

Slovenská plavecká federácia
Stredoslovenský oblastný plavecký zväz (www.ssopz.sk)
a
Plavecký klub Žabka Čadca

**Jarné
Majstrovstvá
stredoslovenskej
oblasti
žiakov A, B,
juniorov a seniorov
v plávaní jednotlivcov
„dlhé trate“**

Miesto: Krytá plaváreň Čadca

Bazén: 25m / 8 dráh, obrátky hladké

Dátum: 25.02.2012, začiatok pretekov o 09.00 hod.

Teplota vody: 26,5°C

Teplota vzduchu: 28°C

Hlavný rozhodca: Vladimír Rajčok, III.

Všetky časy boli merané digitálnymi stopkami.

Konané v: Čadca

Dátum: 25.02.2012

Bazén: 25 m/8 dráh

ROZHODCOVSKÝ ZBOR

	<i>Meno a priezvisko</i>	trieda	podpis
Riaditeľ pretekov	: Ponek Marian		
Hlavný časomerač	: Kán Michal	2	
Štartér	: Štajer Ján	2	
Hlavný cieľový rozhodca	: Rajčoková Adriana	2	
Plavecký spôsob	:		
Pomocný štartér	:		
Cieľový rozhodca	Ľ:		
	P:		
Časomerači	D1: Fleischerová Miroslava	1	
	D2: Konečný Gustav	3	
	D3: Komorová Jaroslava	2	
	D4: Pavlíková Edita	1	
	D5: Adamec Michal	1	
	D6: Hrdinová Andrea	1	
	D7: Hriňáková Renáta	1	
	D8: Valach Ján	1	
Náhradní časomerači	:		
Hlavný obrátkový	: Čamaj Ján	3	
Obrátkoví rozhodcovia	D1:		
	D2: Čamajová Blanka	1	
	D3:		
	D4: Maruniaková Monika	1	
	D5:		
	D6: Záborský Milan	3	
	D7:		
	D8: Gloriková Janka	2	
Výsledky-počítač	: Kán Michal	2	
ŠTK	: Kán Michal	2	
Elektrická časomiera	:		
Hlásateľ	:		
Diplomy	: Kán Michal	2	
Lekár	:		
Vedúci protokolu	:		
Hospodár	: Poneková Henrieta		
Hlavný rozhodca	: Rajčok Vladimír	3	

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 1
25.2.12

ženy, 800m vo ný spôsob

11 ro . a st.
Výsledky

bodovanie: FINA 2011

por.	Ro .	as	body				
15 ro . a st.							
1.	TRNOVCOVÁ, Aurélia	93	Nereus Žilina	10:10.14	500		
	50m: 32.19 32.19	250m: 3:03.11	38.62	450m: 5:38.95	39.06	650m: 8:15.16	38.99
	100m: 1:08.58 36.39	300m: 3:41.83	38.72	500m: 6:17.96	39.01	700m: 8:54.60	39.44
	150m: 1:46.22 37.64	350m: 4:20.44	38.61	550m: 6:56.78	38.82	750m: 9:33.46	38.86
	200m: 2:24.49 38.27	400m: 4:59.89	39.45	600m: 7:36.17	39.39	800m: 10:10.14	36.68
2.	POLJAKOVÁ, Hana	96	PK Rimavská Sobota	10:42.87	428		
	50m: 33.51 33.51	250m: 3:06.07	39.37	450m: 5:50.59	41.51	650m: 8:39.41	42.99
	100m: 1:10.59 37.08	300m: 3:46.60	40.53	500m: 6:32.43	41.84	700m: 9:21.63	42.22
	150m: 1:48.41 37.82	350m: 4:27.90	41.30	550m: 7:14.34	41.91	750m: 10:03.03	41.40
	200m: 2:26.70 38.29	400m: 5:09.08	41.18	600m: 7:56.42	42.08	800m: 10:42.87	39.84
3.	KUBINCOVÁ, Michaela	97	Nereus Žilina	11:19.79	362		
	50m: 35.87 35.87	250m: 3:42.38	1:00.99	450m: 6:18.16	43.76	650m: 9:12.70	44.46
	100m: 1:16.04 40.17	300m: 4:08.02	25.64	500m: 7:00.91	42.75	700m: 9:55.57	42.87
	150m: 1:58.18 42.14	350m: 4:51.16	43.14	550m: 7:44.66	43.75	750m: 10:38.76	43.19
	200m: 2:41.39 43.21	400m: 5:34.40	43.24	600m: 8:28.24	43.58	800m: 11:19.79	41.03
4.	GREXOVÁ, Martina	95	FLIPPER Brezno	11:39.41	332		
	50m: 37.30 37.30	250m: 3:31.22	44.81	450m: 6:29.45	43.81	650m: 9:29.22	45.06
	100m: 1:19.01 41.71	300m: 4:15.79	44.57	500m: 7:14.54	45.09	700m: 10:12.41	43.19
	150m: 2:02.49 43.48	350m: 5:00.41	44.62	550m: 7:59.61	45.07	750m: 10:56.14	43.73
	200m: 2:46.41 43.92	400m: 5:45.64	45.23	600m: 8:44.16	44.55	800m: 11:39.41	43.27
5.	ZANOVITOVÁ, Lenka	96	PK Martin	11:39.84	331		
	50m: 36.29 36.29	250m: 3:25.70	43.34	450m: 6:28.57	45.54	650m: 9:28.29	44.87
	100m: 1:16.32 40.03	300m: 4:10.92	45.22	500m: 7:13.92	45.35	700m: 10:13.11	44.82
	150m: 1:58.84 42.52	350m: 4:57.04	46.12	550m: 7:58.70	44.78	750m: 10:57.69	44.58
	200m: 2:42.36 43.52	400m: 5:43.03	45.99	600m: 8:43.42	44.72	800m: 11:39.84	42.15
6.	CHUDÍKOVÁ, Simona	96	FLIPPER Brezno	11:45.00	324		
	50m: 37.24 37.24	250m: 3:31.50	44.19	450m: 6:29.68	44.57	650m: 9:30.50	45.45
	100m: 1:19.50 42.26	300m: 4:16.15	44.65	500m: 7:14.49	44.81	700m: 10:16.23	45.73
	150m: 2:03.31 43.81	350m: 5:00.28	44.13	550m: 8:00.11	45.62	750m: 11:01.02	44.79
	200m: 2:47.31 44.00	400m: 5:45.11	44.83	600m: 8:45.05	44.94	800m: 11:45.00	43.98
7.	BARTÁKOVÁ, Barbora	97	PK Martin	11:54.63	311		
	50m: 38.91 38.91	250m: 3:38.13	45.26	450m: 6:39.06	45.65	650m: 9:40.09	45.25
	100m: 1:22.73 43.82	300m: 4:23.35	45.22	500m: 7:24.23	45.17	700m: 10:25.51	45.42
	150m: 2:07.69 44.96	350m: 5:08.56	45.21	550m: 8:09.56	45.33	750m: 11:11.99	46.48
	200m: 2:52.87 45.18	400m: 5:53.41	44.85	600m: 8:54.84	45.28	800m: 11:54.63	42.64
8.	VAJDOVÁ, Michaela	96	PK Martin	12:23.17	277		
	50m: 38.55 38.55	250m: 3:41.87	46.51	450m: 6:50.51	47.64	650m: 10:03.62	48.09
	100m: 1:22.78 44.23	300m: 4:28.58	46.71	500m: 7:38.71	48.20	700m: 10:51.06	47.44
	150m: 2:08.81 46.03	350m: 5:15.73	47.15	550m: 8:27.16	48.45	750m: 11:39.09	48.03
	200m: 2:55.36 46.55	400m: 6:02.87	47.14	600m: 9:15.53	48.37	800m: 12:23.17	44.08
9.	MICHNÁ OVÁ, Lucienne	97	PK Martin	12:35.78	263		
	50m: 39.06 39.06	250m: 3:44.39	47.83	450m: 6:58.08	48.61	650m: 10:13.06	49.44
	100m: 1:23.22 44.16	300m: 4:32.25	47.86	500m: 7:46.47	48.39	700m: 11:01.34	48.28
	150m: 2:09.53 46.31	350m: 5:20.96	48.71	550m: 8:35.31	48.84	750m: 11:49.72	48.38
	200m: 2:56.56 47.03	400m: 6:09.47	48.51	600m: 9:23.62	48.31	800m: 12:35.78	46.06
10.	O HOVÁ, Hana	97	PK Martin	13:07.86	232		
	50m: 40.18 40.18	250m: 3:57.32	50.77	450m: 7:19.04	50.76	650m: 10:41.07	50.43
	100m: 1:27.23 47.05	300m: 4:47.64	50.32	500m: 8:10.08	51.04	700m: 11:31.37	50.30
	150m: 2:16.79 49.56	350m: 5:38.15	50.51	550m: 9:00.95	50.87	750m: 12:21.24	49.87
	200m: 3:06.55 49.76	400m: 6:28.28	50.13	600m: 9:50.64	49.69	800m: 13:07.86	46.62

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 1, ženy, 800m vo ný spôsob

13 - 14 ro .

1.	MIŽÚROVÁ, Patrícia	99	PK Martin	10:07.94	506
	50m: 33.00 33.00	250m: 3:02.80	38.44 450m: 5:38.30	38.89 650m: 8:14.68	39.02
	100m: 1:09.16 36.16	300m: 3:41.47	38.67 500m: 6:17.69	39.39 700m: 8:54.00	39.32
	150m: 1:46.52 37.36	350m: 4:20.34	38.87 550m: 6:56.52	38.83 750m: 9:33.35	39.35
	200m: 2:24.36 37.84	400m: 4:59.41	39.07 600m: 7:35.66	39.14 800m: 10:07.94	34.59
2.	MEDVE OVÁ, Michaela	99	UMB Banská Bystrica	10:45.69	422
	50m: 34.96 34.96	250m: 3:16.37	41.57 450m: 6:02.02	41.31 650m: 8:46.52	41.06
	100m: 1:13.68 38.72	300m: 3:57.99	41.62 500m: 6:42.99	40.97 700m: 9:27.18	40.66
	150m: 1:53.80 40.12	350m: 4:39.43	41.44 550m: 7:24.15	41.16 750m: 10:07.59	40.41
	200m: 2:34.80 41.00	400m: 5:20.71	41.28 600m: 8:05.46	41.31 800m: 10:45.69	38.10
3.	PERINAJOVÁ, Barbora	98	PK Martin	10:47.72	418
	50m: 33.97 33.97	250m: 3:09.26	40.28 450m: 5:43.34	31.62 650m: 8:42.70	42.42
	100m: 1:10.95 36.98	300m: 3:49.72	40.46 500m: 6:35.54	52.20 700m: 9:25.00	42.30
	150m: 1:49.32 38.37	350m: 4:30.45	40.73 550m: 7:17.98	42.44 750m: 10:07.61	42.61
	200m: 2:28.98 39.66	400m: 5:11.72	41.27 600m: 8:00.28	42.30 800m: 10:47.72	40.11
4.	LAURINCOVÁ, Eva	98	Nereus Žilina	10:58.59	398
	50m: 35.87 35.87	250m: 3:17.99	41.01 450m: 6:04.76	41.94 650m: 8:53.55	42.93
	100m: 1:15.33 39.46	300m: 3:59.62	41.63 500m: 6:46.46	41.70 700m: 9:35.81	42.26
	150m: 1:56.11 40.78	350m: 4:40.99	41.37 550m: 7:28.22	41.76 750m: 10:19.09	43.28
	200m: 2:36.98 40.87	400m: 5:22.82	41.83 600m: 8:10.62	42.40 800m: 10:58.59	39.50
5.	LIETAVOVÁ, Veronika	98	PK Martin	11:01.24	393
	50m: 34.34 34.34	250m: 3:17.44	41.95 450m: 6:06.25	42.84 650m: 8:56.75	42.20
	100m: 1:13.52 39.18	300m: 3:59.06	41.62 500m: 6:48.81	42.56 700m: 9:39.59	42.84
	150m: 1:53.99 40.47	350m: 4:40.67	41.61 550m: 7:31.74	42.93 750m: 10:21.55	41.96
	200m: 2:35.49 41.50	400m: 5:23.41	42.74 600m: 8:14.55	42.81 800m: 11:01.24	39.69
6.	FEDOROVÁ, Adriana	98	UMB Banská Bystrica	11:11.63	375
	50m: 37.80 37.80	250m: 3:28.84	43.04 450m: 6:20.13	42.38 650m: 9:08.03	42.00
	100m: 1:19.95 42.15	300m: 4:12.63	43.79 500m: 7:02.03	41.90 700m: 9:50.45	42.42
	150m: 2:02.88 42.93	350m: 4:55.38	42.75 550m: 7:44.06	42.03 750m: 10:32.48	42.03
	200m: 2:45.80 42.92	400m: 5:37.75	42.37 600m: 8:26.03	41.97 800m: 11:11.63	39.15
7.	ANEŠTIKOVÁ, Katarína	99	FLIPPER Brezno	11:13.78	371
	50m: 36.51 36.51	250m: 3:25.29	43.40 450m: 6:18.36	43.23 650m: 9:11.39	43.43
	100m: 1:16.50 39.99	300m: 4:09.07	43.78 500m: 7:00.89	42.53 700m: 9:53.50	42.11
	150m: 1:59.12 42.62	350m: 4:51.76	42.69 550m: 7:45.36	44.47 750m: 10:36.03	42.53
	200m: 2:41.89 42.77	400m: 5:35.13	43.37 600m: 8:27.96	42.60 800m: 11:13.78	37.75
8.	VRBOVÁ, Júlia	98	UMB Banská Bystrica	11:15.66	368
	50m: 37.01 37.01	250m: 3:27.22	42.96 450m: 6:18.42	41.95 650m: 9:09.95	42.53
	100m: 1:18.96 41.95	300m: 4:10.65	43.43 500m: 7:01.39	42.97 700m: 9:53.04	43.09
	150m: 2:01.82 42.86	350m: 4:53.29	42.64 550m: 7:44.35	42.96 750m: 10:37.91	44.87
	200m: 2:44.26 42.44	400m: 5:36.47	43.18 600m: 8:27.42	43.07 800m: 11:15.66	37.75
9.	MATULOVÁ, Natália	98	PK Martin	11:30.20	345
	50m: 37.61 37.61	250m: 3:30.99	43.83 450m: 6:26.17	43.96 650m: 9:20.87	43.76
	100m: 1:20.08 42.47	300m: 4:14.80	43.81 500m: 7:09.76	43.59 700m: 10:05.11	44.24
	150m: 2:03.08 43.00	350m: 4:58.23	43.43 550m: 7:53.24	43.48 750m: 10:48.27	43.16
	200m: 2:47.16 44.08	400m: 5:42.21	43.98 600m: 8:37.11	43.87 800m: 11:30.20	41.93
10.	REPKOVÁ, Kristína	99	PK Rimavská Sobota	12:06.86	296
	50m: 39.94 39.94	250m: 3:43.30	46.29 450m: 6:47.42	45.92 650m: 9:52.42	46.20
	100m: 1:24.77 44.83	300m: 4:29.92	46.62 500m: 7:33.57	46.15 700m: 10:37.96	45.54
	150m: 2:11.16 46.39	350m: 5:15.66	45.74 550m: 8:19.90	46.33 750m: 11:23.74	45.78
	200m: 2:57.01 45.85	400m: 6:01.50	45.84 600m: 9:06.22	46.32 800m: 12:06.86	43.12
11.	TIMKOVÁ, Kristína	99	Nereus Žilina	12:22.30	278
	50m: 37.28 37.28	250m: 3:41.54	48.17 450m: 6:54.26	48.07 650m: 10:05.82	46.74
	100m: 1:21.08 43.80	300m: 4:29.58	48.04 500m: 7:42.61	48.35 700m: 10:52.57	46.75
	150m: 2:07.23 46.15	350m: 5:17.47	47.89 550m: 8:30.13	47.52 750m: 11:38.70	46.13
	200m: 2:53.37 46.14	400m: 6:06.19	48.72 600m: 9:19.08	48.95 800m: 12:22.30	43.60

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 1, žia ky, 800m vo ný spôsob, 13 - 14 ro .

por.			Ro .			as	body	
12.	KIELAROVÁ, Viktória		99	UMB Banská Bystrica		12:22.35	278	
	50m:	37.39 37.39	250m:	3:39.61 47.10	450m:	6:53.56 48.74	650m:	10:07.48 47.78
	100m:	1:20.50 43.11	300m:	4:27.62 48.01	500m:	7:43.44 49.88	700m:	10:55.57 48.09
	150m:	2:05.72 45.22	350m:	5:16.51 48.89	550m:	8:32.13 48.69	750m:	11:43.54 47.97
	200m:	2:52.51 46.79	400m:	6:04.82 48.31	600m:	9:19.70 47.57	800m:	12:22.35 38.81
13.	JACKULÍKOVÁ, Pavla		99	MPK Dolný Kubín		12:26.69	273	
	50m:	45.85 45.85	250m:	3:49.22 47.41	450m:	6:59.19 47.16	650m:	10:07.40 47.26
	100m:	1:26.93 41.08	300m:	4:36.97 47.75	500m:	7:46.03 46.84	700m:	10:54.56 47.16
	150m:	2:14.49 47.56	350m:	5:24.65 47.68	550m:	8:33.06 47.03	750m:	11:42.82 48.26
	200m:	3:01.81 47.32	400m:	6:12.03 47.38	600m:	9:20.14 47.08	800m:	12:26.69 43.87
14.	LILGE, Laura		98	PK Martin		12:57.39	242	
	50m:	40.43 40.43	250m:	3:57.31 50.35	450m:	7:18.22 50.08	650m:	10:36.62 49.21
	100m:	1:28.08 47.65	300m:	4:47.96 50.65	500m:	8:07.91 49.69	700m:	11:26.62 50.00
	150m:	2:17.27 49.19	350m:	5:38.82 50.86	550m:	8:57.64 49.73	750m:	12:15.09 48.47
	200m:	3:06.96 49.69	400m:	6:28.14 49.32	600m:	9:47.41 49.77	800m:	12:57.39 42.30
15.	FRIMMOVÁ, Eva		98	PK Martin		13:03.17	236	
	50m:	40.14 40.14	250m:	3:50.63 48.12	450m:	7:11.42 50.79	650m:	10:35.63 51.19
	100m:	1:26.46 46.32	300m:	4:40.51 49.88	500m:	8:02.67 51.25	700m:	11:26.67 51.04
	150m:	2:14.67 48.21	350m:	5:30.54 50.03	550m:	8:53.51 50.84	750m:	12:17.63 50.96
	200m:	3:02.51 47.84	400m:	6:20.63 50.09	600m:	9:44.44 50.93	800m:	13:03.17 45.54
16.	HRUŠKOVÁ, Lucia		98	UMB Banská Bystrica		13:05.95	234	
	50m:	38.74 38.74	250m:	3:49.45 49.44	450m:	7:10.18 51.12	650m:	10:36.51 52.06
	100m:	1:24.24 45.50	300m:	4:38.64 49.19	500m:	8:01.40 51.22	700m:	11:27.65 51.14
	150m:	2:11.88 47.64	350m:	5:28.16 49.52	550m:	8:52.86 51.46	750m:	12:19.28 51.63
	200m:	3:00.01 48.13	400m:	6:19.06 50.90	600m:	9:44.45 51.59	800m:	13:05.95 46.67
17.	ŠULEKOVÁ, Viktória		99	UMB Banská Bystrica		13:12.83	228	
	50m:	40.52 40.52	250m:	3:54.21 49.60	450m:	7:17.74 51.03	650m:	10:43.30 51.75
	100m:	1:26.93 46.41	300m:	4:44.88 50.67	500m:	8:08.40 50.66	700m:	11:35.03 51.73
	150m:	2:14.77 47.84	350m:	5:35.88 51.00	550m:	9:00.17 51.77	750m:	12:24.49 49.46
	200m:	3:04.61 49.84	400m:	6:26.71 50.83	600m:	9:51.55 51.38	800m:	13:12.83 48.34
18.	BARICOVÁ, Simona		99	MPK Dolný Kubín		13:18.06	223	
	50m:	40.31 40.31	250m:	3:57.76 50.68	450m:	7:22.75 51.40	650m:	10:49.30 51.63
	100m:	1:28.24 47.93	300m:	4:48.35 50.59	500m:	8:14.32 51.57	700m:	11:40.02 50.72
	150m:	2:17.55 49.31	350m:	5:39.83 51.48	550m:	9:06.00 51.68	750m:	12:31.41 51.39
	200m:	3:07.08 49.53	400m:	6:31.35 51.52	600m:	9:57.67 51.67	800m:	13:18.06 46.65
19.	POLÁKOVÁ, Petra		99	MPK Dolný Kubín		14:16.09	181	
	50m:	40.88 40.88	250m:	4:06.85 53.89	450m:	7:48.72 55.93	650m:	11:32.97 55.75
	100m:	1:29.40 48.52	300m:	5:01.90 55.05	500m:	8:45.08 56.36	700m:	12:30.91 57.94
	150m:	2:20.30 50.90	350m:	5:56.60 54.70	550m:	9:41.35 56.27	750m:	13:27.05 56.14
	200m:	3:12.96 52.66	400m:	6:52.79 56.19	600m:	10:37.22 55.87	800m:	14:16.09 49.04
20.	SEKERÁŠOVÁ, Nina		98	PK Martin		14:35.02	169	
	50m:	42.29 42.29	250m:	4:16.16 55.21	450m:	8:01.99 56.48	650m:	11:52.46 58.36
	100m:	1:32.96 50.67	300m:	5:12.42 56.26	500m:	8:58.96 56.97	700m:	12:48.28 55.82
	150m:	2:26.02 53.06	350m:	6:07.64 55.22	550m:	9:56.40 57.44	750m:	13:43.88 55.60
	200m:	3:20.95 54.93	400m:	7:05.51 57.87	600m:	10:54.10 57.70	800m:	14:35.02 51.14
21.	OLAJCOVÁ, Jarmila		98	PK Martin		15:13.88	149	
	50m:	46.72 46.72	250m:	4:36.97 58.12	450m:	8:28.82 57.79	650m:	12:20.08 58.46
	100m:	1:42.55 55.83	300m:	5:35.17 58.20	500m:	9:26.15 57.33	700m:	13:18.35 58.27
	150m:	2:40.00 57.45	350m:	6:32.77 57.60	550m:	10:24.28 58.13	750m:	14:15.68 57.33
	200m:	3:38.85 58.85	400m:	7:31.03 58.26	600m:	11:21.62 57.34	800m:	15:13.88 58.20
11 - 12 ro .								
1.	BENKOVÁ, Laura		00	Nereus Žilina		10:38.28	437	
	50m:	34.39 34.39	250m:	3:14.46 40.67	450m:	5:57.53 40.81	650m:	8:40.51 40.37
	100m:	1:12.98 38.59	300m:	3:55.66 41.20	500m:	6:38.57 41.04	700m:	9:20.78 40.27
	150m:	1:53.19 40.21	350m:	4:36.31 40.65	550m:	7:19.62 41.05	750m:	10:01.50 40.72
	200m:	2:33.79 40.60	400m:	5:16.72 40.41	600m:	8:00.14 40.52	800m:	10:38.28 36.78

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 1, žia ky, 800m vo ný spôsob, 11 - 12 ro .

por.			Ro .							as	body
2.	JESENSKÁ, Kristína		00	PK Martin						11:00.40	394
	50m:	35.43 35.43	250m:	3:18.40	41.75	450m:	6:08.40	42.38	650m:	8:59.02	42.12
	100m:	1:14.51 39.08	300m:	4:00.51	42.11	500m:	6:51.22	42.82	700m:	9:41.06	42.04
	150m:	1:55.53 41.02	350m:	4:43.40	42.89	550m:	7:34.21	42.99	750m:	10:22.21	41.15
	200m:	2:36.65 41.12	400m:	5:26.02	42.62	600m:	8:16.90	42.69	800m:	11:00.40	38.19
3.	ŽÍDEKOVÁ, Lucia		00	PK Martin						11:35.43	338
	50m:	39.81 39.81	250m:	3:36.52	44.21	450m:	6:35.44	44.36	650m:	9:29.95	43.25
	100m:	1:23.43 43.62	300m:	4:21.31	44.79	500m:	7:19.74	44.30	700m:	10:12.70	42.75
	150m:	2:08.03 44.60	350m:	5:06.29	44.98	550m:	8:03.52	43.78	750m:	10:55.72	43.02
	200m:	2:52.31 44.28	400m:	5:51.08	44.79	600m:	8:46.70	43.18	800m:	11:35.43	39.71
4.	MACHÁLKOVÁ, Petra		00	PK Martin						11:41.96	328
	50m:	40.28 40.28	250m:	3:39.90	43.99	450m:	6:37.90	44.14	650m:	9:35.15	44.10
	100m:	1:25.24 44.96	300m:	4:24.36	44.46	500m:	7:22.59	44.69	700m:	10:18.86	43.71
	150m:	2:10.76 45.52	350m:	5:09.20	44.84	550m:	8:06.05	43.46	750m:	11:02.48	43.62
	200m:	2:55.91 45.15	400m:	5:53.76	44.56	600m:	8:51.05	45.00	800m:	11:41.96	39.48
5.	PEKELSKÁ, Viktória		00	PK Martin						12:16.53	284
	50m:	40.50 40.50	250m:	3:44.33	45.93	450m:	6:50.11	46.78	650m:	10:00.00	47.42
	100m:	1:25.68 45.18	300m:	4:30.78	46.45	500m:	7:37.00	46.89	700m:	10:47.61	47.61
	150m:	2:12.72 47.04	350m:	5:17.36	46.58	550m:	8:24.72	47.72	750m:	11:34.47	46.86
	200m:	2:58.40 45.68	400m:	6:03.33	45.97	600m:	9:12.58	47.86	800m:	12:16.53	42.06
6.	BALOGOVÁ, Nina		00	Nereus Žilina						12:39.29	259
	50m:	40.37 40.37	250m:	3:49.79	48.31	450m:	7:04.28	48.50	650m:	10:20.11	48.90
	100m:	1:26.34 45.97	300m:	4:38.14	48.35	500m:	7:53.08	48.80	700m:	11:09.70	49.59
	150m:	2:13.92 47.58	350m:	5:26.62	48.48	550m:	8:42.62	49.54	750m:	11:57.20	47.50
	200m:	3:01.48 47.56	400m:	6:15.78	49.16	600m:	9:31.21	48.59	800m:	12:39.29	42.09
7.	LONCKOVÁ, Zuzana		01	Nereus Žilina						12:57.89	241
	50m:	40.55 40.55	250m:	3:53.05	48.88	450m:	7:11.07	49.88	650m:	10:30.19	49.80
	100m:	1:26.75 46.20	300m:	4:41.90	48.85	500m:	8:01.09	50.02	700m:	11:19.18	48.99
	150m:	2:15.17 48.42	350m:	5:31.71	49.81	550m:	8:50.54	49.45	750m:	12:08.39	49.21
	200m:	3:04.17 49.00	400m:	6:21.19	49.48	600m:	9:40.39	49.85	800m:	12:57.89	49.50
8.	ZÁBORSKÁ, Miroslava		01	PK Martin						13:04.12	235
	50m:	43.20 43.20	250m:	4:01.66	50.36	450m:	7:25.23	51.61	650m:	10:44.62	49.52
	100m:	1:31.76 48.56	300m:	4:51.51	49.85	500m:	8:16.16	50.93	700m:	11:34.28	49.66
	150m:	2:20.88 49.12	350m:	5:42.81	51.30	550m:	9:07.18	51.02	750m:	12:21.73	47.45
	200m:	3:11.30 50.42	400m:	6:33.62	50.81	600m:	9:55.10	47.92	800m:	13:04.12	42.39
9.	BRIŠKOVÁ, Viktória		00	Nereus Žilina						13:33.12	211
	50m:	41.56 41.56	250m:	4:02.11	53.17	450m:	7:32.92	51.60	650m:	11:03.46	52.15
	100m:	1:28.48 46.92	300m:	4:54.44	52.33	500m:	8:25.76	52.84	700m:	11:57.56	54.10
	150m:	2:18.19 49.71	350m:	5:47.32	52.88	550m:	9:19.29	53.53	750m:	12:50.54	52.98
	200m:	3:08.94 50.75	400m:	6:41.32	54.00	600m:	10:11.31	52.02	800m:	13:33.12	42.58
10.	LICHNEROVÁ, Linda		00	Nereus Žilina						13:47.08	201
	50m:	39.64 39.64	250m:	4:00.36	53.04	450m:	7:32.86	54.32	650m:	11:07.27	53.29
	100m:	1:26.45 46.81	300m:	4:52.63	52.27	500m:	8:27.05	54.19	700m:	12:00.66	53.39
	150m:	2:16.64 50.19	350m:	5:45.82	53.19	550m:	9:19.97	52.92	750m:	12:56.36	55.70
	200m:	3:07.32 50.68	400m:	6:38.54	52.72	600m:	10:13.98	54.01	800m:	13:47.08	50.72
11.	POTAN OKOVÁ, Timea		00	PK Banská Štiavnica						14:34.83	169
	50m:	45.56 45.56	250m:	4:20.84	55.70	450m:	8:09.95	57.92	650m:	11:56.22	56.13
	100m:	1:32.56 47.00	300m:	5:17.61	56.77	500m:	9:04.65	54.70	700m:	12:54.05	57.83
	150m:	2:32.15 59.59	350m:	6:14.35	56.74	550m:	10:02.96	58.31	750m:	13:49.49	55.44
	200m:	3:25.14 52.99	400m:	7:12.03	57.68	600m:	11:00.09	57.13	800m:	14:34.83	45.34

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 2
25.2.12

muži, 800m vo ný spôsob

11 ro . a st.
Výsledky

bodovanie: FINA 2011

por.			Ro .							as	body	
15 ro . a st.												
1.	GAŠPAROVI , Filip		94	Nereus Žilina						9:30.91	468	
	50m:	30.98	30.98	250m:	2:52.47	35.44	450m:	5:17.46	36.03	650m:	7:43.88	36.06
	100m:	1:06.00	35.02	300m:	3:28.14	35.67	500m:	5:54.16	36.70	700m:	8:20.63	36.75
	150m:	1:41.38	35.38	350m:	4:04.68	36.54	550m:	6:30.89	36.73	750m:	8:57.04	36.41
	200m:	2:17.03	35.65	400m:	4:41.43	36.75	600m:	7:07.82	36.93	800m:	9:30.91	33.87
2.	JANTOŠ, Roman		97	PO Ružomberok						9:37.23	453	
	50m:	31.59	31.59	250m:	2:52.18	34.84	450m:	5:18.78	37.03	650m:	7:44.34	37.11
	100m:	1:06.75	35.16	300m:	3:28.06	35.88	500m:	5:55.39	36.61	700m:	8:22.54	38.20
	150m:	1:41.64	34.89	350m:	4:04.70	36.64	550m:	6:31.11	35.72	750m:	9:00.43	37.89
	200m:	2:17.34	35.70	400m:	4:41.75	37.05	600m:	7:07.23	36.12	800m:	9:37.23	36.80
3.	ADAMSKÝ, Marian		94	PK Banská Štiavnica						9:57.86	407	
	50m:	32.18	32.18	250m:	2:54.55	36.35	450m:	5:25.42	38.32	650m:	8:01.29	39.28
	100m:	1:06.29	34.11	300m:	3:31.45	36.90	500m:	6:03.94	38.52	700m:	8:40.41	39.12
	150m:	1:41.98	35.69	350m:	4:09.22	37.77	550m:	6:43.03	39.09	750m:	9:19.04	38.63
	200m:	2:18.20	36.22	400m:	4:47.10	37.88	600m:	7:22.01	38.98	800m:	9:57.86	38.82
4.	PODHORSKÝ, Samuel		96	PK Martin						10:02.18	399	
	50m:	32.32	32.32	250m:	2:59.33	37.71	450m:	5:34.07	39.13	650m:	8:09.72	38.78
	100m:	1:07.43	35.11	300m:	3:37.42	38.09	500m:	6:13.22	39.15	700m:	8:48.56	38.84
	150m:	1:44.28	36.85	350m:	4:16.12	38.70	550m:	6:52.07	38.85	750m:	9:26.46	37.90
	200m:	2:21.62	37.34	400m:	4:54.94	38.82	600m:	7:30.94	38.87	800m:	10:02.18	35.72
5.	ARGALÁŠ, Dušan		76	UMB Banská Bystrica						10:17.12	370	
	50m:	33.18	33.18	250m:	3:02.62	37.92	450m:	5:38.57	39.27	650m:	8:17.87	40.29
	100m:	1:09.93	36.75	300m:	3:40.87	38.25	500m:	6:18.20	39.63	700m:	8:58.67	40.80
	150m:	1:47.18	37.25	350m:	4:19.84	38.97	550m:	6:57.42	39.22	750m:	9:39.06	40.39
	200m:	2:24.70	37.52	400m:	4:59.30	39.46	600m:	7:37.58	40.16	800m:	10:17.12	38.06
6.	MARKOVI , Martin		94	UMB Banská Bystrica						10:31.13	346	
	50m:	33.53	33.53	250m:	3:14.57	40.69	450m:	5:57.08	38.14	650m:	8:36.86	40.16
	100m:	1:11.83	38.30	300m:	3:55.93	41.36	500m:	6:36.69	39.61	700m:	9:16.86	40.00
	150m:	1:52.34	40.51	350m:	4:37.06	41.13	550m:	7:16.17	39.48	750m:	9:55.94	39.08
	200m:	2:33.88	41.54	400m:	5:18.94	41.88	600m:	7:56.70	40.53	800m:	10:31.13	35.19
7.	DUBE , Branislav		97	Nereus Žilina						11:00.32	302	
	50m:	34.13	34.13	250m:	3:16.50	41.19	450m:	6:04.83	42.65	650m:	8:55.28	42.88
	100m:	1:13.46	39.33	300m:	3:59.11	42.61	500m:	6:46.85	42.02	700m:	9:38.17	42.89
	150m:	1:53.98	40.52	350m:	4:41.19	42.08	550m:	7:29.94	43.09	750m:	10:20.29	42.12
	200m:	2:35.31	41.33	400m:	5:22.18	40.99	600m:	8:12.40	42.46	800m:	11:00.32	40.03
8.	SOJKA, Martin		96	Nereus Žilina						11:04.45	297	
	50m:	32.65	32.65	250m:	3:08.15	40.76	450m:	5:56.78	42.61	650m:	8:50.77	43.35
	100m:	1:09.28	36.63	300m:	3:48.83	40.68	500m:	6:39.86	43.08	700m:	9:34.93	44.16
	150m:	1:47.26	37.98	350m:	4:31.40	42.57	550m:	7:23.86	44.00	750m:	10:20.14	45.21
	200m:	2:27.39	40.13	400m:	5:14.17	42.77	600m:	8:07.42	43.56	800m:	11:04.45	44.31
13 - 14 ro .												
1.	ŠTEFÁNIK, Vladimír		98	Nereus Žilina						9:23.52	487	
	50m:	32.08	32.08	250m:	2:53.34	36.06	450m:	5:17.34	36.25	650m:	7:40.84	36.06
	100m:	1:06.50	34.42	300m:	3:28.83	35.49	500m:	5:53.25	35.91	700m:	8:16.68	35.84
	150m:	1:41.91	35.41	350m:	4:04.86	36.03	550m:	6:28.99	35.74	750m:	8:52.56	35.88
	200m:	2:17.28	35.37	400m:	4:41.09	36.23	600m:	7:04.78	35.79	800m:	9:23.52	30.96
2.	GORDÍK, Jakub		98	PK Martin						9:48.93	426	
	50m:	32.62	32.62	250m:	2:57.58	36.98	450m:	5:25.76	37.51	650m:	7:56.86	38.26
	100m:	1:07.80	35.18	300m:	3:34.06	36.48	500m:	6:03.48	37.72	700m:	8:35.01	38.15
	150m:	1:43.98	36.18	350m:	4:10.83	36.77	550m:	6:40.70	37.22	750m:	9:13.37	38.36
	200m:	2:20.60	36.62	400m:	4:48.25	37.42	600m:	7:18.60	37.90	800m:	9:48.93	35.56

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 2, žiaci, 800m vo ný spôsob, 13 - 14 ro .

por.			Ro .							as	body	
3.	ERNEK, Matej		98	PK Banská Štiavnica						10:11.85	380	
	50m:	32.90	32.90	250m:	3:06.62	39.25	450m:	5:43.21	39.18	650m:	8:20.28	38.49
	100m:	1:09.40	36.50	300m:	3:46.27	39.65	500m:	6:22.53	39.32	700m:	8:59.32	39.04
	150m:	1:47.48	38.08	350m:	4:24.70	38.43	550m:	7:01.68	39.15	750m:	9:37.91	38.59
	200m:	2:27.37	39.89	400m:	5:04.03	39.33	600m:	7:41.79	40.11	800m:	10:11.85	33.94
4.	ERNEK, Adam		99	PK Martin						10:23.72	359	
	50m:	34.60	34.60	250m:	3:09.73	39.41	450m:	5:47.30	39.69	650m:	8:28.43	40.08
	100m:	1:12.59	37.99	300m:	3:49.04	39.31	500m:	6:27.91	40.61	700m:	9:08.36	39.93
	150m:	1:51.00	38.41	350m:	4:28.02	38.98	550m:	7:07.68	39.77	750m:	9:47.66	39.30
	200m:	2:30.32	39.32	400m:	5:07.61	39.59	600m:	7:48.35	40.67	800m:	10:23.72	36.06
5.	BARTÁKY, David		99	Nereus Žilina						10:24.97	357	
	50m:	33.96	33.96	250m:	3:07.74	39.63	450m:	5:46.36	40.28	650m:	8:27.49	40.41
	100m:	1:11.02	37.06	300m:	3:46.96	39.22	500m:	6:26.77	40.41	700m:	9:07.27	39.78
	150m:	1:49.39	38.37	350m:	4:26.58	39.62	550m:	7:07.08	40.31	750m:	9:46.89	39.62
	200m:	2:28.11	38.72	400m:	5:06.08	39.50	600m:	7:47.08	40.00	800m:	10:24.97	38.08
6.	FOJTÍK, Matej		99	PK Martin						10:34.22	341	
	50m:	33.88	33.88	250m:	3:10.05	39.20	450m:	5:51.94	41.50	650m:	8:36.29	41.23
	100m:	1:12.01	38.13	300m:	3:49.92	39.87	500m:	6:33.32	41.38	700m:	9:17.49	41.20
	150m:	1:50.83	38.82	350m:	4:29.72	39.80	550m:	7:15.11	41.79	750m:	9:57.20	39.71
	200m:	2:30.85	40.02	400m:	5:10.44	40.72	600m:	7:55.06	39.95	800m:	10:34.22	37.02
7.	VOJTEK, Jakub		98	PK Martin						10:52.90	313	
	50m:	34.34	34.34	250m:	3:14.37	40.66	450m:	6:00.49	42.28	650m:	8:50.18	42.25
	100m:	1:13.27	38.93	300m:	3:55.46	41.09	500m:	6:43.46	42.97	700m:	9:31.84	41.66
	150m:	1:52.99	39.72	350m:	4:37.02	41.56	550m:	7:25.52	42.06	750m:	10:13.59	41.75
	200m:	2:33.71	40.72	400m:	5:18.21	41.19	600m:	8:07.93	42.41	800m:	10:52.90	39.31
8.	HUSÁR, Juraj		98	PK Rimavská Sobota						11:20.82	276	
	50m:	34.20	34.20	250m:	3:18.34	42.80	450m:	6:14.44	44.29	650m:	9:12.42	44.40
	100m:	1:13.43	39.23	300m:	4:01.45	43.11	500m:	6:59.19	44.75	700m:	9:56.39	43.97
	150m:	1:54.08	40.65	350m:	4:46.13	44.68	550m:	7:43.59	44.40	750m:	10:39.42	43.03
	200m:	2:35.54	41.46	400m:	5:30.15	44.02	600m:	8:28.02	44.43	800m:	11:20.82	41.40
9.	MELICHER, Sebastian		99	Nereus Žilina						11:53.39	240	
	50m:	35.51	35.51	250m:	3:31.41	45.61	450m:	6:32.45	44.80	650m:	9:37.92	46.03
	100m:	1:17.19	41.68	300m:	4:17.03	45.62	500m:	7:19.14	46.69	700m:	10:24.72	46.80
	150m:	2:01.20	44.01	350m:	5:02.35	45.32	550m:	8:05.91	46.77	750m:	11:11.12	46.40
	200m:	2:45.80	44.60	400m:	5:47.65	45.30	600m:	8:51.89	45.98	800m:	11:53.39	42.27
10.	FILGAS, Juraj		99	PK Martin						12:31.30	205	
	50m:	37.68	37.68	250m:	3:39.43	47.31	450m:	6:52.91	48.64	650m:	10:11.81	51.05
	100m:	1:20.31	42.63	300m:	4:27.39	47.96	500m:	7:41.15	48.24	700m:	11:01.40	49.59
	150m:	2:06.23	45.92	350m:	5:16.05	48.66	550m:	8:31.29	50.14	750m:	11:49.82	48.42
	200m:	2:52.12	45.89	400m:	6:04.27	48.22	600m:	9:20.76	49.47	800m:	12:31.30	41.48
11.	VOJTEK, Miloš		98	Nereus Žilina						12:42.35	196	
	50m:	37.18	37.18	250m:	3:36.23	46.86	450m:	6:57.81	52.27	650m:	10:22.72	51.74
	100m:	1:19.56	42.38	300m:	4:25.27	49.04	500m:	7:50.62	52.81	700m:	11:12.91	50.19
	150m:	2:03.57	44.01	350m:	5:15.58	50.31	550m:	8:41.83	51.21	750m:	12:01.38	48.47
	200m:	2:49.37	45.80	400m:	6:05.54	49.96	600m:	9:30.98	49.15	800m:	12:42.35	40.97
12.	VOJT, Jakub		98	PK Martin						13:03.46	181	
	50m:	36.71	36.71	250m:	3:47.78	49.96	450m:	7:11.34	51.76	650m:	10:36.17	50.89
	100m:	1:20.97	44.26	300m:	4:37.74	49.96	500m:	8:03.82	52.48	700m:	11:26.20	50.03
	150m:	2:08.49	47.52	350m:	4:28.50		550m:	8:54.36	50.54	750m:	12:17.20	51.00
	200m:	2:57.82	49.33	400m:	6:19.58	1:51.08	600m:	9:45.28	50.92	800m:	13:03.46	46.26
13.	HUDEC, Matúš		99	Nereus Žilina						14:18.53	137	
	50m:	41.36	41.36	250m:	4:16.22	55.18	450m:	7:56.91	54.90	650m:	11:36.44	50.12
	100m:	1:32.76	51.40	300m:	5:11.57	55.35	500m:	8:50.70	53.79	700m:	12:33.12	56.68
	150m:	2:27.07	54.31	350m:	6:07.09	55.52	550m:	9:45.72	55.02	750m:	13:25.76	52.64
	200m:	3:21.04	53.97	400m:	7:02.01	54.92	600m:	10:46.32	1:00.60	800m:	14:18.53	52.77
14.	GA A, Filip		99	Nereus Žilina						14:19.64	137	
	50m:	42.58	42.58	250m:	4:15.07	53.25	450m:	7:56.57	55.35	650m:	11:37.64	55.92
	100m:	1:33.77	51.19	300m:	5:11.79	56.72	500m:	8:51.98	55.41	700m:	12:34.28	56.64
	150m:	2:27.62	53.85	350m:	6:09.48	57.69	550m:	9:46.30	54.32	750m:	13:30.00	55.72
	200m:	3:21.82	54.20	400m:	7:01.22	51.74	600m:	10:41.72	55.42	800m:	14:19.64	49.64

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 2, žiaci, 800m vo ný spôsob, 13 - 14 ro .

por.			Ro .				as				body	
15.	LI KO, Matej		99				PK Martin				14:53.76	122
	50m:	42.80	42.80	250m:	4:21.26	55.69	450m:	8:11.19	57.61	650m:	12:02.99	58.20
	100m:	1:35.35	52.55	300m:	5:18.66	57.40	500m:	9:08.70	57.51	700m:	13:01.71	58.72
	150m:	2:29.75	54.40	350m:	6:15.77	57.11	550m:	10:07.08	58.38	750m:	13:59.67	57.96
	200m:	3:25.57	55.82	400m:	7:13.58	57.81	600m:	11:04.79	57.71	800m:	14:53.76	54.09

11 - 12 ro .

1.	HRABOVSKÝ, Adam		00				PK Martin				10:38.89	334
	50m:	34.39	34.39	250m:	3:13.61	40.45	450m:	5:56.44	41.00	650m:	8:40.51	41.25
	100m:	1:12.85	38.46	300m:	3:53.67	40.06	500m:	6:37.47	41.03	700m:	9:21.36	40.85
	150m:	1:52.77	39.92	350m:	4:34.40	40.73	550m:	7:18.58	41.11	750m:	10:00.90	39.54
	200m:	2:33.16	40.39	400m:	5:15.44	41.04	600m:	7:59.26	40.68	800m:	10:38.89	37.99
2.	SUCHOMEL, Kristián		00				Nereus Žilina				10:55.16	310
	50m:	34.28	34.28	250m:	3:20.36	41.95	450m:	6:07.29	42.07	650m:	8:54.31	41.90
	100m:	1:14.81	40.53	300m:	4:02.27	41.91	500m:	6:49.16	41.87	700m:	9:36.09	41.78
	150m:	1:56.72	41.91	350m:	4:43.47	41.20	550m:	7:31.08	41.92	750m:	10:17.68	41.59
	200m:	2:38.41	41.69	400m:	5:25.22	41.75	600m:	8:12.41	41.33	800m:	10:55.16	37.48
3.	ERNEK, Šimon		00				PK Banská Štiavnica				11:26.14	269
	50m:	37.69	37.69	250m:	3:31.94	43.92	450m:	6:28.31	44.50	650m:	9:23.72	42.36
	100m:	1:20.98	43.29	300m:	4:16.20	44.26	500m:	7:12.24	43.93	700m:	10:07.20	43.48
	150m:	2:05.34	44.36	350m:	4:59.18	42.98	550m:	7:57.90	45.66	750m:	10:47.91	40.71
	200m:	2:48.02	42.68	400m:	5:43.81	44.63	600m:	8:41.36	43.46	800m:	11:26.14	38.23
4.	KRAUS, Martin		00				PK Martin				11:33.56	261
	50m:	36.53	36.53	250m:	3:30.75	42.40	450m:	6:29.89	44.99	650m:	9:25.33	42.71
	100m:	1:19.80	43.27	300m:	4:16.04	45.29	500m:	7:14.12	44.23	700m:	10:09.90	44.57
	150m:	2:03.62	43.82	350m:	5:00.24	44.20	550m:	7:58.46	44.34	750m:	10:51.23	41.33
	200m:	2:48.35	44.73	400m:	5:44.90	44.66	600m:	8:42.62	44.16	800m:	11:33.56	42.33
5.	HUSÁR, Jakub		01				PK Rimavská Sobota				11:52.50	241
	50m:	37.06	37.06	250m:	3:34.20	45.10	450m:	6:39.62	46.03	650m:	9:44.68	47.36
	100m:	1:20.01	42.95	300m:	4:20.82	46.62	500m:	7:25.81	46.19	700m:	10:29.76	45.08
	150m:	2:03.39	43.38	350m:	5:07.66	46.84	550m:	8:12.28	46.47	750m:	11:12.76	43.00
	200m:	2:49.10	45.71	400m:	5:53.59	45.93	600m:	8:57.32	45.04	800m:	11:52.50	39.74
6.	MICHLÍK, Daniel		00				Nereus Žilina				11:54.00	239
	50m:	37.41	37.41	250m:	3:38.25	46.16	450m:	6:41.09	44.16	650m:	9:46.34	47.22
	100m:	1:21.32	43.91	300m:	4:24.00	45.75	500m:	7:27.70	46.61	700m:	10:30.50	44.16
	150m:	2:05.93	44.61	350m:	5:11.21	47.21	550m:	8:12.75	45.05	750m:	11:14.44	43.94
	200m:	2:52.09	46.16	400m:	5:56.93	45.72	600m:	8:59.12	46.37	800m:	11:54.00	39.56
7.	ZAVARSKÝ, Tomáš		00				PK Martin				11:54.74	238
	50m:	36.68	36.68	250m:	3:32.30	44.98	450m:	6:35.64	46.01	650m:	9:39.16	46.23
	100m:	1:18.99	42.31	300m:	4:17.07	44.77	500m:	7:21.41	45.77	700m:	10:24.38	45.22
	150m:	2:02.44	43.45	350m:	5:02.76	45.69	550m:	8:05.96	44.55	750m:	11:09.87	45.49
	200m:	2:47.32	44.88	400m:	5:49.63	46.87	600m:	8:52.93	46.97	800m:	11:54.74	44.87
8.	HÁLKA, Samuel		00				Nereus Žilina				12:20.15	215
	50m:	37.40	37.40	250m:	3:40.65	47.16	450m:	6:51.09	48.00	650m:	10:02.34	48.32
	100m:	1:21.68	44.28	300m:	4:27.99	47.34	500m:	7:38.67	47.58	700m:	10:48.90	46.56
	150m:	2:08.37	46.69	350m:	5:16.06	48.07	550m:	8:25.96	47.29	750m:	11:36.42	47.52
	200m:	2:53.49	45.12	400m:	6:03.09	47.03	600m:	9:14.02	48.06	800m:	12:20.15	43.73
9.	ŠEBO, Filip Florián		01				MPK Dolný Kubín				14:01.59	146
	50m:	40.36	40.36	250m:	4:12.23	56.35	450m:	7:53.84	55.98	650m:	11:31.28	54.63
	100m:	1:29.62	49.26	300m:	5:06.41	54.18	500m:	8:50.07	56.23	700m:	12:26.27	54.99
	150m:	2:23.58	53.96	350m:	6:02.95	56.54	550m:	9:43.67	53.60	750m:	13:19.97	53.70
	200m:	3:15.88	52.30	400m:	6:57.86	54.91	600m:	10:36.65	52.98	800m:	14:01.59	41.62
10.	SOJKA, Tomáš		00				Nereus Žilina				14:04.36	144
	50m:	40.09	40.09	250m:	4:12.29	53.39	450m:	7:50.69	56.14	650m:	11:28.08	55.38
	100m:	1:33.68	53.59	300m:	5:07.10	54.81	500m:	8:44.17	53.48	700m:	12:22.27	54.19
	150m:	2:20.22	46.54	350m:	6:01.45	54.35	550m:	9:38.77	54.60	750m:	13:16.98	54.71
	200m:	3:18.90	58.68	400m:	6:54.55	53.10	600m:	10:32.70	53.93	800m:	14:04.36	47.38

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 2, žiaci, 800m vo ný spôsob, 11 - 12 ro .

por.			Ro .			as	body	
11.	ŠEV ÍK, Matúš		00	MPK Dolný Kubín		14:21.88	136	
	50m:	42.90 42.90	250m:	4:17.83 54.41	450m:	8:01.04 56.23	650m:	11:42.93 55.01
	100m:	1:34.50 51.60	300m:	5:13.32 55.49	500m:	8:57.12 56.08	700m:	12:38.10 55.17
	150m:	2:29.01 54.51	350m:	6:09.03 55.71	550m:	9:52.51 55.39	750m:	13:31.26 53.16
	200m:	3:23.42 54.41	400m:	7:04.81 55.78	600m:	10:47.92 55.41	800m:	14:21.88 50.62

disciplína 3
25.2.12

ženy, 400m vo ný spôsob

11 ro . a st.
Výsledky

bodovanie: FINA 2011

por.			Ro .			as	body	
15 ro . a st.								
1.	POLJAKOVÁ, Hana		96	PK Rimavská Sobota		5:05.50	454	
	50m:	33.12 33.12	150m:	1:48.99 38.54	250m:	3:07.43 39.52	350m:	4:27.36 40.16
	100m:	1:10.45 37.33	200m:	2:27.91 38.92	300m:	3:47.20 39.77	400m:	5:05.50 38.14
2.	GREXOVÁ, Martina		95	FLIPPER Brezno		5:29.89	361	
	50m:	36.28 36.28	150m:	1:59.04 42.02	250m:	3:24.74 43.02	350m:	4:51.43 43.10
	100m:	1:17.02 40.74	200m:	2:41.72 42.68	300m:	4:08.33 43.59	400m:	5:29.89 38.46
3.	ZANOVITOVÁ, Lenka		96	PK Martin		5:31.02	357	
	50m:	36.18 36.18	150m:	1:57.92 41.51	250m:	3:24.03 43.47	350m:	4:50.83 42.68
	100m:	1:16.41 40.23	200m:	2:40.56 42.64	300m:	4:08.15 44.12	400m:	5:31.02 40.19
4.	CHUDÍKOVÁ, Simona		96	FLIPPER Brezno		5:43.29	320	
	50m:	36.83 36.83	150m:	2:02.26 43.90	250m:	3:31.79 44.91	350m:	5:01.14 44.35
	100m:	1:18.36 41.53	200m:	2:46.88 44.62	300m:	4:16.79 45.00	400m:	5:43.29 42.15
5.	BARTÁKOVÁ, Barbora		97	PK Martin		5:46.28	312	
	50m:	38.26 38.26	150m:	2:05.16 44.00	250m:	3:35.29 45.03	350m:	5:05.26 45.17
	100m:	1:21.16 42.90	200m:	2:50.26 45.10	300m:	4:20.09 44.80	400m:	5:46.28 41.02
6.	ŠKROVINOVÁ, Lucia		95	Nereus Žilina		5:49.10	304	
	50m:	36.24 36.24	150m:	2:01.95 44.01	250m:	3:32.78 45.85	350m:	5:05.22 46.52
	100m:	1:17.94 41.70	200m:	2:46.93 44.98	300m:	4:18.70 45.92	400m:	5:49.10 43.88
7.	VAJDOVÁ, Michaela		96	PK Martin		5:59.29	279	
	50m:	38.64 38.64	150m:	2:06.74 44.87	250m:	3:38.44 45.72	350m:	5:13.22 47.37
	100m:	1:21.87 43.23	200m:	2:52.72 45.98	300m:	4:25.85 47.41	400m:	5:59.29 46.07
8.	MICHNÁ OVÁ, Lucienne		97	PK Martin		6:06.71	262	
	50m:	38.96 38.96	150m:	2:09.53 46.52	250m:	3:45.84 48.02	350m:	5:21.04 47.24
	100m:	1:23.01 44.05	200m:	2:57.82 48.29	300m:	4:33.80 47.96	400m:	6:06.71 45.67
9.	O HOVÁ, Hana		97	PK Martin		6:14.81	246	
	50m:	39.39 39.39	150m:	2:12.78 48.28	250m:	3:49.81 48.75	350m:	5:27.50 48.96
	100m:	2:35.64 1:56.25	200m:	3:01.06 48.28	300m:	4:38.54 48.73	400m:	6:14.81 47.31

13 - 14 ro .

1.	MIŽÚROVÁ, Patrícia		99	PK Martin		4:55.10	504	
	50m:	31.93 31.93	150m:	1:45.28 37.68	250m:	3:01.31 37.96	350m:	4:18.45 38.79
	100m:	1:07.60 35.67	200m:	2:23.35 38.07	300m:	3:39.66 38.35	400m:	4:55.10 36.65
2.	PERINAJOVÁ, Barbora		98	PK Martin		5:11.61	428	
	50m:	34.11 34.11	150m:	1:50.85 39.05	250m:	3:11.30 40.06	350m:	4:32.10 40.31
	100m:	1:11.80 37.69	200m:	2:31.24 40.39	300m:	3:51.79 40.49	400m:	5:11.61 39.51
3.	ANEŠTÍKOVÁ, Katarína		99	FLIPPER Brezno		5:20.94	392	
	50m:	35.26 35.26	150m:	1:53.76 39.95	250m:	3:16.05 40.68	350m:	4:39.51 42.03
	100m:	1:13.81 38.55	200m:	2:35.37 41.61	300m:	3:57.48 41.43	400m:	5:20.94 41.43
4.	LIETAVOVÁ, Veronika		98	PK Martin		5:22.15	387	
	50m:	33.80 33.80	150m:	1:53.24 40.70	250m:	3:15.98 41.84	350m:	4:40.04 42.21
	100m:	1:12.54 38.74	200m:	2:34.14 40.90	300m:	3:57.83 41.85	400m:	5:22.15 42.11

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 3, žia ky, 400m vo ný spôsob, 13 - 14 ro .

por.			Ro .					as	body		
5.	MATULOVÁ, Natália		98	PK Martin				5:32.41	352		
	50m:	37.75 37.75	150m:	2:00.61	41.93	250m:	3:25.40	42.44	350m:	4:50.64	42.33
	100m:	1:18.68 40.93	200m:	2:42.96	42.35	300m:	4:08.31	42.91	400m:	5:32.41	41.77
6.	REPKOVÁ, Kristína		99	PK Rimavská Sobota				5:48.21	307		
	50m:	38.76 38.76	150m:	2:07.21	45.00	250m:	3:36.60	44.70	350m:	5:06.49	44.60
	100m:	1:22.21 43.45	200m:	2:51.90	44.69	300m:	4:21.89	45.29	400m:	5:48.21	41.72
7.	TIMKOVÁ, Kristína		99	Nereus Žilina				6:03.58	269		
	50m:	38.08 38.08	150m:	2:08.68	45.62	250m:	3:43.51	47.85	350m:	5:17.74	47.17
	100m:	1:23.06 44.98	200m:	2:55.66	46.98	300m:	4:30.57	47.06	400m:	6:03.58	45.84
8.	JACKULÍKOVÁ, Pavla		99	MPK Dolný Kubín				6:08.38	259		
	50m:	40.64 40.64	150m:	2:16.21	47.88	250m:	3:51.26	47.25	350m:	5:24.71	46.58
	100m:	1:28.33 47.69	200m:	3:04.01	47.80	300m:	4:38.13	46.87	400m:	6:08.38	43.67
9.	LILGE, Laura		98	PK Martin				6:14.65	246		
	50m:	40.41 40.41	150m:	2:16.82	49.10	250m:	3:56.66	50.98	350m:	5:28.32	47.39
	100m:	1:27.72 47.31	200m:	3:05.68	48.86	300m:	4:40.93	44.27	400m:	6:14.65	46.33
10.	FRIMMOVÁ, Eva		98	PK Martin				6:19.00	238		
	50m:	41.28 41.28	150m:	2:15.79	48.14	250m:	3:52.84	48.49	350m:	5:29.94	49.24
	100m:	1:27.65 46.37	200m:	3:04.35	48.56	300m:	4:40.70	47.86	400m:	6:19.00	49.06
11.	SEKERÁŠOVÁ, Nina		98	PK Martin				7:04.62	169		
	50m:	43.39 43.39	150m:	2:29.16	54.07	250m:	4:18.53	55.33	350m:	6:10.83	55.85
	100m:	1:35.09 51.70	200m:	3:23.20	54.04	300m:	5:14.98	56.45	400m:	7:04.62	53.79
12.	OLAJCOVÁ, Jarmila		98	PK Martin				7:19.28	152		
	50m:	47.05 47.05	150m:	2:39.74	56.63	250m:	4:31.11	55.87	350m:	6:23.99	55.47
	100m:	1:43.11 56.06	200m:	3:35.24	55.50	300m:	5:28.52	57.41	400m:	7:19.28	55.29

11 - 12 ro .

1.	BENKOVÁ, Laura		00	Nereus Žilina				5:07.58	445		
	50m:	33.30 33.30	150m:	1:50.26	39.29	250m:	3:10.13	40.22	350m:	4:30.17	39.84
	100m:	1:10.97 37.67	200m:	2:29.91	39.65	300m:	3:50.33	40.20	400m:	5:07.58	37.41
2.	JESENSKÁ, Kristína		00	PK Martin				5:10.28	434		
	50m:	34.92 34.92	150m:	1:51.95	39.19	250m:	3:11.90	40.01	350m:	4:32.00	40.64
	100m:	1:12.76 37.84	200m:	2:31.89	39.94	300m:	3:51.36	39.46	400m:	5:10.28	38.28
3.	MACHÁLKOVÁ, Petra		00	PK Martin				5:36.59	339		
	50m:	36.92 36.92	150m:	2:01.33	42.60	250m:	3:29.27	44.13	350m:	4:55.70	43.06
	100m:	1:18.73 41.81	200m:	2:45.14	43.81	300m:	4:12.64	43.37	400m:	5:36.59	40.89
4.	BALOGOVÁ, Nina		00	Nereus Žilina				5:54.06	292		
	50m:	39.13 39.13	150m:	2:09.18	45.54	250m:	3:40.57	46.03	350m:	5:12.30	45.87
	100m:	1:23.64 44.51	200m:	2:54.54	45.36	300m:	4:26.43	45.86	400m:	5:54.06	41.76
5.	ŽÍDEKOVÁ, Lucia		00	PK Martin				5:55.80	287		
	50m:	39.58 39.58	150m:	2:08.50	44.70	250m:	3:39.43	45.47	350m:	5:11.31	45.81
	100m:	1:23.80 44.22	200m:	2:53.96	45.46	300m:	4:25.50	46.07	400m:	5:55.80	44.49
6.	PEKELSKÁ, Viktória		00	PK Martin				6:01.18	275		
	50m:	40.43 40.43	150m:	2:09.40	45.09	250m:	3:41.62	46.75	350m:	5:16.09	47.85
	100m:	1:24.31 43.88	200m:	2:54.87	45.47	300m:	4:28.24	46.62	400m:	6:01.18	45.09
7.	LONCKOVÁ, Zuzana		01	Nereus Žilina				6:11.58	252		
	50m:	39.82 39.82	150m:	2:11.91	47.00	250m:	3:48.22	48.60	350m:	5:25.42	48.24
	100m:	1:24.91 45.09	200m:	2:59.62	47.71	300m:	4:37.18	48.96	400m:	6:11.58	46.16
8.	ZÁBORSKÁ, Miroslava		01	PK Martin				6:21.83	232		
	50m:	42.06 42.06	150m:	2:19.66	49.68	250m:	3:58.26	49.33	350m:	5:35.85	48.38
	100m:	1:29.98 47.92	200m:	3:08.93	49.27	300m:	4:47.47	49.21	400m:	6:21.83	45.98
9.	BRIŠKOVÁ, Viktória		00	Nereus Žilina				6:26.51	224		
	50m:	40.71 40.71	150m:	2:17.18	49.23	250m:	3:58.80	50.80	350m:	5:43.05	51.72
	100m:	1:27.95 47.24	200m:	3:08.00	50.82	300m:	4:51.33	52.53	400m:	6:26.51	43.46

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 3, žia ky, 400m vo ný spôsob, 11 - 12 ro .

por.	Ro .								as	body		
10.	LICHNEROVÁ, Linda		00	Nereus Žilina						6:42.89	198	
	50m:	40.75	150m:	2:22.22	50.96	250m:	4:06.12	51.98	350m:	5:50.56	52.66	
	100m:	1:31.26	50.51	200m:	3:14.14	51.92	300m:	4:57.90	51.78	400m:	6:42.89	52.33
11.	LUKÁ OVÁ, So a		00	Nereus Žilina						7:01.79	172	
	50m:	42.12	150m:	2:24.06	51.90	250m:	4:13.72	54.87	350m:	6:05.52	56.06	
	100m:	1:32.16	50.04	200m:	3:18.85	54.79	300m:	5:09.46	55.74	400m:	7:01.79	56.27
12.	URINÍKOVÁ, Alexandra		00	Nereus Žilina						7:19.66	152	
	50m:	44.86	150m:	2:33.64	55.62	250m:	4:30.24	58.70	350m:	6:26.56	57.75	
	100m:	1:38.02	53.16	200m:	3:31.54	57.90	300m:	5:28.81	58.57	400m:	7:19.66	53.10

disciplína 4
25.2.12

muži, 400m vo ný spôsob

11 ro . a st.
Výsledky

bodovanie: FINA 2011

por.	Ro .								as	body		
15 ro . a st.												
1.	ADAMSKÝ, Marian		94	PK Banská Štiavnica						4:34.35	466	
	50m:	30.28	150m:	1:37.12	33.86	250m:	2:47.66	35.58	350m:	4:00.05	36.17	
	100m:	1:03.26	32.98	200m:	2:12.08	34.96	300m:	3:23.88	36.22	400m:	4:34.35	34.30
2.	GAŠPAROVI , Filip		94	Nereus Žilina						4:34.39	466	
	50m:	30.51	150m:	1:39.89	35.04	250m:	2:50.20	35.00	350m:	4:01.41	35.40	
	100m:	1:04.85	34.34	200m:	2:15.20	35.31	300m:	3:26.01	35.81	400m:	4:34.39	32.98
3.	PODHORSKÝ, Samuel		96	PK Martin						4:42.45	427	
	50m:	32.12	150m:	1:41.90	35.50	250m:	2:53.78	36.23	350m:	4:06.90	36.53	
	100m:	1:06.40	34.28	200m:	2:17.55	35.65	300m:	3:30.37	36.59	400m:	4:42.45	35.55
4.	JANTOŠ, Roman		97	PO Ružomberok						4:45.93	412	
	50m:	31.84	150m:	1:42.96	35.72	250m:	2:55.91	36.47	350m:	4:09.47	36.79	
	100m:	1:07.24	35.40	200m:	2:19.44	36.48	300m:	3:32.68	36.77	400m:	4:45.93	36.46

13 - 14 ro .

1.	GORDÍK, Jakub		98	PK Martin						4:45.41	414	
	50m:	31.44	150m:	1:42.89	36.15	250m:	2:57.50	37.39	350m:	4:10.71	36.50	
	100m:	1:06.74	35.30	200m:	2:20.11	37.22	300m:	3:34.21	36.71	400m:	4:45.41	34.70
2.	ERNEK, Adam		99	PK Martin						5:05.88	336	
	50m:	34.74	150m:	1:51.72	38.98	250m:	3:09.80	38.88	350m:	4:28.86	39.69	
	100m:	1:12.74	38.00	200m:	2:30.92	39.20	300m:	3:49.17	39.37	400m:	5:05.88	37.02
3.	FOJTÍK, Matej		99	PK Martin						5:08.52	328	
	50m:	35.03	150m:	1:53.12	39.16	250m:	3:11.88	39.16	350m:	4:31.31	39.69	
	100m:	1:13.96	38.93	200m:	2:32.72	39.60	300m:	3:51.62	39.74	400m:	5:08.52	37.21
4.	VOJTEK, Jakub		98	PK Martin						5:18.06	299	
	50m:	34.12	150m:	1:53.93	40.17	250m:	3:15.97	40.89	350m:	4:38.65	41.55	
	100m:	1:13.76	39.64	200m:	2:35.08	41.15	300m:	3:57.10	41.13	400m:	5:18.06	39.41
5.	HUSÁR, Juraj		98	PK Rimavská Sobota						5:22.00	288	
	50m:	33.96	150m:	1:53.51	40.60	250m:	3:16.90	42.34	350m:	4:42.29	42.78	
	100m:	1:12.91	38.95	200m:	2:34.56	41.05	300m:	3:59.51	42.61	400m:	5:22.00	39.71
6.	KUŽMA, Jakub		99	Nereus Žilina						5:29.18	270	
	50m:	35.55	150m:	1:59.34	43.15	250m:	3:24.88	42.97	350m:	4:48.67	41.68	
	100m:	1:16.19	40.64	200m:	2:41.91	42.57	300m:	4:06.99	42.11	400m:	5:29.18	40.51
7.	MELICHER, Sebastian		99	Nereus Žilina						5:47.27	230	
	50m:	36.04	150m:	2:05.65	45.29	250m:	3:36.31	44.05	350m:	5:05.29	44.38	
	100m:	1:20.36	44.32	200m:	2:52.26	46.61	300m:	4:20.91	44.60	400m:	5:47.27	41.98

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 4, žiaci, 400m vo ný spôsob, 13 - 14 ro .

por.			Ro .					as	body
8.	FILGAS, Juraj		99	PK Martin				5:47.54	229
	50m:	37.01 37.01	150m:	2:05.64 45.93	250m:	3:37.21 45.60	350m:	5:06.93 44.04	
	100m:	1:19.71 42.70	200m:	2:51.61 45.97	300m:	4:22.89 45.68	400m:	5:47.54 40.61	
9.	ANTALEC, Lukáš		98	UMB Banská Bystrica				6:08.14	193
	50m:	39.41 39.41	150m:	2:13.70 47.16	250m:	3:50.62 48.60	350m:	5:25.13 46.70	
	100m:	1:26.54 47.13	200m:	3:02.02 48.32	300m:	4:38.43 47.81	400m:	6:08.14 43.01	
10.	VOJT, Jakub		98	PK Martin				6:08.92	191
	50m:	37.04 37.04	150m:	2:07.97 47.00	250m:	3:46.59 50.11	350m:	5:22.24 47.42	
	100m:	1:20.97 43.93	200m:	2:56.48 48.51	300m:	4:34.82 48.23	400m:	6:08.92 46.68	
11.	HUDEC, Matúš		99	Nereus Žilina				6:51.68	138
	50m:	40.34 40.34	150m:	2:23.65 52.15	250m:	4:11.74 55.29	350m:	6:00.74 54.28	
	100m:	1:31.50 51.16	200m:	3:16.45 52.80	300m:	5:06.46 54.72	400m:	6:51.68 50.94	
12.	LI KO, Matej		99	PK Martin				7:10.25	120
	50m:	42.77 42.77	150m:	2:30.08 54.25	250m:	4:23.43 56.79	350m:	6:17.08 57.09	
	100m:	1:35.83 53.06	200m:	3:26.64 56.56	300m:	5:19.99 56.56	400m:	7:10.25 53.17	

11 - 12 ro .

1.	HRABOVSKÝ, Adam		00	PK Martin				5:12.19	316
	50m:	35.58 35.58	150m:	1:53.80 39.81	250m:	3:14.11 40.15	350m:	4:35.17 40.71	
	100m:	1:13.99 38.41	200m:	2:33.96 40.16	300m:	3:54.46 40.35	400m:	5:12.19 37.02	
2.	SUCHOMEL, Kristián		00	Nereus Žilina				5:21.82	288
	50m:	34.50 34.50	150m:	1:55.54 41.30	250m:	3:18.96 41.98	350m:	4:42.16 41.62	
	100m:	1:14.24 39.74	200m:	2:36.98 41.44	300m:	4:00.54 41.58	400m:	5:21.82 39.66	
3.	ZAVARSKÝ, Tomáš		00	PK Martin				5:34.98	256
	50m:	37.47 37.47	150m:	2:03.79 43.50	250m:	3:29.84 43.02	350m:	4:56.48 42.77	
	100m:	1:20.29 42.82	200m:	2:46.82 43.03	300m:	4:13.71 43.87	400m:	5:34.98 38.50	
4.	HUSÁR, Jakub		01	PK Rimavská Sobota				5:35.61	254
	50m:	37.57 37.57	150m:	2:03.67 43.96	250m:	3:30.05 42.65	350m:	4:57.07 43.27	
	100m:	1:19.71 42.14	200m:	2:47.40 43.73	300m:	4:13.80 43.75	400m:	5:35.61 38.54	
5.	KRAUS, Martin		00	PK Martin				5:47.18	230
	50m:	37.52 37.52	150m:	2:05.47 44.27	250m:	3:34.12 45.24	350m:	5:04.28 44.34	
	100m:	1:21.20 43.68	200m:	2:48.88 43.41	300m:	4:19.94 45.82	400m:	5:47.18 42.90	
6.	MICHLÍK, Daniel		00	Nereus Žilina				5:47.28	229
	50m:	37.64 37.64	150m:	2:05.45 44.65	250m:	3:37.18 46.07	350m:	5:06.70 44.84	
	100m:	1:20.80 43.16	200m:	2:51.11 45.66	300m:	4:21.86 44.68	400m:	5:47.28 40.58	
7.	HÁLKA, Samuel		00	Nereus Žilina				6:05.14	197
	50m:	39.92 39.92	150m:	2:14.86 48.17	250m:	3:51.64 49.05	350m:	5:20.16 43.52	
	100m:	1:26.69 46.77	200m:	3:02.59 47.73	300m:	4:36.64 45.00	400m:	6:05.14 44.98	
8.	ADAMOV, Jakub		01	UMB Banská Bystrica				6:19.36	176
	50m:	41.33 41.33	150m:	2:17.78 49.30	250m:	3:57.71 50.17	350m:	5:36.53 48.67	
	100m:	1:28.48 47.15	200m:	3:07.54 49.76	300m:	4:47.86 50.15	400m:	6:19.36 42.83	
9.	ŠABÍK, Patrik		01	Žabka adca				6:38.70	151
	50m:	41.84 41.84	150m:	2:23.81 51.26	250m:	4:09.96 52.93	350m:	5:52.76 48.70	
	100m:	1:32.55 50.71	200m:	3:17.03 53.22	300m:	5:04.06 54.10	400m:	6:38.70 45.94	
10.	SOJKA, Tomáš		00	Nereus Žilina				6:52.06	137
	50m:	40.92 40.92	150m:	2:23.44 51.59	250m:	4:11.04 53.65	350m:	5:59.42 54.73	
	100m:	1:31.85 50.93	200m:	3:17.39 53.95	300m:	5:04.69 53.65	400m:	6:52.06 52.64	
11.	FORBAK, Marco		00	Nereus Žilina				7:05.30	125
	50m:	42.85 42.85	150m:	2:29.34 54.02	250m:	4:17.58 55.48	350m:	6:06.66 54.97	
	100m:	1:35.32 52.47	200m:	3:22.10 52.76	300m:	5:11.69 54.11	400m:	7:05.30 58.64	

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 5
25.2.12

ženy, 1500m vo ný spôsob

13 ro . a st.
Výsledky

bodovanie: FINA 2011

por.			Ro .			as	body	
15 ro . a st.								
1.	TENKELOVÁ, Denisa		95	PK Banská Štiavnica		18:43.70	564	
	50m:	33.41 33.41	450m:	5:30.90 37.18	850m:	10:31.52 37.49	1250m:	15:35.42 38.82
	100m:	1:10.25 36.84	500m:	6:08.09 37.19	900m:	11:09.16 37.64	1300m:	16:13.94 38.52
	150m:	1:47.46 37.21	550m:	6:45.57 37.48	950m:	11:46.42 37.26	1350m:	16:51.95 38.01
	200m:	2:24.82 37.36	600m:	7:23.27 37.70	1000m:	12:24.29 37.87	1400m:	17:30.20 38.25
	250m:	3:02.29 37.47	650m:	8:01.07 37.80	1050m:	13:02.34 38.05	1450m:	18:07.64 37.44
	300m:	3:39.89 37.60	700m:	8:38.66 37.59	1100m:	13:40.36 38.02	1500m:	18:43.70 36.06
	350m:	4:16.90 37.01	750m:	9:16.37 37.71	1150m:	14:18.47 38.11		
	400m:	4:53.72 36.82	800m:	9:54.03 37.66	1200m:	14:56.60 38.13		
2.	EPELOVÁ, Lucia		96	Nereus Žilina		19:26.16	504	
	50m:	34.14 34.14	450m:	5:44.38 39.35	850m:	11:00.77 39.41	1250m:	16:13.51 39.15
	100m:	1:11.76 37.62	500m:	6:23.98 39.60	900m:	11:40.11 39.34	1300m:	16:52.22 38.71
	150m:	1:49.95 38.19	550m:	7:03.26 39.28	950m:	12:19.41 39.30	1350m:	17:30.98 38.76
	200m:	2:28.45 38.50	600m:	7:42.92 39.66	1000m:	12:58.29 38.88	1400m:	18:10.54 39.56
	250m:	3:07.45 39.00	650m:	8:22.42 39.50	1050m:	13:37.38 39.09	1450m:	18:49.36 38.82
	300m:	3:46.39 38.94	700m:	9:02.42 40.00	1100m:	14:16.39 39.01	1500m:	19:26.16 36.80
	350m:	4:25.54 39.15	750m:	9:41.58 39.16	1150m:	14:55.14 38.75		
	400m:	5:05.03 39.49	800m:	10:21.36 39.78	1200m:	15:34.36 39.22		
3.	ONDRIŠKOVÁ, Nikola		93	Nereus Žilina		19:33.09	496	
	50m:	33.41 33.41	450m:	5:37.05 39.77	850m:	10:55.67 39.72	1250m:	16:16.11 40.47
	100m:	1:10.20 36.79	500m:	6:18.06 41.01	900m:	11:35.94 40.27	1300m:	16:56.31 40.20
	150m:	1:47.61 37.41	550m:	6:56.84 38.78	950m:	12:14.91 38.97	1350m:	17:34.84 38.53
	200m:	2:24.90 37.29	600m:	7:36.68 39.84	1000m:	12:55.23 40.32	1400m:	18:13.91 39.07
	250m:	3:02.36 37.46	650m:	8:16.67 39.99	1050m:	13:34.99 39.76	1450m:	18:53.31 39.40
	300m:	3:40.15 37.79	700m:	8:56.48 39.81	1100m:	14:14.68 39.69	1500m:	19:33.09 39.78
	350m:	4:18.18 38.03	750m:	9:36.30 39.82	1150m:	14:54.90 40.22		
	400m:	4:57.28 39.10	800m:	10:15.95 39.65	1200m:	15:35.64 40.74		
4.	MARUNIAKOVÁ, Monika		96	PK Banská Štiavnica		19:41.70	485	
	50m:	34.12 34.12	450m:	5:44.39 39.60	850m:	11:01.39 39.96	1250m:	16:19.58 40.65
	100m:	1:12.17 38.05	500m:	6:23.83 39.44	900m:	11:40.79 39.40	1300m:	17:00.31 40.73
	150m:	1:49.95 37.78	550m:	7:03.17 39.34	950m:	12:20.39 39.60	1350m:	17:41.13 40.82
	200m:	2:28.39 38.44	600m:	7:42.90 39.73	1000m:	12:59.31 38.92	1400m:	18:22.05 40.92
	250m:	3:07.31 38.92	650m:	8:22.39 39.49	1050m:	13:38.93 39.62	1450m:	19:02.75 40.70
	300m:	3:46.39 39.08	700m:	9:02.20 39.81	1100m:	14:18.70 39.77	1500m:	19:41.70 38.95
	350m:	4:25.49 39.10	750m:	9:41.74 39.54	1150m:	14:58.43 39.73		
	400m:	5:04.79 39.30	800m:	10:21.43 39.69	1200m:	15:38.93 40.50		
5.	ŠTAJEROVÁ, Alžbeta		97	MPK Dolný Kubín		20:38.50	421	
	50m:	34.02 34.02	450m:	6:03.09 41.73	850m:	11:37.69 41.72	1250m:	17:14.10 42.69
	100m:	1:13.85 39.83	500m:	6:44.54 41.45	900m:	12:20.08 42.39	1300m:	17:55.28 41.18
	150m:	1:54.75 40.90	550m:	7:26.47 41.93	950m:	13:02.22 42.14	1350m:	18:36.12 40.84
	200m:	2:35.96 41.21	600m:	8:08.40 41.93	1000m:	13:44.22 42.00	1400m:	19:18.08 41.96
	250m:	3:17.16 41.20	650m:	8:50.77 42.37	1050m:	14:26.58 42.36	1450m:	19:59.22 41.14
	300m:	3:58.62 41.46	700m:	9:32.69 41.92	1100m:	15:08.15 41.57	1500m:	20:38.50 39.28
	350m:	4:40.00 41.38	750m:	10:14.33 41.64	1150m:	15:50.26 42.11		
	400m:	5:21.36 41.36	800m:	10:55.97 41.64	1200m:	16:31.41 41.15		
6.	SALCEROVÁ, Michaela		96	MPK Dolný Kubín		20:45.84	414	
	50m:	35.45 35.45	450m:	6:02.25 41.40	850m:	11:40.63 42.53	1250m:	17:19.74 42.49
	100m:	1:14.87 39.42	500m:	6:44.56 42.31	900m:	12:23.20 42.57	1300m:	18:02.35 42.61
	150m:	1:54.95 40.08	550m:	7:26.70 42.14	950m:	13:05.35 42.15	1350m:	18:44.38 42.03
	200m:	2:35.38 40.43	600m:	8:08.99 42.29	1000m:	13:47.95 42.60	1400m:	19:26.31 41.93
	250m:	3:16.17 40.79	650m:	8:51.56 42.57	1050m:	14:29.92 41.97	1450m:	20:07.85 41.54
	300m:	3:57.35 41.18	700m:	9:34.10 42.54	1100m:	15:12.52 42.60	1500m:	20:45.84 37.99
	350m:	4:38.92 41.57	750m:	10:16.35 42.25	1150m:	15:54.87 42.35		
	400m:	5:20.85 41.93	800m:	10:58.10 41.75	1200m:	16:37.25 42.38		

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 5, ženy, 1500m vo ný spôsob, 15 ro . a st.

por.			Ro .			as	body	
7.	ZANOVITOVÁ, Lenka		96	PK Martin		22:18.60	333	
	50m:	38.28 38.28	450m:	6:32.75 45.53	850m:	12:32.40 44.59	1250m:	18:34.69 45.71
	100m:	1:21.06 42.78	500m:	7:17.66 44.91	900m:	13:17.35 44.95	1300m:	19:20.87 46.18
	150m:	2:04.84 43.78	550m:	8:03.25 45.59	950m:	14:02.44 45.09	1350m:	20:06.29 45.42
	200m:	2:49.29 44.45	600m:	8:48.59 45.34	1000m:	14:47.65 45.21	1400m:	20:51.65 45.36
	250m:	3:33.76 44.47	650m:	9:33.25 44.66	1050m:	15:33.34 45.69	1450m:	21:36.55 44.90
	300m:	4:18.20 44.44	700m:	10:19.46 46.21	1100m:	16:18.46 45.12	1500m:	22:18.60 42.05
	350m:	5:02.15 43.95	750m:	11:03.46 44.00	1150m:	17:03.49 45.03		
	400m:	5:47.22 45.07	800m:	11:47.81 44.35	1200m:	17:48.98 45.49		
8.	BARTÁKOVÁ, Barbora		97	PK Martin		22:52.07	310	
	50m:	39.26 39.26	450m:	6:41.20 45.69	850m:	12:52.42 46.52	1250m:	19:03.39 45.79
	100m:	1:23.08 43.82	500m:	7:27.34 46.14	900m:	13:38.64 46.22	1300m:	19:49.18 45.79
	150m:	2:07.99 44.91	550m:	8:13.71 46.37	950m:	14:25.52 46.88	1350m:	20:36.13 46.95
	200m:	2:53.21 45.22	600m:	9:00.58 46.87	1000m:	15:11.64 46.12	1400m:	21:22.96 46.83
	250m:	3:38.88 45.67	650m:	9:47.22 46.64	1050m:	15:58.34 46.70	1450m:	22:08.92 45.96
	300m:	4:24.11 45.23	700m:	10:33.49 46.27	1100m:	16:44.84 46.50	1500m:	22:52.07 43.15
	350m:	5:09.60 45.49	750m:	11:19.48 45.99	1150m:	17:31.18 46.34		
	400m:	5:55.51 45.91	800m:	12:05.90 46.42	1200m:	18:17.60 46.42		
9.	VAJDOVÁ, Michaela		96	PK Martin		24:01.25	267	
	50m:	39.26 39.26	450m:	6:50.51 48.04	850m:	13:20.57 48.91	1250m:	19:55.92 49.76
	100m:	1:23.59 44.33	500m:	7:38.98 48.47	900m:	14:10.67 50.10	1300m:	20:45.45 49.53
	150m:	2:08.95 45.36	550m:	8:27.29 48.31	950m:	14:58.51 47.84	1350m:	21:35.18 49.73
	200m:	2:54.79 45.84	600m:	9:15.90 48.61	1000m:	15:47.92 49.41	1400m:	22:24.21 49.03
	250m:	3:41.00 46.21	650m:	10:04.73 48.83	1050m:	16:37.13 49.21	1450m:	23:13.48 49.27
	300m:	4:27.75 46.75	700m:	10:53.51 48.78	1100m:	17:26.29 49.16	1500m:	24:01.25 47.77
	350m:	5:14.90 47.15	750m:	11:42.36 48.85	1150m:	18:16.76 50.47		
	400m:	6:02.47 47.57	800m:	12:31.66 49.30	1200m:	19:06.16 49.40		
10.	MICHNÁ OVÁ, Lucienne		97	PK Martin		24:27.94	253	
	50m:	39.72 39.72	450m:	7:01.76 49.49	850m:	13:34.60 49.49	1250m:	20:19.34 50.96
	100m:	1:24.17 44.45	500m:	7:50.26 48.50	900m:	14:24.70 50.10	1300m:	21:10.22 50.88
	150m:	2:10.16 45.99	550m:	8:39.01 48.75	950m:	15:15.35 50.65	1350m:	22:00.75 50.53
	200m:	2:56.68 46.52	600m:	9:26.51 47.50	1000m:	16:04.89 49.54	1400m:	22:51.38 50.63
	250m:	3:46.03 49.35	650m:	10:16.31 49.80	1050m:	16:55.15 50.26	1450m:	23:40.49 49.11
	300m:	4:34.49 48.46	700m:	11:04.33 48.02	1100m:	17:47.51 52.36	1500m:	24:27.94 47.45
	350m:	5:22.82 48.33	750m:	11:55.32 50.99	1150m:	18:37.30 49.79		
	400m:	6:12.27 49.45	800m:	12:45.11 49.79	1200m:	19:28.38 51.08		
11.	O HOVÁ, Hana		97	PK Martin		25:17.64	229	
	50m:	41.44 41.44	450m:	7:21.18 50.87	850m:	14:10.19 50.51	1250m:	21:00.38 50.97
	100m:	1:28.82 47.38	500m:	8:12.17 50.99	900m:	15:00.73 50.54	1300m:	21:52.54 52.16
	150m:	2:18.29 49.47	550m:	9:03.17 51.00	950m:	15:51.69 50.96	1350m:	22:43.95 51.41
	200m:	3:08.05 49.76	600m:	9:54.51 51.34	1000m:	16:42.60 50.91	1400m:	23:35.12 51.17
	250m:	3:58.39 50.34	650m:	10:45.59 51.08	1050m:	17:33.82 51.22	1450m:	24:26.82 51.70
	300m:	4:48.83 50.44	700m:	11:37.23 51.64	1100m:	18:25.44 51.62	1500m:	25:17.64 50.82
	350m:	5:39.63 50.80	750m:	12:28.18 50.95	1150m:	19:16.69 51.25		
	400m:	6:30.31 50.68	800m:	13:19.68 51.50	1200m:	20:09.41 52.72		
13 - 14 ro .								
1.	MIŽUROVÁ, Patrícia		99	PK Martin		20:24.47	436	
	50m:	34.81 34.81	450m:	5:59.41 41.42	850m:	11:33.35 41.95	1250m:	16:58.71 40.80
	100m:	1:13.81 39.00	500m:	6:40.91 41.50	900m:	12:15.12 41.77	1300m:	17:40.32 41.61
	150m:	1:53.97 40.16	550m:	7:22.57 41.66	950m:	12:56.18 41.06	1350m:	18:22.03 41.71
	200m:	2:34.46 40.49	600m:	8:04.06 41.49	1000m:	13:34.84 38.66	1400m:	19:02.97 40.94
	250m:	3:15.00 40.54	650m:	8:46.22 42.16	1050m:	14:15.07 40.23	1450m:	19:44.41 41.44
	300m:	3:55.91 40.91	700m:	9:28.31 42.09	1100m:	14:55.75 40.68	1500m:	20:24.47 40.06
	350m:	4:37.09 41.18	750m:	10:09.78 41.47	1150m:	15:36.72 40.97		
	400m:	5:17.99 40.90	800m:	10:51.40 41.62	1200m:	16:17.91 41.19		

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 5, žia ky, 1500m vo ný spôsob, 13 - 14 ro .

por.			Ro .					as	body
2.	PERINAJOVÁ, Barbora		98	PK Martin				20:33.85	426
	50m:	36.08 36.08	450m:	6:00.88 41.39	850m:	11:31.02 40.95	1250m:	17:04.05 41.98	
	100m:	1:15.85 39.77	500m:	6:42.08 41.20	900m:	12:13.62 42.60	1300m:	17:47.18 43.13	
	150m:	1:55.94 40.09	550m:	7:23.98 41.90	950m:	12:54.74 41.12	1350m:	18:29.94 42.76	
	200m:	2:36.16 40.22	600m:	8:05.05 41.07	1000m:	13:36.11 41.37	1400m:	19:12.78 42.84	
	250m:	3:16.08 39.92	650m:	8:46.05 41.00	1050m:	14:17.62 41.51	1450m:	19:54.52 41.74	
	300m:	3:56.76 40.68	700m:	9:26.76 40.71	1100m:	14:59.74 42.12	1500m:	20:33.85 39.33	
	350m:	4:38.19 41.43	750m:	10:08.11 41.35	1150m:	15:40.70 40.96			
	400m:	5:19.49 41.30	800m:	10:50.07 41.96	1200m:	16:22.07 41.37			
3.	LIETAVOVÁ, Veronika		98	PK Martin				20:43.04	416
	50m:	36.23 36.23	450m:	6:03.54 41.80	850m:	11:40.41 42.41	1250m:	17:16.24 42.62	
	100m:	1:16.09 39.86	500m:	6:45.37 41.83	900m:	12:22.33 41.92	1300m:	17:57.88 41.64	
	150m:	1:56.59 40.50	550m:	7:26.81 41.44	950m:	13:03.69 41.36	1350m:	18:39.75 41.87	
	200m:	2:36.91 40.32	600m:	8:08.78 41.97	1000m:	13:45.41 41.72	1400m:	19:22.81 43.06	
	250m:	3:17.78 40.87	650m:	8:50.71 41.93	1050m:	14:28.28 42.87	1450m:	20:03.39 40.58	
	300m:	3:58.58 40.80	700m:	9:33.51 42.80	1100m:	15:09.30 41.02	1500m:	20:43.04 39.65	
	350m:	4:39.77 41.19	750m:	10:15.65 42.14	1150m:	15:51.53 42.23			
	400m:	5:21.74 41.97	800m:	10:58.00 42.35	1200m:	16:33.62 42.09			
4.	VALICOVÁ, Simona		98	Nereus Žilina				20:44.72	415
	50m:	35.05 35.05	450m:	6:01.78 41.58	850m:	11:40.26 42.35	1250m:	17:19.31 42.01	
	100m:	1:14.67 39.62	500m:	6:43.97 42.19	900m:	12:22.68 42.42	1300m:	18:01.72 42.41	
	150m:	1:54.59 39.92	550m:	7:26.53 42.56	950m:	13:04.81 42.13	1350m:	18:44.06 42.34	
	200m:	2:34.94 40.35	600m:	8:08.68 42.15	1000m:	13:47.08 42.27	1400m:	19:25.46 41.40	
	250m:	3:15.74 40.80	650m:	8:50.78 42.10	1050m:	14:29.49 42.41	1450m:	20:06.94 41.48	
	300m:	3:57.22 41.48	700m:	9:34.06 43.28	1100m:	15:12.22 42.73	1500m:	20:44.72 37.78	
	350m:	4:39.00 41.78	750m:	10:16.05 41.99	1150m:	15:54.64 42.42			
	400m:	5:20.20 41.20	800m:	10:57.91 41.86	1200m:	16:37.30 42.66			
5.	MATULOVÁ, Natália		98	PK Martin				21:48.87	357
	50m:	39.03 39.03	450m:	6:28.97 44.00	850m:	12:21.53 44.03	1250m:	18:11.34 43.52	
	100m:	1:22.12 43.09	500m:	7:13.22 44.25	900m:	13:04.78 43.25	1300m:	18:55.81 44.47	
	150m:	2:06.31 44.19	550m:	7:57.19 43.97	950m:	13:48.71 43.93	1350m:	19:39.68 43.87	
	200m:	2:49.78 43.47	600m:	8:41.09 43.90	1000m:	14:32.40 43.69	1400m:	20:23.49 43.81	
	250m:	3:34.09 44.31	650m:	9:25.03 43.94	1050m:	15:15.99 43.59	1450m:	21:10.28 46.79	
	300m:	4:17.80 43.71	700m:	10:09.25 44.22	1100m:	16:00.09 44.10	1500m:	21:48.87 38.59	
	350m:	5:01.60 43.80	750m:	10:53.69 44.44	1150m:	16:43.78 43.69			
	400m:	5:44.97 43.37	800m:	11:37.50 43.81	1200m:	17:27.82 44.04			
6.	HORVÁTHOVÁ, Kristína		99	PK Rimavská Sobota				22:45.85	314
	50m:	35.98 35.98	450m:	6:39.62 46.33	850m:	12:51.54 47.03	1250m:	18:59.62 45.35	
	100m:	1:18.98 43.00	500m:	7:26.82 47.20	900m:	13:38.19 46.65	1300m:	19:45.27 45.65	
	150m:	2:03.65 44.67	550m:	8:12.44 45.62	950m:	14:24.85 46.66	1350m:	20:30.49 45.22	
	200m:	2:49.29 45.64	600m:	8:58.41 45.97	1000m:	15:10.88 46.03	1400m:	21:16.00 45.51	
	250m:	3:34.88 45.59	650m:	9:44.58 46.17	1050m:	15:57.41 46.53	1450m:	22:01.13 45.13	
	300m:	4:20.98 46.10	700m:	10:30.91 46.33	1100m:	16:43.92 46.51	1500m:	22:45.85 44.72	
	350m:	5:07.12 46.14	750m:	11:17.99 47.08	1150m:	17:29.57 45.65			
	400m:	5:53.29 46.17	800m:	12:04.51 46.52	1200m:	18:14.27 44.70			
7.	FRIMMOVÁ, Eva		98	PK Martin				25:44.35	217
	50m:	42.80 42.80	450m:	7:24.75 51.06	850m:	14:23.10 52.44	1250m:	21:24.57 52.96	
	100m:	1:30.79 47.99	500m:	8:17.04 52.29	900m:	15:15.13 52.03	1300m:	22:16.45 51.88	
	150m:	2:20.41 49.62	550m:	9:08.85 51.81	950m:	16:07.25 52.12	1350m:	23:10.20 53.75	
	200m:	3:10.57 50.16	600m:	10:00.99 52.14	1000m:	16:59.39 52.14	1400m:	24:03.08 52.88	
	250m:	4:01.07 50.50	650m:	10:52.86 51.87	1050m:	17:52.86 53.47	1450m:	24:56.07 52.99	
	300m:	4:51.76 50.69	700m:	11:45.70 52.84	1100m:	18:45.95 53.09	1500m:	25:44.35 48.28	
	350m:	5:42.90 51.14	750m:	12:38.45 52.75	1150m:	19:38.57 52.62			
	400m:	6:33.69 50.79	800m:	13:30.66 52.21	1200m:	20:31.61 53.04			

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 6
25.2.12

muži, 1500m vo ný spôsob

13 ro . a st.
Výsledky

bodovanie: FINA 2011

por.			Ro .			as	body	
15 ro . a st.								
1.	HRUŠKOVIC, Martin		96	Nereus Žilina		18:06.78	478	
	50m:	30.12 30.12	450m:	5:17.28 36.47	850m:	10:12.42 36.86	1250m:	15:06.30 36.39
	100m:	1:04.25 34.13	500m:	5:54.25 36.97	900m:	10:49.56 37.14	1300m:	15:43.39 37.09
	150m:	1:39.69 35.44	550m:	6:30.97 36.72	950m:	11:25.92 36.36	1350m:	16:19.53 36.14
	200m:	2:15.45 35.76	600m:	7:07.38 36.41	1000m:	12:02.36 36.44	1400m:	16:56.31 36.78
	250m:	2:51.61 36.16	650m:	7:44.42 37.04	1050m:	12:39.08 36.72	1450m:	17:32.81 36.50
	300m:	3:27.41 35.80	700m:	8:21.66 37.24	1100m:	13:16.00 36.92	1500m:	18:06.78 33.97
	350m:	4:04.16 36.75	750m:	8:58.42 36.76	1150m:	13:52.50 36.50		
	400m:	4:40.81 36.65	800m:	9:35.56 37.14	1200m:	14:29.91 37.41		
2.	TOMAŠOVI , Jozef		88	Nereus Žilina		18:20.48	460	
	50m:	32.52 32.52	450m:	5:21.81 36.70	850m:	10:19.11 37.30	1250m:	15:16.67 37.69
	100m:	1:07.28 34.76	500m:	5:58.68 36.87	900m:	10:56.58 37.47	1300m:	15:54.12 37.45
	150m:	1:43.18 35.90	550m:	6:35.77 37.09	950m:	11:33.80 37.22	1350m:	16:31.25 37.13
	200m:	2:19.36 36.18	600m:	7:12.72 36.95	1000m:	12:10.71 36.91	1400m:	17:08.48 37.23
	250m:	2:55.59 36.23	650m:	7:49.77 37.05	1050m:	12:47.27 36.56	1450m:	17:45.18 36.70
	300m:	3:31.86 36.27	700m:	8:26.86 37.09	1100m:	13:24.30 37.03	1500m:	18:20.48 35.30
	350m:	4:08.37 36.51	750m:	9:04.42 37.56	1150m:	14:01.49 37.19		
	400m:	4:45.11 36.74	800m:	9:41.81 37.39	1200m:	14:38.98 37.49		
3.	JANTOŠ, Roman		97	PO Ružomberok		18:59.70	414	
	50m:	32.79 32.79	450m:	5:27.74 36.89	850m:	10:30.40 38.69	1250m:	15:42.40 38.33
	100m:	1:08.62 35.83	500m:	6:05.58 37.84	900m:	11:09.11 38.71	1300m:	16:21.96 39.56
	150m:	1:45.40 36.78	550m:	6:43.82 38.24	950m:	11:48.08 38.97	1350m:	17:01.90 39.94
	200m:	2:22.49 37.09	600m:	7:21.52 37.70	1000m:	12:27.10 39.02	1400m:	17:41.72 39.82
	250m:	2:59.67 37.18	650m:	7:58.78 37.26	1050m:	13:06.21 39.11	1450m:	18:20.97 39.25
	300m:	3:36.83 37.16	700m:	8:36.05 37.27	1100m:	13:45.90 39.69	1500m:	18:59.70 38.73
	350m:	4:14.02 37.19	750m:	9:13.91 37.86	1150m:	14:24.86 38.96		
	400m:	4:50.85 36.83	800m:	9:51.71 37.80	1200m:	15:04.07 39.21		
4.	PODHORSKÝ, Samuel		96	PK Martin		19:12.37	401	
	50m:	33.22 33.22	450m:	5:31.25 38.08	850m:	10:43.97 38.82	1250m:	16:00.00 39.72
	100m:	1:09.35 36.13	500m:	6:10.42 39.17	900m:	11:23.05 39.08	1300m:	16:39.47 39.47
	150m:	1:46.08 36.73	550m:	6:49.35 38.93	950m:	12:02.36 39.31	1350m:	17:18.35 38.88
	200m:	2:23.46 37.38	600m:	7:28.38 39.03	1000m:	12:42.14 39.78	1400m:	17:56.94 38.59
	250m:	3:00.65 37.19	650m:	8:06.98 38.60	1050m:	13:21.76 39.62	1450m:	18:36.37 39.43
	300m:	3:38.06 37.41	700m:	8:46.09 39.11	1100m:	14:01.48 39.72	1500m:	19:12.37 36.00
	350m:	4:15.76 37.70	750m:	9:25.68 39.59	1150m:	14:40.90 39.42		
	400m:	4:53.17 37.41	800m:	10:05.15 39.47	1200m:	15:20.28 39.38		
5.	BROZMAN, Andrej		97	UMB Banská Bystrica		20:10.41	346	
	50m:	32.09 32.09	450m:	5:46.73 40.97	850m:	11:16.48 41.42	1250m:	16:47.13 42.04
	100m:	1:08.19 36.10	500m:	6:28.38 41.65	900m:	11:55.66 39.18	1300m:	17:29.34 42.21
	150m:	1:49.23 41.04	550m:	7:08.69 40.31	950m:	12:35.69 40.03	1350m:	18:10.48 41.14
	200m:	2:25.59 36.36	600m:	7:49.81 41.12	1000m:	13:17.73 42.04	1400m:	18:51.51 41.03
	250m:	3:04.41 38.82	650m:	8:31.66 41.85	1050m:	14:00.06 42.33	1450m:	19:31.91 40.40
	300m:	3:44.41 40.00	700m:	9:13.16 41.50	1100m:	14:41.84 41.78	1500m:	20:10.41 38.50
	350m:	4:24.69 40.28	750m:	9:53.84 40.68	1150m:	15:23.19 41.35		
	400m:	5:05.76 41.07	800m:	10:35.06 41.22	1200m:	16:05.09 41.90		

13 - 14 ro .

1.	BABÚS, Benjamín		99	PK Rimavská Sobota		18:27.85	451	
	50m:	32.97 32.97	450m:	5:31.08 37.48	850m:	10:28.69 37.25	1250m:	15:25.76 37.14
	100m:	1:09.44 36.47	500m:	6:08.54 37.46	900m:	11:05.44 36.75	1300m:	16:02.96 37.20
	150m:	1:46.88 37.44	550m:	6:45.36 36.82	950m:	11:42.10 36.66	1350m:	16:40.32 37.36
	200m:	2:24.46 37.58	600m:	7:22.98 37.62	1000m:	12:20.06 37.96	1400m:	17:17.60 37.28
	250m:	3:01.97 37.51	650m:	8:00.11 37.13	1050m:	12:56.85 36.79	1450m:	17:54.46 36.86
	300m:	3:39.12 37.15	700m:	8:36.84 36.73	1100m:	13:34.02 37.17	1500m:	18:27.85 33.39
	350m:	4:16.62 37.50	750m:	9:14.19 37.35	1150m:	14:11.38 37.36		
	400m:	4:53.60 36.98	800m:	9:51.44 37.25	1200m:	14:48.62 37.24		

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 6, žiaci, 1500m vo ný spôsob, 13 - 14 ro .

por.			Ro .			as	body					
2.	GORDÍK, Jakub		98	PK Martin		18:28.02	451					
	50m:	32.98	32.98	450m:	5:29.96	37.27	850m:	10:28.56	36.94	1250m:	15:25.78	36.79
	100m:	1:09.21	36.23	500m:	6:07.80	37.84	900m:	11:06.02	37.46	1300m:	16:03.61	37.83
	150m:	1:46.37	37.16	550m:	6:44.78	36.98	950m:	11:42.38	36.36	1350m:	16:40.91	37.30
	200m:	2:23.78	37.41	600m:	7:22.12	37.34	1000m:	12:20.18	37.80	1400m:	17:18.34	37.43
	250m:	3:01.32	37.54	650m:	7:59.19	37.07	1050m:	12:57.41	37.23	1450m:	17:55.03	36.69
	300m:	3:38.47	37.15	700m:	8:36.58	37.39	1100m:	13:34.09	36.68	1500m:	18:28.02	32.99
	350m:	4:15.68	37.21	750m:	9:13.63	37.05	1150m:	14:11.46	37.37			
	400m:	4:52.69	37.01	800m:	9:51.62	37.99	1200m:	14:48.99	37.53			
3.	VOJTEK, Jakub		98	PK Martin		20:23.08	335					
	50m:	36.01	36.01	450m:	6:03.24	40.60	850m:	11:35.68	41.00	1250m:	17:02.43	40.85
	100m:	1:16.39	40.38	500m:	6:44.86	41.62	900m:	12:16.61	40.93	1300m:	17:42.67	40.24
	150m:	1:56.86	40.47	550m:	7:26.24	41.38	950m:	12:57.58	40.97	1350m:	18:23.86	41.19
	200m:	2:38.11	41.25	600m:	8:08.73	42.49	1000m:	13:38.48	40.90	1400m:	19:05.09	41.23
	250m:	3:19.39	41.28	650m:	8:49.67	40.94	1050m:	14:19.02	40.54	1450m:	19:45.17	40.08
	300m:	4:00.01	40.62	700m:	9:31.61	41.94	1100m:	14:59.81	40.79	1500m:	20:23.08	37.91
	350m:	4:41.43	41.42	750m:	10:13.18	41.57	1150m:	15:41.06	41.25			
	400m:	5:22.64	41.21	800m:	10:54.68	41.50	1200m:	16:21.58	40.52			
4.	ERNEK, Adam		99	PK Martin		20:23.64	335					
	50m:	37.31	37.31	450m:	6:09.98	41.97	850m:	11:40.30	40.74	1250m:	17:06.13	40.72
	100m:	1:18.54	41.23	500m:	6:51.02	41.04	900m:	12:21.31	41.01	1300m:	17:46.40	40.27
	150m:	1:59.98	41.44	550m:	7:31.47	40.45	950m:	13:02.49	41.18	1350m:	18:26.72	40.32
	200m:	2:40.99	41.01	600m:	8:13.92	42.45	1000m:	13:43.76	41.27	1400m:	19:07.00	40.28
	250m:	3:21.68	40.69	650m:	8:55.62	41.70	1050m:	14:23.38	39.62	1450m:	19:46.81	39.81
	300m:	4:04.02	42.34	700m:	9:36.74	41.12	1100m:	15:04.78	41.40	1500m:	20:23.64	36.83
	350m:	4:46.07	42.05	750m:	10:18.30	41.56	1150m:	15:44.95	40.17			
	400m:	5:28.01	41.94	800m:	10:59.56	41.26	1200m:	16:25.41	40.46			
5.	FOJTÍK, Matej		99	PK Martin		20:24.48	334					
	50m:	37.98	37.98	450m:	6:12.94	41.90	850m:	11:43.25	40.27	1250m:	17:09.41	41.15
	100m:	1:20.18	42.20	500m:	6:54.33	41.39	900m:	12:24.29	41.04	1300m:	17:49.82	40.41
	150m:	2:02.32	42.14	550m:	7:35.86	41.53	950m:	13:05.37	41.08	1350m:	18:29.66	39.84
	200m:	2:43.47	41.15	600m:	8:17.38	41.52	1000m:	13:46.25	40.88	1400m:	19:09.60	39.94
	250m:	3:25.14	41.67	650m:	8:58.85	41.47	1050m:	14:27.01	40.76	1450m:	19:49.68	40.08
	300m:	4:07.35	42.21	700m:	9:40.12	41.27	1100m:	15:07.66	40.65	1500m:	20:24.48	34.80
	350m:	4:48.91	41.56	750m:	10:21.66	41.54	1150m:	15:47.72	40.06			
	400m:	5:31.04	42.13	800m:	11:02.98	41.32	1200m:	16:28.26	40.54			
6.	ERNEK, Matej		98	PK Banská Štiavnica		20:37.94	323					
	50m:	33.11	33.11	450m:	6:01.80	41.67	850m:	11:36.02	41.12	1250m:	17:13.86	41.32
	100m:	1:12.07	38.96	500m:	6:43.95	42.15	900m:	12:17.40	41.38	1300m:	17:56.30	42.44
	150m:	1:52.36	40.29	550m:	7:25.68	41.73	950m:	13:00.32	42.92	1350m:	18:39.00	42.70
	200m:	2:33.58	41.22	600m:	8:06.89	41.21	1000m:	13:43.38	43.06	1400m:	19:20.13	41.13
	250m:	3:14.49	40.91	650m:	8:49.01	42.12	1050m:	14:24.07	40.69	1450m:	20:01.99	41.86
	300m:	3:56.86	42.37	700m:	9:31.42	42.41	1100m:	15:06.96	42.89	1500m:	20:37.94	35.95
	350m:	4:38.19	41.33	750m:	10:13.19	41.77	1150m:	15:49.67	42.71			
	400m:	5:20.13	41.94	800m:	10:54.90	41.71	1200m:	16:32.54	42.87			
7.	BANSKÝ, Filip		98	UMB Banská Bystrica		20:45.03	318					
	50m:	37.42	37.42	450m:	6:11.08	41.56	850m:	11:42.87	40.94	1250m:	17:15.80	42.38
	100m:	1:18.89	41.47	500m:	6:52.93	41.85	900m:	12:23.87	41.00	1300m:	17:57.80	42.00
	150m:	2:00.64	41.75	550m:	7:34.36	41.43	950m:	13:05.13	41.26	1350m:	18:39.13	41.33
	200m:	2:42.08	41.44	600m:	8:15.99	41.63	1000m:	13:46.23	41.10	1400m:	19:22.18	43.05
	250m:	3:23.56	41.48	650m:	8:57.55	41.56	1050m:	14:27.40	41.17	1450m:	20:04.81	42.63
	300m:	4:05.64	42.08	700m:	9:39.06	41.51	1100m:	15:09.11	41.71	1500m:	20:45.03	40.22
	350m:	4:47.72	42.08	750m:	10:20.33	41.27	1150m:	15:50.92	41.81			
	400m:	5:29.52	41.80	800m:	11:01.93	41.60	1200m:	16:33.42	42.50			
8.	MESÁROŠ, Michal		99	UMB Banská Bystrica		22:02.68	265					
	50m:	37.84	37.84	450m:	6:25.19	44.38	850m:	12:23.20	44.42	1250m:	18:23.37	44.68
	100m:	1:20.07	42.23	500m:	7:09.86	44.67	900m:	13:07.93	44.73	1300m:	19:09.06	45.69
	150m:	2:02.77	42.70	550m:	7:54.74	44.88	950m:	13:52.22	44.29	1350m:	19:54.58	45.52
	200m:	2:45.68	42.91	600m:	8:39.79	45.05	1000m:	14:37.09	44.87	1400m:	20:38.94	44.36
	250m:	3:29.31	43.63	650m:	9:24.24	44.45	1050m:	15:21.79	44.70	1450m:	21:22.18	43.24
	300m:	4:13.25	43.94	700m:	10:09.43	45.19	1100m:	16:07.16	45.37	1500m:	22:02.68	40.50
	350m:	4:57.06	43.81	750m:	10:54.19	44.76	1150m:	16:53.06	45.90			
	400m:	5:40.81	43.75	800m:	11:38.78	44.59	1200m:	17:38.69	45.63			

Jarné majstrovstvá stredoslovenskej oblasti - dlhé trate
adca, 25.2.2012

disciplína 6, žiaci, 1500m vo ný spôsob, 13 - 14 ro .

por.			Ro .			as	body	
9.	HLAVAJ, Silvester		99	MPK Dolný Kubín		22:14.48	258	
	50m:	37.91 37.91	450m:	6:33.50 44.86	850m:	12:30.08 45.74	1250m:	18:33.90 44.89
	100m:	1:20.75 42.84	500m:	7:18.50 45.00	900m:	13:15.42 45.34	1300m:	19:19.87 45.97
	150m:	2:04.62 43.87	550m:	8:02.78 44.28	950m:	14:01.54 46.12	1350m:	20:05.28 45.41
	200m:	2:49.34 44.72	600m:	8:47.46 44.68	1000m:	14:47.15 45.61	1400m:	20:50.29 45.01
	250m:	3:34.22 44.88	650m:	9:31.80 44.34	1050m:	15:32.28 45.13	1450m:	21:33.60 43.31
	300m:	4:19.24 45.02	700m:	10:15.70 43.90	1100m:	16:17.69 45.41	1500m:	22:14.48 40.88
	350m:	5:03.95 44.71	750m:	11:01.01 45.31	1150m:	17:03.31 45.62		
	400m:	5:48.64 44.69	800m:	11:44.34 43.33	1200m:	17:49.01 45.70		
10.	KUŽMA, Jakub		99	Nereus Žilina		22:29.56	249	
	50m:	39.34 39.34	450m:	6:37.96 45.22	850m:	12:44.29 46.92	1250m:	18:49.84 45.06
	100m:	1:23.34 44.00	500m:	7:24.33 46.37	900m:	13:30.22 45.93	1300m:	19:35.87 46.03
	150m:	2:08.20 44.86	550m:	8:09.62 45.29	950m:	14:16.41 46.19	1350m:	20:20.33 44.46
	200m:	2:53.22 45.02	600m:	8:54.71 45.09	1000m:	15:02.02 45.61	1400m:	21:05.38 45.05
	250m:	3:37.78 44.56	650m:	9:40.58 45.87	1050m:	15:47.75 45.73	1450m:	21:50.75 45.37
	300m:	4:22.72 44.94	700m:	10:25.47 44.89	1100m:	16:34.20 46.45	1500m:	22:29.56 38.81
	350m:	5:07.53 44.81	750m:	11:11.12 45.65	1150m:	17:19.49 45.29		
	400m:	5:52.74 45.21	800m:	11:57.37 46.25	1200m:	18:04.78 45.29		
11.	ŠEBO, Dominik Ján		99	MPK Dolný Kubín		23:53.66	208	
	50m:	39.72 39.72	450m:	6:57.28 46.86	850m:	13:27.00 48.58	1250m:	19:54.62 49.21
	100m:	1:24.74 45.02	500m:	7:46.25 48.97	900m:	14:15.72 48.72	1300m:	20:42.51 47.89
	150m:	2:12.22 47.48	550m:	8:35.72 49.47	950m:	15:03.13 47.41	1350m:	21:31.01 48.50
	200m:	2:58.69 46.47	600m:	9:23.87 48.15	1000m:	15:51.22 48.09	1400m:	22:19.72 48.71
	250m:	3:45.68 46.99	650m:	10:11.89 48.02	1050m:	16:39.93 48.71	1450m:	23:07.71 47.99
	300m:	4:33.22 47.54	700m:	11:01.03 49.14	1100m:	17:28.34 48.41	1500m:	23:53.66 45.95
	350m:	5:21.76 48.54	750m:	11:50.32 49.29	1150m:	18:16.10 47.76		
	400m:	6:10.42 48.66	800m:	12:38.42 48.10	1200m:	19:05.41 49.31		
12.	VOJT, Jakub		98	PK Martin		25:53.64	163	
	50m:	38.52 38.52	450m:	7:22.65 52.03	850m:	14:29.94 54.55	1250m:	21:36.36 53.32
	100m:	1:24.71 46.19	500m:	8:14.84 52.19	900m:	15:23.64 53.70	1300m:	22:27.51 51.15
	150m:	2:13.62 48.91	550m:	9:09.00 54.16	950m:	16:17.10 53.46	1350m:	23:19.56 52.05
	200m:	3:03.37 49.75	600m:	10:01.74 52.74	1000m:	17:11.43 54.33	1400m:	24:11.87 52.31
	250m:	3:53.41 50.04	650m:	10:54.80 53.06	1050m:	18:04.34 52.91	1450m:	25:03.95 52.08
	300m:	4:45.60 52.19	700m:	11:47.32 52.52	1100m:	18:57.56 53.22	1500m:	25:53.64 49.69
	350m:	5:38.24 52.64	750m:	12:41.22 53.90	1150m:	19:50.40 52.84		
	400m:	6:30.62 52.38	800m:	13:35.39 54.17	1200m:	20:43.04 52.64		
13.	LI KO, Matej		99	PK Martin		28:04.25	128	
	50m:	43.84 43.84	450m:	8:00.69 56.35	850m:	15:33.84 57.19	1250m:	23:13.22 57.66
	100m:	1:35.75 51.91	500m:	8:56.81 56.12	900m:	16:31.22 57.38	1300m:	24:10.95 57.73
	150m:	2:29.09 53.34	550m:	9:54.25 57.44	950m:	17:27.84 56.62	1350m:	25:09.29 58.34
	200m:	3:22.90 53.81	600m:	10:50.39 56.14	1000m:	18:25.20 57.36	1400m:	26:07.18 57.89
	250m:	4:18.11 55.21	650m:	11:46.48 56.09	1050m:	19:22.70 57.50	1450m:	27:06.28 59.10
	300m:	5:13.36 55.25	700m:	12:43.84 57.36	1100m:	20:20.44 57.74	1500m:	28:04.25 57.97
	350m:	6:08.72 55.36	750m:	13:40.14 56.30	1150m:	21:18.00 57.56		
	400m:	7:04.34 55.62	800m:	14:36.65 56.51	1200m:	22:15.56 57.56		