubín	20:54.13		379	
	50m: 36.50 36.50	450m: 6:05.40 41.52	850m: 11:44.27 42.17	1250m: 17:25.85 42.95			
	100m: 1:17.17 40.67	500m: 6:47.50 42.10	900m: 12:26.60 42.33	1300m: 18:08.90 43.05			
	150m: 1:57.30 40.13	550m: 7:30.01 42.51	950m: 13:09.95 43.35	1350m: 18:50.90 42.00			
	200m: 2:37.83 40.53	600m: 8:11.84 41.83	1000m: 13:52.40 42.45	1400m: 19:32.87 41.97			
	250m: 3:19.20 41.37	650m: 8:53.98 42.14	1050m: 14:34.98 42.58	1450m: 20:14.42 41.55			
	300m: 4:00.21 41.01	700m: 9:36.50 42.52	1100m: 15:17.25 42.27	1500m: 20:54.13 39.71			
	350m: 4:41.90 41.69	750m: 10:19.35 42.85	1150m: 16:00.01 42.76				
	400m: 5:23.88 41.98	800m: 11:02.10 42.75	1200m: 16:42.90 42.89				
2.	Juríková Radka	2008	MPK Prievidza	22:16.95		313	+ 1:22.82
	50m: 38.15 38.15	450m: 6:29.51 44.93	850m: 12:30.84 45.49	1250m: 18:34.09 45.26			
	100m: 1:19.85 41.70	500m: 7:15.09 45.58	900m: 13:16.89 46.05	1300m: 19:19.85 45.76			
	150m: 2:03.28 43.43	550m: 7:59.32 44.23	950m: 14:02.08 45.19	1350m: 20:04.83 44.98			
	200m: 2:47.46 44.18	600m: 8:44.22 44.90	1000m: 14:47.53 45.45	1400m: 20:49.48 44.65			
	250m: 3:30.89 43.43	650m: 9:29.30 45.08	1050m: 15:32.69 45.16	1450m: 21:34.11 44.63			
	300m: 4:15.01 44.12	700m: 10:14.89 45.59	1100m: 16:17.95 45.26	1500m: 22:16.95 42.84			
	350m: 5:00.08 45.07	750m: 10:59.99 45.10	1150m: 17:03.30 45.35				
	400m: 5:44.58 44.50	800m: 11:45.35 45.36	1200m: 17:48.83 45.53				
3.	Zajacová Slávka	2008	MPK Prievidza	25:03.74		220	+ 4:09.61
	50m: 40.72 40.72	450m: 7:08.16 49.59	850m: 13:57.90 52.56	1250m: 20:55.19 51.50			
	100m: 1:26.67 45.95	500m: 7:58.88 50.72	900m: 14:49.93 52.03	1300m: 21:46.56 51.37			
	150m: 2:14.58 47.91	550m: 8:48.80 49.92	950m: 15:42.20 52.27	1350m: 22:36.58 50.02			
	200m: 3:02.89 48.31	600m: 9:39.16 50.36	1000m: 16:34.61 52.41	1400m: 23:26.44 49.86			
	250m: 3:51.73 48.84	650m: 10:30.67 51.51	1050m: 17:27.21 52.60	1450m: 24:16.31 49.87			
	300m: 4:40.69 48.96	700m: 11:21.97 51.30	1100m: 18:19.35 52.14	1500m: 25:03.74 47.43			
	350m: 5:29.11 48.42	750m: 12:13.16 51.19	1150m: 19:10.69 51.34				
	400m: 6:18.57 49.46	800m: 13:05.34 52.18	1200m: 20:03.69 53.00				

mladšie juniorky

1.	Horváthová Andrea	2009	Pk Martin	20:06.50		426	
	50m: 37.25 37.25	450m: 5:58.07 40.67	850m: 11:23.90 41.18	1250m: 16:47.61 39.96			
	100m: 1:15.90 38.65	500m: 6:38.92 40.85	900m: 12:04.75 40.85	1300m: 17:27.65 40.04			
	150m: 1:55.22 39.32	550m: 7:19.43 40.51	950m: 12:45.00 40.25	1350m: 18:07.47 39.82			
	200m: 2:35.32 40.10	600m: 8:00.28 40.85	1000m: 13:25.25 40.25	1400m: 18:46.75 39.28			
	250m: 3:15.90 40.58	650m: 8:41.11 40.83	1050m: 14:06.18 40.93	1450m: 19:25.75 39.00			
	300m: 3:56.32 40.42	700m: 9:21.03 39.92	1100m: 14:46.82 40.64	1500m: 20:06.50 40.75			
	350m: 4:37.00 40.68	750m: 10:01.50 40.47	1150m: 15:27.11 40.29				
	400m: 5:17.40 40.40	800m: 10:42.72 41.22	1200m: 16:07.65 40.54				
2.	Brisudová Alica	2010	PK Nanti	23:01.44		284	+ 2:54.94
	50m: 37.99 37.99	450m: 6:44.63 46.61	850m: 12:59.93 46.13	1250m: 19:13.55 46.23			
	100m: 1:22.27 44.28	500m: 7:31.88 47.25	900m: 13:46.03 46.10	1300m: 20:00.13 46.58			
	150m: 2:08.61 46.34	550m: 8:18.14 46.26	950m: 14:32.40 46.37	1350m: 20:46.13 46.00			
	200m: 2:53.41 44.80	600m: 9:05.56 47.42	1000m: 15:18.93 46.53	1400m: 21:32.08 45.95			
	250m: 3:39.38 45.97	650m: 9:52.52 46.96	1050m: 16:06.55 47.62	1450m: 22:18.21 46.13			
	300m: 4:24.63 45.25	700m: 10:38.78 46.26	1100m: 16:53.03 46.48	1500m: 23:01.44 43.23			
	350m: 5:11.14 46.51	750m: 11:26.02 47.24	1150m: 17:40.20 47.17				
	400m: 5:58.02 46.88	800m: 12:13.80 47.78	1200m: 18:27.32 47.12				

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 4, ženy, 1500m vo ný spôsob

staršie žia ky "A", 14.ro né

1. Vytýká ová Stela		2011		Pk Martin		18:04.22		587	
50m:	32.47 32.47	450m:	5:19.44 36.78	850m:	10:12.50 36.25	1250m:	15:05.47 36.88		
100m:	1:06.66 34.19	500m:	5:55.91 36.47	900m:	10:49.25 36.75	1300m:	15:41.56 36.09		
150m:	1:41.66 35.00	550m:	6:32.88 36.97	950m:	11:26.06 36.81	1350m:	16:17.41 35.85		
200m:	2:17.34 35.68	600m:	7:09.69 36.81	1000m:	12:02.56 36.50	1400m:	16:54.19 36.78		
250m:	2:53.47 36.13	650m:	7:46.44 36.75	1050m:	12:39.22 36.66	1450m:	17:29.94 35.75		
300m:	3:29.69 36.22	700m:	8:23.34 36.90	1100m:	13:15.97 36.75	1500m:	18:04.22 34.28		
350m:	4:06.38 36.69	750m:	9:00.00 36.66	1150m:	13:52.31 36.34				
400m:	4:42.66 36.28	800m:	9:36.25 36.25	1200m:	14:28.59 36.28				
2. Novinská Kristína		2011		Pk Martin		18:34.96		540 + 30.74	
50m:	33.56 33.56	450m:	5:26.18 38.04	850m:	10:31.81 38.03	1250m:	15:31.28 37.25		
100m:	1:08.78 35.22	500m:	6:04.25 38.07	900m:	11:09.71 37.90	1300m:	16:08.00 36.72		
150m:	1:44.21 35.43	550m:	6:42.31 38.06	950m:	11:47.04 37.33	1350m:	16:44.64 36.64		
200m:	2:30.31 46.10	600m:	7:20.18 37.87	1000m:	12:24.75 37.71	1400m:	17:21.36 36.72		
250m:	2:56.78 26.47	650m:	7:58.39 38.21	1050m:	13:02.43 37.68	1450m:	17:58.64 37.28		
300m:	3:33.56 36.78	700m:	8:36.75 38.36	1100m:	13:39.78 37.35	1500m:	18:34.96 36.32		
350m:	4:10.28 36.72	750m:	9:15.00 38.25	1150m:	14:16.78 37.00				
400m:	4:48.14 37.86	800m:	9:53.78 38.78	1200m:	14:54.03 37.25				
3. Kvaš ovská Karolína		2011		MPK Dolný Kubín		20:58.41		375 + 2:54.19	
50m:	36.25 36.25	450m:	6:06.59 41.93	850m:	11:45.56 42.72	1250m:	17:30.38 43.22		
100m:	1:16.59 40.34	500m:	6:49.34 42.75	900m:	12:27.88 42.32	1300m:	18:14.13 43.75		
150m:	1:57.59 41.00	550m:	7:31.59 42.25	950m:	13:11.66 43.78	1350m:	18:56.41 42.28		
200m:	2:38.59 41.00	600m:	8:13.09 41.50	1000m:	13:54.91 43.25	1400m:	19:40.16 43.75		
250m:	3:19.44 40.85	650m:	8:55.94 42.85	1050m:	14:39.09 44.18	1450m:	20:21.63 41.47		
300m:	4:00.78 41.34	700m:	9:38.06 42.12	1100m:	15:22.38 43.29	1500m:	20:58.41 36.78		
350m:	4:42.59 41.81	750m:	10:20.13 42.07	1150m:	16:05.31 42.93				
400m:	5:24.66 42.07	800m:	11:02.84 42.71	1200m:	16:47.16 41.85				
4. Staníková Diana		2011		PK TENAX Žilina		23:38.13		262 + 5:33.91	
50m:	39.16 39.16	450m:	6:51.31 47.51	850m:	13:16.20 48.92	1250m:	19:42.70 48.17		
100m:	1:23.63 44.47	500m:	7:39.03 47.72	900m:	14:04.91 48.71	1300m:	20:30.59 47.89		
150m:	2:09.91 46.28	550m:	8:26.80 47.77	950m:	14:53.48 48.57	1350m:	21:18.48 47.89		
200m:	2:55.78 45.87	600m:	9:14.23 47.43	1000m:	15:42.13 48.65	1400m:	22:06.78 48.30		
250m:	3:42.59 46.81	650m:	10:02.31 48.08	1050m:	16:30.56 48.43	1450m:	22:54.06 47.28		
300m:	4:29.66 47.07	700m:	10:50.63 48.32	1100m:	17:19.06 48.50	1500m:	23:38.13 44.07		
350m:	5:16.59 46.93	750m:	11:39.48 48.85	1150m:	18:06.63 47.57				
400m:	6:03.80 47.21	800m:	12:27.28 47.80	1200m:	18:54.53 47.90				
5. Aleksandrova Zlata		2011		PK Nanti		24:25.52		238 + 6:21.30	
50m:	41.91 41.91	450m:	7:04.53 48.25	850m:	13:40.13 47.53	1250m:	20:28.59 50.99		
100m:	1:27.20 45.29	500m:	7:53.16 48.63	900m:	14:31.13 51.00	1300m:	21:18.98 50.39		
150m:	2:14.80 47.60	550m:	8:42.56 49.40	950m:	15:21.80 50.67	1350m:	22:09.63 50.65		
200m:	3:02.20 47.40	600m:	9:31.88 49.32	1000m:	16:12.34 50.54	1400m:	22:57.38 47.75		
250m:	3:50.60 48.40	650m:	10:21.63 49.75	1050m:	17:01.70 49.36	1450m:	23:43.98 46.60		
300m:	4:39.34 48.74	700m:	11:11.88 50.25	1100m:	17:53.66 51.96	1500m:	24:25.52 41.54		
350m:	5:27.63 48.29	750m:	12:02.09 50.21	1150m:	18:45.60 51.94				
400m:	6:16.28 48.65	800m:	12:52.60 50.51	1200m:	19:37.60 52.00				

staršie žia ky "A", 13.ro né

1. Hlavajová Tea		2012		Pk Martin		19:14.66		486	
50m:	34.49 34.49	450m:	5:41.80 39.11	850m:	10:53.99 39.48	1250m:	16:04.52 38.94		
100m:	1:11.68 37.19	500m:	6:20.32 38.52	900m:	11:33.11 39.12	1300m:	16:42.88 38.36		
150m:	1:49.49 37.81	550m:	6:58.75 38.43	950m:	12:11.59 38.48	1350m:	17:21.65 38.77		
200m:	2:28.11 38.62	600m:	7:37.56 38.81	1000m:	12:50.25 38.66	1400m:	18:00.13 38.48		
250m:	3:07.00 38.89	650m:	8:16.72 39.16	1050m:	13:29.18 38.93	1450m:	18:39.11 38.98		
300m:	3:45.41 38.41	700m:	8:55.86 39.14	1100m:	14:07.93 38.75	1500m:	19:14.66 35.55		
350m:	4:24.66 39.25	750m:	9:35.24 39.38	1150m:	14:46.59 38.66				
400m:	5:02.69 38.03	800m:	10:14.51 39.27	1200m:	15:25.58 38.99				

Jesenné M-SSO - dlhé trate
Dolný Kubín, 28.9.2025

disciplína 4, žia ky, 1500m vo ný spôsob, staršie žia ky "A", 13.ro né

Por.	Meno	Ro .	Klub	as	RT	Body	Odstup	
2.	Štrbáková Simona	2012	Pk Martin	20:41.56		391	+ 1:26.90	
	50m: 37.35	37.35	450m: 6:04.35	40.36	850m: 11:38.81	42.89	1250m: 17:17.52	42.46
	100m: 1:18.31	40.96	500m: 6:45.77	41.42	900m: 12:20.67	41.86	1300m: 17:58.87	41.35
	150m: 1:58.70	40.39	550m: 7:26.42	40.65	950m: 13:03.03	42.36	1350m: 18:40.45	41.58
	200m: 2:39.85	41.15	600m: 8:08.10	41.68	1000m: 13:45.13	42.10	1400m: 19:22.06	41.61
	250m: 3:20.87	41.02	650m: 8:49.60	41.50	1050m: 14:28.10	42.97	1450m: 20:03.35	41.29
	300m: 4:01.60	40.73	700m: 9:31.35	41.75	1100m: 15:11.38	43.28	1500m: 20:41.56	38.21
	350m: 4:42.70	41.10	750m: 10:13.63	42.28	1150m: 15:52.77	41.39		
	400m: 5:23.99	41.29	800m: 10:55.92	42.29	1200m: 16:35.06	42.29		
3.	Grossmannová Anna	2012	PK Nanti	21:46.28		336	+ 2:31.62	
	50m: 39.93	39.93	450m: 6:31.50	43.64	850m: 12:18.43	42.71	1250m: 18:11.28	44.60
	100m: 1:23.40	43.47	500m: 7:15.00	43.50	900m: 13:02.25	43.82	1300m: 18:56.40	45.12
	150m: 2:07.33	43.93	550m: 7:58.78	43.78	950m: 13:45.90	43.65	1350m: 19:39.68	43.28
	200m: 2:51.00	43.67	600m: 8:41.33	42.55	1000m: 14:29.43	43.53	1400m: 20:22.61	42.93
	250m: 3:35.15	44.15	650m: 9:24.83	43.50	1050m: 15:13.50	44.07	1450m: 21:01.72	39.11
	300m: 4:19.28	44.13	700m: 10:08.78	43.95	1100m: 15:58.03	44.53	1500m: 21:46.28	44.56
	350m: 5:04.08	44.80	750m: 10:52.25	43.47	1150m: 16:42.15	44.12		
	400m: 5:47.86	43.78	800m: 11:35.72	43.47	1200m: 17:26.68	44.53		
4.	Gyéonová Natalia	2012	Pk Martin	22:30.38		304	+ 3:15.72	
	50m: 39.38	39.38	450m: 6:39.52	46.07	850m: 12:41.45	45.93	1250m: 18:44.03	45.18
	100m: 1:23.99	44.61	500m: 7:24.56	45.04	900m: 13:27.03	45.58	1300m: 19:29.85	45.82
	150m: 2:09.10	45.11	550m: 8:09.20	44.64	950m: 14:12.52	45.49	1350m: 20:15.85	46.00
	200m: 2:54.38	45.28	600m: 8:54.56	45.36	1000m: 14:57.49	44.97	1400m: 21:01.38	45.53
	250m: 3:38.99	44.61	650m: 9:39.45	44.89	1050m: 15:42.81	45.32	1450m: 21:46.92	45.54
	300m: 4:23.99	45.00	700m: 10:23.92	44.47	1100m: 16:28.13	45.32	1500m: 22:30.38	43.46
	350m: 5:09.35	45.36	750m: 11:09.49	45.57	1150m: 17:12.87	44.74		
	400m: 5:53.45	44.10	800m: 11:55.52	46.03	1200m: 17:58.85	45.98		
5.	Ga ová Lucia	2012	Nereus Žilina	22:32.22		303	+ 3:17.56	
	50m: 39.53	39.53	450m: 6:41.11	45.96	850m: 12:44.90	45.79	1250m: 18:50.57	46.10
	100m: 1:23.25	43.72	500m: 7:26.86	45.75	900m: 13:30.82	45.92	1300m: 19:37.97	47.40
	150m: 2:08.65	45.40	550m: 8:12.72	45.86	950m: 14:17.15	46.33	1350m: 20:22.43	44.46
	200m: 2:53.50	44.85	600m: 8:58.43	45.71	1000m: 15:02.28	45.13	1400m: 21:06.25	43.82
	250m: 3:38.75	45.25	650m: 9:43.03	44.60	1050m: 15:48.25	45.97	1450m: 21:50.00	43.75
	300m: 4:24.36	45.61	700m: 10:28.18	45.15	1100m: 16:32.93	44.68	1500m: 22:32.22	42.22
	350m: 5:10.00	45.64	750m: 11:13.28	45.10	1150m: 17:19.36	46.43		
	400m: 5:55.15	45.15	800m: 11:59.11	45.83	1200m: 18:04.47	45.11		
6.	Glezková Karolína	2012	PO UMB Banská Bystrica	22:47.90		292	+ 3:33.24	
	50m: 41.10	41.10	450m: 6:49.23	46.53	850m: 13:01.91	46.01	1250m: 19:07.73	45.51
	100m: 1:26.16	45.06	500m: 7:36.79	47.56	900m: 13:47.90	45.99	1300m: 19:53.70	45.97
	150m: 2:11.72	45.56	550m: 8:23.39	46.60	950m: 14:34.41	46.51	1350m: 20:38.58	44.88
	200m: 2:57.67	45.95	600m: 9:10.43	47.04	1000m: 15:20.71	46.30	1400m: 21:23.28	44.70
	250m: 3:43.35	45.68	650m: 9:57.27	46.84	1050m: 16:05.90	45.19	1450m: 22:07.10	43.82
	300m: 4:29.50	46.15	700m: 10:43.65	46.38	1100m: 16:51.16	45.26	1500m: 22:47.90	40.80
	350m: 5:16.15	46.65	750m: 11:29.97	46.32	1150m: 17:36.23	45.07		
	400m: 6:02.70	46.55	800m: 12:15.90	45.93	1200m: 18:22.22	45.99		