

Jarná cena Žiliny / Spring Prix of Zilina
Žilina, 20. - 22.3.2026

disciplína 21 ženy, 400m vo ný spôsob 11 ro . a st.
21.03.2026 - 18:38 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

bodovanie: AQUA 2025

por.	Ro .	as	RT	body
15 ro . a st.				
1.	Ja u ová Sophia	10	J&T Sport Team	4:35.38 +0,85 624
	50m: 31.76 31.76	150m: 1:41.01 34.92	250m: 2:51.26 35.32	350m: 4:01.92 35.25
	100m: 1:06.09 34.33	200m: 2:15.94 34.93	300m: 3:26.67 35.41	400m: 4:35.38 33.46
2.	Martišovi ová Nella	09	SPORT CLUB senec	4:35.70 622 + 0.32
	50m: 31.26 31.26	150m: 1:41.01 35.01	250m: 2:51.93 35.36	350m: 4:02.72 34.93
	100m: 1:06.00 34.74	200m: 2:16.57 35.56	300m: 3:27.79 35.86	400m: 4:35.70 32.98
3.	Špániková Natália	09	PK Záhorák Senica	4:35.91 620 + 0.53
	50m: 31.48 31.48	150m: 1:41.21 34.60	250m: 2:52.04 35.04	350m: 4:02.53 34.55
	100m: 1:06.61 35.13	200m: 2:17.00 35.79	300m: 3:27.98 35.94	400m: 4:35.91 33.38
4.	Krasnohorská Hana	07	Kúpele Pieš any	4:42.50 +0,57 578 + 7.12
	50m: 32.19 32.19	150m: 1:43.20 35.73	250m: 2:55.16 35.88	350m: 4:07.24 35.85
	100m: 1:07.47 35.28	200m: 2:19.28 36.08	300m: 3:31.39 36.23	400m: 4:42.50 35.26
5.	Gray Sophia	09	SPORT CLUB senec	4:42.58 +0,63 577 + 7.20
	50m: 32.72 32.72	150m: 1:43.79 35.78	250m: 2:55.63 36.02	350m: 4:07.75 36.05
	100m: 1:08.01 35.29	200m: 2:19.61 35.82	300m: 3:31.70 36.07	400m: 4:42.58 34.83
6.	Krawczyk Aleksandra	10	Barrakuda Gdansk	4:50.22 +0,77 533 + 14.84
	50m: 32.23 32.23	150m: 1:43.65 35.39	250m: 2:57.70 36.73	350m: 4:12.45 36.57
	100m: 1:08.26 36.03	200m: 2:20.97 37.32	300m: 3:35.88 38.18	400m: 4:50.22 37.77
7.	Váczyová Vilma	10	ŠKP Košice	4:52.62 +0,75 520 + 17.24
	50m: 32.15 32.15	150m: 1:43.55 36.71	250m: 2:59.87 39.35	350m: 4:16.62 38.40
	100m: 1:06.84 34.69	200m: 2:20.52 36.97	300m: 3:38.22 38.35	400m: 4:52.62 36.00
8.	Kolen íková Nela	10	XBS swimming	4:52.77 +0,59 519 + 17.39
	50m: 32.36 32.36	150m: 1:45.61 37.02	250m: 3:01.66 38.15	350m: 4:17.43 37.13
	100m: 1:08.59 36.23	200m: 2:23.51 37.90	300m: 3:40.30 38.64	400m: 4:52.77 35.34
9.	Štangová Gréta	10	ŠKP Košice	4:55.57 505 + 20.19
	50m: 32.19 32.19	150m: 1:44.92 36.73	250m: 3:00.73 37.62	350m: 4:18.31 38.62
	100m: 1:08.19 36.00	200m: 2:23.11 38.19	300m: 3:39.69 38.96	400m: 4:55.57 37.26
10.	Mucinová Lenka	09	STU Trnava	4:59.87 483 + 24.49
	50m: 33.03 33.03	150m: 1:49.04 38.57	250m: 3:05.96 38.26	350m: 4:22.96 38.75
	100m: 1:10.47 37.44	200m: 2:27.70 38.66	300m: 3:44.21 38.25	400m: 4:59.87 36.91
11.	Kontorádová Sára	08	TJ Znojmo	5:00.26 +0,77 481 + 24.88
	50m: 33.98 33.98	150m: 1:49.14 37.71	250m: 3:05.46 37.87	350m: 4:22.18 38.30
	100m: 1:11.43 37.45	200m: 2:27.59 38.45	300m: 3:43.88 38.42	400m: 5:00.26 38.08
12.	Mosná Michaela	09	STU Trnava	5:00.44 480 + 25.06
	50m: 33.33 33.33	150m: 1:49.49 38.21	250m: 3:06.76 38.18	350m: 4:23.78 37.69
	100m: 1:11.28 37.95	200m: 2:28.58 39.09	300m: 3:46.09 39.33	400m: 5:00.44 36.66
13.	Spišáková Alexandra	08	VŠK FTVŠ UK Lafranconi	5:04.18 +0,77 463 + 28.80
	50m: 35.01 35.01	150m: 1:51.26 38.17	250m: 3:09.31 38.94	350m: 4:27.44 38.90
	100m: 1:13.09 38.08	200m: 2:30.37 39.11	300m: 3:48.54 39.23	400m: 5:04.18 36.74
14.	Vnuková Anna	09	Elite Standard Academy	5:04.52 +0,78 461 + 29.14
	50m: 34.48 34.48	150m: 1:51.05 38.99	250m: 3:08.77 39.13	350m: 4:27.30 39.95
	100m: 1:12.06 37.58	200m: 2:29.64 38.59	300m: 3:47.35 38.58	400m: 5:04.52 37.22
15.	Jal vková Barbora	06	SK Kop ivnice	5:04.70 460 + 29.32
	50m: 33.62 33.62	150m: 1:50.07 38.38	250m: 3:08.14 38.95	350m: 4:26.90 38.57
	100m: 1:11.69 38.07	200m: 2:29.19 39.12	300m: 3:48.33 40.19	400m: 5:04.70 37.80
16.	Grossmannová Anna	09	PK Nový Ji ín	5:04.91 +0,62 460 + 29.53
	50m: 35.80 35.80	150m: 1:53.50 39.03	250m: 3:11.35 39.05	350m: 4:28.60 38.36
	100m: 1:14.47 38.67	200m: 2:32.30 38.80	300m: 3:50.24 38.89	400m: 5:04.91 36.31

Jarná cena Žiliny / Spring Prix of Zilina
Žilina, 20. - 22.3.2026

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

por.					Ro .					as	RT	body	
17.	Benková Sára				11	Nereus Žilina				5:08.16		445	+ 32.78
	50m:	33.72	33.72	150m:	1:51.16	39.02	250m:	3:11.02	39.31	350m:	4:29.73	38.35	
	100m:	1:12.14	38.42	200m:	2:31.71	40.55	300m:	3:51.38	40.36	400m:	5:08.16	38.43	
18.	Janušeková Nina				10	PK Banská Bystrica				5:09.88	+0,76	438	+ 34.50
	50m:	34.68	34.68	150m:	1:52.00	39.16	250m:	3:12.73	39.99	350m:	4:32.89	39.59	
	100m:	1:12.84	38.16	200m:	2:32.74	40.74	300m:	3:53.30	40.57	400m:	5:09.88	36.99	
19.	Konôpková Danka				08	PK Banská Bystrica				5:10.15	+0,65	437	+ 34.77
	50m:	35.43	35.43	150m:	1:53.78	39.61	250m:	3:13.92	39.85	350m:	4:33.69	39.33	
	100m:	1:14.17	38.74	200m:	2:34.07	40.29	300m:	3:54.36	40.44	400m:	5:10.15	36.46	
20.	Babincová Sofia				08	STU Trnava				5:10.82	+0,83	434	+ 35.44
	50m:	34.67	34.67	150m:	1:52.19	39.03	250m:	3:11.41	39.68	350m:	4:31.97	40.22	
	100m:	1:13.16	38.49	200m:	2:31.73	39.54	300m:	3:51.75	40.34	400m:	5:10.82	38.85	
21.	Beblavá Lujza				11	PK Záhorák Senica				5:27.07	+0,78	372	+ 51.69
	50m:	36.67	36.67	150m:	1:59.20	41.65	250m:	3:23.81	42.21	350m:	4:47.63	41.18	
	100m:	1:17.55	40.88	200m:	2:41.60	42.40	300m:	4:06.45	42.64	400m:	5:27.07	39.44	
22.	Glasrová Michaela				10	TJ Znojmo				5:33.08		352	+ 57.70
	50m:	36.62	36.62	150m:	1:59.29	41.73	250m:	3:25.49	42.69	350m:	4:51.43	42.52	
	100m:	1:17.56	40.94	200m:	2:42.80	43.51	300m:	4:08.91	43.42	400m:	5:33.08	41.65	
23.	Zakop anová Klára				11	PK Pezinok				5:45.98	+0,71	314	+ 1:10.60
	50m:	37.41	37.41	150m:	2:04.98	44.40	250m:	3:33.20	43.99	350m:	5:02.90	44.83	
	100m:	1:20.58	43.17	200m:	2:49.21	44.23	300m:	4:18.07	44.87	400m:	5:45.98	43.08	
24.	Rohutná Eliška				11	PK Pezinok				5:52.97	+0,78	296	+ 1:17.59
	50m:	37.95	37.95	150m:	2:06.50	44.80	250m:	3:38.19	46.20	350m:	5:10.29	45.89	
	100m:	1:21.70	43.75	200m:	2:51.99	45.49	300m:	4:24.40	46.21	400m:	5:52.97	42.68	
25.	Antalová Jaroslava				11	OCEÁN Bratislava				6:27.09		224	+ 1:51.71
	50m:	40.78	40.78	150m:	2:18.51	50.13	250m:	3:59.57	50.35	350m:	5:39.97	50.02	
	100m:	1:28.38	47.60	200m:	3:09.22	50.71	300m:	4:49.95	50.38	400m:	6:27.09	47.12	
DNS	Schmelhaus Emma				11	Delta klub Komárno							

13 - 14 ro .

1.	Briedová Nela				12	XBS swimming				4:47.66	+0,62	547	
	50m:	33.49	33.49	150m:	1:46.93	37.11	250m:	3:01.24	37.11	350m:	4:14.25	36.50	
	100m:	1:09.82	36.33	200m:	2:24.13	37.20	300m:	3:37.75	36.51	400m:	4:47.66	33.41	
2.	Hlavajová Tea				12	PK Martin				4:47.74		547	+ 0.08
	50m:	32.93	32.93	150m:	1:45.59	36.89	250m:	2:59.76	37.29	350m:	4:13.65	36.45	
	100m:	1:08.70	35.77	200m:	2:22.47	36.88	300m:	3:37.20	37.44	400m:	4:47.74	34.09	
3.	Veškrnová Klára				12	TJ Znojmo				4:53.01		518	+ 5.35
	50m:	32.45	32.45	150m:	1:45.70	37.10	250m:	3:01.86	37.68	350m:	4:17.24	38.10	
	100m:	1:08.60	36.15	200m:	2:24.18	38.48	300m:	3:39.14	37.28	400m:	4:53.01	35.77	
4.	Hodo ová Kristínka				13	TT Dolný Kubín				4:59.96	+0,62	483	+ 12.30
	50m:	33.06	33.06	150m:	1:48.43	38.37	250m:	3:06.39	39.01	350m:	4:24.11	38.79	
	100m:	1:10.06	37.00	200m:	2:27.38	38.95	300m:	3:45.32	38.93	400m:	4:59.96	35.85	
5.	Frištáková Nina				12	Kúpele Pieš any				5:01.60		475	+ 13.94
	50m:	33.61	33.61	150m:	1:49.15	38.06	250m:	3:07.82	38.64	350m:	4:25.52	38.28	
	100m:	1:11.09	37.48	200m:	2:29.18	40.03	300m:	3:47.24	39.42	400m:	5:01.60	36.08	
6.	Pirk Viktória				13	XBS swimming				5:02.04	+0,75	473	+ 14.38
	50m:	34.80	34.80	150m:	1:51.64	39.45	250m:	3:09.33	38.98	350m:	4:26.05	38.22	
	100m:	1:12.19	37.39	200m:	2:30.35	38.71	300m:	3:47.83	38.50	400m:	5:02.04	35.99	
7.	Herdová Sára				12	ŠK Pira a Topol any				5:02.98		468	+ 15.32
	50m:	33.32	33.32	150m:	1:49.46	38.43	250m:	3:08.47	39.45	350m:	4:26.11	37.96	
	100m:	1:11.03	37.71	200m:	2:29.02	39.56	300m:	3:48.15	39.68	400m:	5:02.98	36.87	
8.	Štrbáková Simona				12	PK Martin				5:06.03	+0,62	455	+ 18.37
	50m:	35.69	35.69	150m:	1:52.88	38.66	250m:	3:10.54	38.88	350m:	4:29.24	38.97	
	100m:	1:14.22	38.53	200m:	2:31.66	38.78	300m:	3:50.27	39.73	400m:	5:06.03	36.79	

Jarná cena Žiliny / Spring Prix of Zilina
Žilina, 20. - 22.3.2026

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

por.				Ro .				as	RT	body		
9.	Ondrušková Nela			13	PK Banská Bystrica			5:08.70	+0,79	443	+ 21.04	
	50m:	35.42	35.42	150m:	1:53.26	39.19	250m:	3:12.53	39.31	350m:	4:30.94	38.23
	100m:	1:14.07	38.65	200m:	2:33.22	39.96	300m:	3:52.71	40.18	400m:	5:08.70	37.76
10.	Chlebeková Alexandra			12	XBS swimming			5:17.71		406	+ 30.05	
	50m:	36.20	36.20	150m:	1:56.96	41.00	250m:	3:19.18	41.43	350m:	4:39.27	39.60
	100m:	1:15.96	39.76	200m:	2:37.75	40.79	300m:	3:59.67	40.49	400m:	5:17.71	38.44
11.	Šimkovi Lillien			13	XBS swimming			5:20.22	+0,83	397	+ 32.56	
	50m:	36.70	36.70	150m:	1:57.64	41.06	250m:	3:20.34	41.87	350m:	4:41.65	40.16
	100m:	1:16.58	39.88	200m:	2:38.47	40.83	300m:	4:01.49	41.15	400m:	5:20.22	38.57
12.	Krebesová Ema			13	PK TENAX Žilina			5:20.74		395	+ 33.08	
	50m:	36.41	36.41	150m:	1:57.02	40.64	250m:	3:19.35	41.14	350m:	4:41.34	40.16
	100m:	1:16.38	39.97	200m:	2:38.21	41.19	300m:	4:01.18	41.83	400m:	5:20.74	39.40
13.	Bolzánová Zoe			12	TJ Dunaj Štúrovo			5:21.29	+0,95	393	+ 33.63	
	50m:	37.37	37.37	150m:	1:59.04	41.69	250m:	3:21.15	41.82	350m:	4:42.81	41.21
	100m:	1:17.35	39.98	200m:	2:39.33	40.29	300m:	4:01.60	40.45	400m:	5:21.29	38.48
14.	Marková Kristína			12	PK ORCA Bratislava			5:22.58	+0,62	388	+ 34.92	
	50m:	36.70	36.70	150m:	1:57.67	40.49	250m:	3:20.31	41.35	350m:	4:42.58	40.48
	100m:	1:17.18	40.48	200m:	2:38.96	41.29	300m:	4:02.10	41.79	400m:	5:22.58	40.00
15.	Šrobová Simona			12	MPK Tvrdošín			5:22.59		388	+ 34.93	
	50m:	35.69	35.69	150m:	1:58.92	41.97	250m:	3:22.41	41.72	350m:	4:43.08	39.83
	100m:	1:16.95	41.26	200m:	2:40.69	41.77	300m:	4:03.25	40.84	400m:	5:22.59	39.51
16.	Petrovská Sofie			12	SK Kop ivnice			5:28.67		367	+ 41.01	
	50m:	37.84	37.84	150m:	2:02.29	42.72	250m:	3:27.17	42.12	350m:	4:49.48	40.53
	100m:	1:19.57	41.73	200m:	2:45.05	42.76	300m:	4:08.95	41.78	400m:	5:28.67	39.19
17.	Deáková Lucia			12	OCEÁN Bratislava			5:28.92	+0,71	366	+ 41.26	
	50m:	33.88	33.88	150m:	1:56.28	42.02	250m:	3:22.36	43.46	350m:	4:48.50	41.70
	100m:	1:14.26	40.38	200m:	2:38.90	42.62	300m:	4:06.80	44.44	400m:	5:28.92	40.42
18.	Žuffová Nela			13	MPK Tvrdošín			5:36.55	+0,65	342	+ 48.89	
	50m:	39.36	39.36	150m:	2:06.77	43.58	250m:	3:34.65	43.12	350m:	4:57.82	40.07
	100m:	1:23.19	43.83	200m:	2:51.53	44.76	300m:	4:17.75	43.10	400m:	5:36.55	38.73
19.	Godálová Laura			12	ŠK Pira a Topol any			5:39.67	+0,83	332	+ 52.01	
	50m:	37.67	37.67	150m:	2:03.98	43.22	250m:	3:31.99	43.71	350m:	4:58.42	42.44
	100m:	1:20.76	43.09	200m:	2:48.28	44.30	300m:	4:15.98	43.99	400m:	5:39.67	41.25
DNS	Édes Alíz			13	Delta klub Komárno							
DNS	Kiss Emma			12	Delta klub Komárno							

11 - 12 ro .

1.	Barátová Helena			14	Aquasport Levice			5:22.36	+0,64	389		
	50m:	35.27	35.27	150m:	1:58.06	42.30	250m:	3:21.18	41.72	350m:	4:43.98	41.24
	100m:	1:15.76	40.49	200m:	2:39.46	41.40	300m:	4:02.74	41.56	400m:	5:22.36	38.38
2.	Zeman íková Zoja			15	OCEÁN Bratislava			5:38.97	+0,73	334	+ 16.61	
	50m:	37.54	37.54	150m:	2:02.98	42.59	250m:	3:30.76	43.88	350m:	4:57.98	42.85
	100m:	1:20.39	42.85	200m:	2:46.88	43.90	300m:	4:15.13	44.37	400m:	5:38.97	40.99
3.	Hanusová Jesica			14	Nereus Žilina			5:39.37		333	+ 17.01	
	50m:	37.25	37.25	150m:	2:04.00	43.79	250m:	3:32.37	44.18	350m:	4:58.78	42.93
	100m:	1:20.21	42.96	200m:	2:48.19	44.19	300m:	4:15.85	43.48	400m:	5:39.37	40.59
4.	Zahradníková Nikol			15	TJ Znojmo			5:52.09		298	+ 29.73	
	50m:	38.60	38.60	150m:	2:07.43	45.81	250m:	3:39.06	46.52	350m:	5:09.74	45.23
	100m:	1:21.62	43.02	200m:	2:52.54	45.11	300m:	4:24.51	45.45	400m:	5:52.09	42.35
5.	Korábková Hana			14	TJ Znojmo			5:55.24		290	+ 32.88	
	50m:	38.87	38.87	150m:	2:09.39	45.88	250m:	3:40.36	45.42	350m:	5:10.86	44.45
	100m:	1:23.51	44.64	200m:	2:54.94	45.55	300m:	4:26.41	46.05	400m:	5:55.24	44.38
6.	Herzig Abigail			15	TJ Znojmo			5:58.97		281	+ 36.61	
	50m:	38.95	38.95	150m:	2:09.86	46.09	250m:	3:41.71	45.84	350m:	5:14.36	45.37
	100m:	1:23.77	44.82	200m:	2:55.87	46.01	300m:	4:28.99	47.28	400m:	5:58.97	44.61

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

por.				Ro .				as	RT	body		
7.	Brambilla Mía			15	Aquasport Levice	6:01.19				276	+ 38.83	
	50m:	38.44	38.44	150m:	2:10.46	45.85	250m:	3:43.66	46.49	350m:	5:17.00	45.20
	100m:	1:24.61	46.17	200m:	2:57.17	46.71	300m:	4:31.80	48.14	400m:	6:01.19	44.19
8.	Loneková Elena Emilia			14	MPK Tvrdošín	6:19.32				238	+ 56.96	
	50m:	40.30	40.30	150m:	2:15.76	48.96	250m:	3:55.55	49.58	350m:	5:33.17	49.02
	100m:	1:26.80	46.50	200m:	3:05.97	50.21	300m:	4:44.15	48.60	400m:	6:19.32	46.15
DNS	Mátyás Dóra			14	Delta klub Komárno							