

Severoslovenská plavecká liga 4.kolo
Dolný Kubín, 22.11.2025

disciplína 10
22.11.2025 - 12:36

muži, 400m voľný spôsob

11 roč. a st.
Výsledky

bodovanie: AQUA 2024

por.	Roč.								čas	body		
11 roč.												
1.	Plešinský Jakub			14	MPK Dolný Kubín					5:33.83	257	
	50m:	38.36	38.36	150m:	2:01.98	42.13	250m:	3:27.12	42.95	350m:	4:51.87	42.36
	100m:	1:19.85	41.49	200m:	2:44.17	42.19	300m:	4:09.51	42.39	400m:	5:33.83	41.96
2.	Ondřík D' Angel			14	MPK Dolný Kubín					5:51.28	220	
	50m:	39.29	39.29	150m:	2:06.49	44.04	250m:	3:36.39	44.17	350m:	5:06.42	43.98
	100m:	1:22.45	43.16	200m:	2:52.22	45.73	300m:	4:22.44	46.05	400m:	5:51.28	44.86
3.	Halvoník Patrik			14	MPK Dolný Kubín					5:57.52	209	
	50m:	37.83	37.83	150m:	2:08.39	46.50	250m:	3:42.15	47.41	350m:	5:15.30	46.14
	100m:	1:21.89	44.06	200m:	2:54.74	46.35	300m:	4:29.16	47.01	400m:	5:57.52	42.22
4.	Morinec Martin			14	MPK Dolný Kubín					6:26.26	165	
	50m:	42.24	42.24	150m:	2:19.06	49.02	250m:	3:58.79	49.75	350m:	5:38.62	50.12
	100m:	1:30.04	47.80	200m:	3:09.04	49.98	300m:	4:48.50	49.71	400m:	6:26.26	47.64
5.	Marcinčin Viktor			14	PK Orca Michalovce					6:30.45	160	
	50m:	42.88	42.88	150m:	2:21.57	50.03	250m:	4:03.13	50.25	350m:	5:42.40	48.69
	100m:	1:31.54	48.66	200m:	3:12.88	51.31	300m:	4:53.71	50.58	400m:	6:30.45	48.05
6.	Drdák Teo			14	PK Martin					6:36.75	153	
	50m:	44.38	44.38	150m:	2:23.08	49.15	250m:	4:03.42	49.72	350m:	5:47.12	53.36
	100m:	1:33.93	49.55	200m:	3:13.70	50.62	300m:	4:53.76	50.34	400m:	6:36.75	49.63
7.	Čieško Martin			14	PK Martin					6:42.85	146	
	50m:	43.58	43.58	150m:	2:24.25	51.12	250m:	4:07.32	51.38	350m:	5:51.17	51.76
	100m:	1:33.13	49.55	200m:	3:15.94	51.69	300m:	4:59.41	52.09	400m:	6:42.85	51.68
8.	Šuvada Vratko			14	MPK Dolný Kubín					6:52.47	136	
	50m:	45.14	45.14	150m:	2:28.63	52.71	250m:	4:15.74	53.52	350m:	6:02.64	53.32
	100m:	1:35.92	50.78	200m:	3:22.22	53.59	300m:	5:09.32	53.58	400m:	6:52.47	49.83
12 roč.												
1.	Kekely Richard			13	PK TENAX Žilina					4:57.34	363	
	50m:	33.15	33.15	150m:	1:47.96	37.76	250m:	3:05.50	38.78	350m:	4:22.62	38.22
	100m:	1:10.20	37.05	200m:	2:26.72	38.76	300m:	3:44.40	38.90	400m:	4:57.34	34.72
2.	Urban Adam			13	PK Martin					5:00.34	352	
	50m:	33.56	33.56	150m:	1:49.12	38.40	250m:	3:06.55	38.85	350m:	4:23.84	38.56
	100m:	1:10.72	37.16	200m:	2:27.70	38.58	300m:	3:45.28	38.73	400m:	5:00.34	36.50
3.	Amrich Andrej			13	MPK Tvrdošín					5:09.34	323	
	50m:	35.04	35.04	150m:	1:52.67	39.45	250m:	3:11.22	39.38	350m:	4:30.87	39.95
	100m:	1:13.22	38.18	200m:	2:31.84	39.17	300m:	3:50.92	39.70	400m:	5:09.34	38.47
4.	Benko Adam			13	PK TENAX Žilina					5:35.49	253	
	50m:	37.11	37.11	150m:	2:01.02	42.54	250m:	3:27.36	43.16	350m:	4:53.75	43.43
	100m:	1:18.48	41.37	200m:	2:44.20	43.18	300m:	4:10.32	42.96	400m:	5:35.49	41.74
13 - 14 roč.												
1.	Buc Tomáš			12	PO Ružomberok					4:36.71	451	
	50m:	30.72	30.72	150m:	1:39.69	34.88	250m:	2:50.46	35.08	350m:	4:00.02	34.46
	100m:	1:04.81	34.09	200m:	2:15.38	35.69	300m:	3:25.56	35.10	400m:	4:36.71	36.69
2.	Sládek Richard			11	PK TENAX Žilina					4:50.97	388	
	50m:	29.70	29.70	150m:	1:41.88	37.62	250m:	2:58.04	38.03	350m:	4:14.98	38.69
	100m:	1:04.26	34.56	200m:	2:20.01	38.13	300m:	3:36.29	38.25	400m:	4:50.97	35.99
3.	Vrobel Michael			12	MPK Tvrdošín					4:52.12	383	
	50m:	31.64	31.64	150m:	1:43.51	36.41	250m:	2:58.24	37.69	350m:	4:14.77	38.38
	100m:	1:07.10	35.46	200m:	2:20.55	37.04	300m:	3:36.39	38.15	400m:	4:52.12	37.35

Severoslovenská plavecká liga 4.kolo
Dolný Kubín, 22.11.2025

disciplína 10, žiaci, 400m voľný spôsob, 13 - 14 roč.

por.	Roč.				čas				body
4.	Janza Simon	11	KPS Nereus Žilina		4:53.96				376
	50m: 33.05	33.05	150m: 1:45.74	36.84	250m: 2:59.67	36.57	350m: 4:16.14	38.74	
	100m: 1:08.90	35.85	200m: 2:23.10	37.36	300m: 3:37.40	37.73	400m: 4:53.96	37.82	
5.	Gut Matej	12	KPS Nereus Žilina		5:07.72				328
	50m: 33.73	33.73	150m: 1:48.67	38.08	250m: 3:07.35	39.90	350m: 4:28.34	40.59	
	100m: 1:10.59	36.86	200m: 2:27.45	38.78	300m: 3:47.75	40.40	400m: 5:07.72	39.38	
6.	Grygar Oliver	11	PK Nanti Liptovský Mikuláš		5:25.83				276
	50m: 36.38	36.38	150m: 1:57.03	40.57	250m: 3:20.70	41.79	350m: 4:45.76	42.80	
	100m: 1:16.46	40.08	200m: 2:38.91	41.88	300m: 4:02.96	42.26	400m: 5:25.83	40.07	
7.	Knecht Maximilian	11	PK Martin		6:09.52				189
	50m: 38.29	38.29	150m: 2:11.48	47.71	250m: 3:46.46	47.93	350m: 5:23.55	48.69	
	100m: 1:23.77	45.48	200m: 2:58.53	47.05	300m: 4:34.86	48.40	400m: 6:09.52	45.97	
DSQ	Toma Jakub	12	PO Ružomberok						
	SW 10.4 - Obrátka bez dotyku na stene bazéna. (Čas: 12:55)								

15 - 16 roč.

1.	Béreš Samuel	10	KPS Nereus Žilina		4:41.08				430
	50m: 30.57	30.57	150m: 1:42.02	35.96	250m: 2:54.02	36.62	350m: 4:06.15	36.22	
	100m: 1:06.06	35.49	200m: 2:17.40	35.38	300m: 3:29.93	35.91	400m: 4:41.08	34.93	
2.	Lichner Alex	10	PK TENAX Žilina		4:47.91				400
	50m: 32.19	32.19	150m: 1:45.17	37.10	250m: 2:59.99	37.32	350m: 4:13.87	37.01	
	100m: 1:08.07	35.88	200m: 2:22.67	37.50	300m: 3:36.86	36.87	400m: 4:47.91	34.04	
3.	Danaj Dominik	10	PK TENAX Žilina		4:50.38				390
	50m: 30.76	30.76	150m: 1:44.07	37.25	250m: 2:58.00	37.21	350m: 4:13.70	37.82	
	100m: 1:06.82	36.06	200m: 2:20.79	36.72	300m: 3:35.88	37.88	400m: 4:50.38	36.68	
4.	Mačor Benjamín	10	PK Nanti Liptovský Mikuláš		5:06.02				333
	50m: 33.56	33.56	150m: 1:49.63	38.87	250m: 3:07.40	39.08	350m: 4:27.79	40.33	
	100m: 1:10.76	37.20	200m: 2:28.32	38.69	300m: 3:47.46	40.06	400m: 5:06.02	38.23	

17 roč. a st.

1.	Kubas Rastislav	08	TT Dolný Kubín		4:54.74				373
	50m: 31.40	31.40	150m: 1:44.14	37.09	250m: 2:59.77	37.84	350m: 4:18.08	39.45	
	100m: 1:07.05	35.65	200m: 2:21.93	37.79	300m: 3:38.63	38.86	400m: 4:54.74	36.66	