



SLOVENSKÁ PLAVECKÁ FEDERÁCIA

a

Mestský plavecký klub Dolný Kubín

**Jarné majstrovstvá
stredoslovenskej oblasti
-
dlhé trate**

Miesto: Dolný Kubín

Bazén: 25m / 6 dráh, obrátky hladké

Dátum: 16.03.2019

Teplota vody: 27 °C

Teplota vzduchu: 28 °C

Meranie časov: ručné, prerušovanými stopkami

Hlavný rozhodca: Peter Ferko, III.

speedo[®]



Názov preteku: : **Jarné M-SSO dlhé trate**
 Konané v: : Dolný Kubín
 Dátum : **16.3.2019**
 Bazén: x-m/y- dráh : 25m/6dráh

| ROZHODCOVSKÝ ZBOR | | |
|--|-----------------|------------------|
| <i>Meno a priezvisko</i> | <i>R trieda</i> | <i>Podpis</i> |
| Riaditeľ súťaže : Ján Štajer | II. | |
| Organizátor : SPF | | |
| Technický usporiadateľ : MPKDK | | |
| Hlavný rozhodca : Peter Ferko | III. | |
| Štartér : Jaroslava Komorová | III. | |
| Hlavný časomerač : Peter Zvada | III. | |
| Hlavný cieľový rozhodca : Zuzana Mišicová | III. | |
| Cieľový rozhodca L' : Zuzana Kaliská | I. | |
| P : Alena Špániková | II. | |
| Plavecký spôsob L' : | | |
| P : | | |
| Pomocný štartér : Marián Mandák | II. | |
| Časomerači D1 : Matej Dutko | II. | |
| D2 : Martin Sojka | I. | |
| D3 : Ľudmila Dutková | III. | |
| D4 : Róbert Michlík | II. | |
| D5 : Erika Foltínová | I. | |
| D6 : Michaela Fulopová | I. | |
| Náhradný časomerač : Romana Haviarová | I. | |
| Hlavný obrátkový : Igor Kaliský | II. | |
| Obrátkoví rozhodcovia D1 : Matej Kováč | I. | |
| D2 : Tomáš Sojka | I. | |
| D3 : Milan Ondruš | I. | |
| D4 : Lukáš Ondruš | I. | |
| D5 : Samuel Ftáčik | I. | |
| D6 : Nicole Topitzerová | I. | |
| Športový administrátor : Katarína Mikulová | III. | |
| Rozhodca ŠTK : Peter Zvada | III. | |
| Obsluha EČZ : | | |
| Hlásateľ : Zuzana Katreniaková | | |
| Lekár : Adriána Piecková Zacharová | | |
| Fotograf : | | |
| Ozvučenie : | | |
| Tecnická čata : Mjartanová Katarína | I. | |
| Moskál'ová Kristína | I. | |
| Gáll Ján | | |
| Ján Macek | I. | |
| Ján Macek | I. | pred, po preteku |
| | | |
| | | |

| kód klubu | názov | kód klubu (dlhý) | región | štát |
|-----------|---|------------------|--------|------|
| FITRK | FIT SPOLU, o. z. | | SSO | SVK |
| NERZI | Klub plaveckých športov Nereus Žilina | | SSO | SVK |
| DELLM | Mestský plavecký klub Delfín L. Mikuláš | | SSO | SVK |
| MPKDK | Mestský plavecký klub Dolný Kubín | | SSO | SVK |
| MPKPD | Mestský plavecký klub Prievidza | | SSO | SVK |
| PKMA | Plavecký klub Martin | | SSO | SVK |
| PKRS | Plavecký klub Rimavská Sobota | | SSO | SVK |
| TENZA | Plavecký klub TENAX Žilina | | SSO | SVK |
| ZABCA | Plavecký klub Žabka adca | | SSO | SVK |
| PORU | Plavecký oddiel Ružomberok | | SSO | SVK |
| SWIMW | Swim Warriors | | SSO | SVK |
| TRUMB | TRIAN ŠK UMB Banská Bystrica | | SSO | SVK |
| TTDK | Triatlon team Dolný Kubín | | SSO | SVK |
| SKDBB | ŠK DUKLA Banská Bystrica | | SSO | SVK |
| FLIBR | ŠK FLIPPER Brezno | | SSO | SVK |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

1 - 16. marec 2019

16.3.2019 - 9:00

disciplína 1 muži, 400m vo ný spôsob 11 ro . a st.
16.3.2019 Výsledky

bodovanie: FINA 2018

| por. | Ro . | | as | | body | |
|---------|---|-----------------------|-----------------------|---------------------|------|--|
| 11 ro . | | | | | | |
| 1. | KEKELY, Matej | 08 | Nereus Žilina | 6:01.22 | 202 | |
| | 50m: 43.18 43.18 | 150m: 2:17.43 46.60 | 250m: 3:49.86 46.43 | 350m: 5:19.25 44.50 | | |
| | 100m: 1:30.83 47.65 | 200m: 3:03.43 46.00 | 300m: 4:34.75 44.89 | 400m: 6:01.22 41.97 | | |
| 2. | LIPTAI, Matej | 08 | PKMA | 6:04.02 | 198 | |
| | 50m: 38.69 38.69 | 150m: 2:12.04 47.85 | 250m: 3:45.69 46.50 | 350m: 5:20.90 48.46 | | |
| | 100m: 1:24.19 45.50 | 200m: 2:59.19 47.15 | 300m: 4:32.44 46.75 | 400m: 6:04.02 43.12 | | |
| 3. | ZA KO, Tomáš | 08 | Nereus Žilina | 6:09.13 | 190 | |
| | 50m: 41.23 41.23 | 150m: 2:14.23 46.78 | 250m: 3:51.03 48.16 | 350m: 5:25.63 47.08 | | |
| | 100m: 1:27.45 46.22 | 200m: 3:02.87 48.64 | 300m: 4:38.55 47.52 | 400m: 6:09.13 43.50 | | |
| 4. | BEN SAAD, Azim | 08 | Nereus Žilina | 6:40.79 | 148 | |
| | 50m: 42.34 42.34 | 150m: 2:22.62 51.40 | 250m: 4:07.79 52.88 | 350m: 5:52.69 51.22 | | |
| | 100m: 1:31.22 48.88 | 200m: 3:14.91 52.29 | 300m: 5:01.47 53.68 | 400m: 6:40.79 48.10 | | |
| 5. | NEM EK, Boris | 08 | Po Ružomberok | 7:02.20 | 127 | |
| | 50m: 46.44 46.44 | 150m: 2:32.61 53.92 | 250m: 4:22.25 54.08 | 350m: 6:09.74 53.03 | | |
| | 100m: 1:38.69 52.25 | 200m: 3:28.17 55.56 | 300m: 5:16.71 54.46 | 400m: 7:02.20 52.46 | | |
| 6. | PAWLUS, Matej | 08 | PK Žabka adca | 7:19.52 | 112 | |
| | 50m: 44.95 44.95 | 150m: 2:37.77 57.43 | 250m: 4:34.81 58.61 | 350m: 6:29.06 57.19 | | |
| | 100m: 1:40.34 55.39 | 200m: 3:36.20 58.43 | 300m: 5:31.87 57.06 | 400m: 7:19.52 50.46 | | |
| 7. | LACKO, Michal | 08 | PKRS | 7:22.61 | 110 | |
| | 50m: 46.22 46.22 | 150m: 2:39.61 56.93 | 250m: 4:37.00 58.85 | 350m: 6:29.61 54.39 | | |
| | 100m: 1:42.68 56.46 | 200m: 3:38.15 58.54 | 300m: 5:35.22 58.22 | 400m: 7:22.61 53.00 | | |
| DNF | MINAROVÍ, Juraj | 08 | PK Žabka adca | | | |
| | <i>SW 10.2 - Pretekár nepreplával celú vzdialenos . (as: 9:30)</i> | | | | | |
| | 50m: 49.80 49.80 | 150m: 2:48.22 1:00.71 | 250m: 4:51.73 1:02.28 | 350m: 6:42.85 52.93 | | |
| | 100m: 1:47.51 57.71 | 200m: 3:49.45 1:01.23 | 300m: 5:49.92 58.19 | 400m: | | |
| 12 ro . | | | | | | |
| 1. | ERNÁK, Adam | 07 | PKMA | 5:21.31 | 288 | |
| | 50m: 35.70 35.70 | 150m: 1:55.85 40.50 | 250m: 3:18.60 41.50 | 350m: 4:41.20 41.10 | | |
| | 100m: 1:15.35 39.65 | 200m: 2:37.10 41.25 | 300m: 4:00.10 41.50 | 400m: 5:21.31 40.11 | | |
| 2. | MATÁK, Alex | 07 | PK Žabka adca | 5:25.32 | 277 | |
| | 50m: 36.91 36.91 | 150m: 1:57.38 39.66 | 250m: 3:23.07 41.70 | 350m: 4:46.31 41.67 | | |
| | 100m: 1:17.72 40.81 | 200m: 2:41.37 43.99 | 300m: 4:04.64 41.57 | 400m: 5:25.32 39.01 | | |
| 3. | MIKOLÁŠ, Patrik | 07 | PKMA | 5:35.32 | 253 | |
| | 50m: 38.52 38.52 | 150m: 2:03.60 42.68 | 250m: 3:29.67 43.13 | 350m: 4:55.19 42.94 | | |
| | 100m: 1:20.92 42.40 | 200m: 2:46.54 42.94 | 300m: 4:12.25 42.58 | 400m: 5:35.32 40.13 | | |
| 4. | STRANIANEK, Juraj | 07 | Nereus Žilina | 5:41.53 | 240 | |
| | 50m: 37.53 37.53 | 150m: 2:02.63 43.15 | 250m: 3:30.63 43.83 | 350m: 4:58.06 43.68 | | |
| | 100m: 1:19.48 41.95 | 200m: 2:46.80 44.17 | 300m: 4:14.38 43.75 | 400m: 5:41.53 43.47 | | |
| 5. | CIGÁNIK, Marián | 07 | Nereus Žilina | 5:55.35 | 213 | |
| | 50m: 39.20 39.20 | 150m: 2:08.00 45.63 | 250m: 3:40.71 46.77 | 350m: 5:12.38 45.32 | | |
| | 100m: 1:22.37 43.17 | 200m: 2:53.94 45.94 | 300m: 4:27.06 46.35 | 400m: 5:55.35 42.97 | | |
| 6. | HANCKO, Dominik | 07 | Po Ružomberok | 6:09.64 | 189 | |
| | 50m: 38.64 38.64 | 150m: 2:11.46 47.50 | 250m: 3:46.67 47.21 | 350m: 5:22.57 49.61 | | |
| | 100m: 1:23.96 45.32 | 200m: 2:59.46 48.00 | 300m: 4:32.96 46.29 | 400m: 6:09.64 47.07 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 1, žiaci, 400m vo ný spôsob, 12 ro .

| por. | | | | | Ro . | | | | | as | body | |
|------|---------------------|---------|---------|-------|---------|---------------|-------|---------|-------|----------------|---------|-------|
| 7. | MACHÁ , Kvido | | | | 07 | Nereus Žilina | | | | 6:23.49 | 169 | |
| | 50m: | 41.60 | 41.60 | 150m: | 2:18.38 | 49.18 | 250m: | 3:57.20 | 49.68 | 350m: | 5:38.56 | 50.96 |
| | 100m: | 1:29.20 | 47.60 | 200m: | 3:07.52 | 49.14 | 300m: | 4:47.60 | 50.40 | 400m: | 6:23.49 | 44.93 |
| 8. | MANGA, Vladimír | | | | 07 | Nereus Žilina | | | | 6:32.74 | 157 | |
| | 50m: | 44.37 | 44.37 | 150m: | 2:26.15 | 51.96 | 250m: | 4:07.67 | 51.00 | 350m: | 5:47.46 | 49.31 |
| | 100m: | 1:34.19 | 49.82 | 200m: | 3:16.67 | 50.52 | 300m: | 4:58.15 | 50.48 | 400m: | 6:32.74 | 45.28 |
| 9. | KOR OK, Jozef | | | | 07 | Nereus Žilina | | | | 6:35.92 | 154 | |
| | 50m: | 42.21 | 42.21 | 150m: | 2:22.57 | 51.04 | 250m: | 4:05.31 | 51.24 | 350m: | 5:49.53 | 51.64 |
| | 100m: | 1:31.53 | 49.32 | 200m: | 3:14.07 | 51.50 | 300m: | 4:57.89 | 52.58 | 400m: | 6:35.92 | 46.39 |
| 10. | MYROSHNYCHENKO, Yan | | | | 07 | Nereus Žilina | | | | 6:39.71 | 149 | |
| | 50m: | 42.21 | 42.21 | 150m: | 2:22.28 | 50.71 | 250m: | 4:05.39 | 51.65 | 350m: | 5:50.64 | 53.43 |
| | 100m: | 1:31.57 | 49.36 | 200m: | 3:13.74 | 51.46 | 300m: | 4:57.21 | 51.82 | 400m: | 6:39.71 | 49.07 |
| 11. | ŠOLTÉS, Peter | | | | 07 | TRUMB | | | | 6:47.37 | 141 | |
| | 50m: | 45.39 | 45.39 | 150m: | 2:28.92 | 52.33 | 250m: | 4:14.74 | 52.32 | 350m: | 5:57.64 | 49.05 |
| | 100m: | 1:36.59 | 51.20 | 200m: | 3:22.42 | 53.50 | 300m: | 5:08.59 | 53.85 | 400m: | 6:47.37 | 49.73 |
| 12. | ALBERT, Michal | | | | 07 | PKMA | | | | 7:15.22 | 115 | |
| | 50m: | 41.41 | 41.41 | 150m: | 2:38.94 | 56.28 | 250m: | 4:34.76 | 58.60 | 350m: | 6:23.44 | 53.14 |
| | 100m: | 1:42.66 | 1:01.25 | 200m: | 3:36.16 | 57.22 | 300m: | 5:30.30 | 55.54 | 400m: | 7:15.22 | 51.78 |
| 13. | S AHNÍ AN, Šimon | | | | 07 | PKMA | | | | 7:26.03 | 107 | |
| | 50m: | 41.31 | 41.31 | 150m: | 2:43.35 | 58.00 | 250m: | 4:36.81 | 57.64 | 350m: | 6:27.77 | 54.14 |
| | 100m: | 1:45.35 | 1:04.04 | 200m: | 3:39.17 | 55.82 | 300m: | 5:33.63 | 56.82 | 400m: | 7:26.03 | 58.26 |

13 ro .

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|-----|--------------------|---------|-------|-------|---------|----------------|-------|---------|-------|----------------|---------|-------|
| 1. | REICH, Richard | | | | 06 | PKMA | | | | 5:05.07 | 336 | |
| | 50m: | 33.04 | 33.04 | 150m: | 1:48.95 | 38.90 | 250m: | 3:07.42 | 39.35 | 350m: | 4:27.14 | 39.67 |
| | 100m: | 1:10.05 | 37.01 | 200m: | 2:28.07 | 39.12 | 300m: | 3:47.47 | 40.05 | 400m: | 5:05.07 | 37.93 |
| 2. | BRHLÍK, Hugo Marko | | | | 06 | TRUMB | | | | 5:12.29 | 313 | |
| | 50m: | 35.62 | 35.62 | 150m: | 1:55.50 | 40.26 | 250m: | 3:15.38 | 39.74 | 350m: | 4:34.63 | 39.77 |
| | 100m: | 1:15.24 | 39.62 | 200m: | 2:35.64 | 40.14 | 300m: | 3:54.86 | 39.48 | 400m: | 5:12.29 | 37.66 |
| 3. | ONDRUŠ, Tomáš | | | | 06 | Nereus Žilina | | | | 5:13.44 | 310 | |
| | 50m: | 35.01 | 35.01 | 150m: | 1:53.66 | 40.11 | 250m: | 3:15.33 | 41.05 | 350m: | 4:35.74 | 39.78 |
| | 100m: | 1:13.55 | 38.54 | 200m: | 2:34.28 | 40.62 | 300m: | 3:55.96 | 40.63 | 400m: | 5:13.44 | 37.70 |
| 4. | TUREK, Nikolas | | | | 06 | Nereus Žilina | | | | 5:13.79 | 309 | |
| | 50m: | 35.52 | 35.52 | 150m: | 1:55.59 | 40.58 | 250m: | 3:16.11 | 39.82 | 350m: | 4:35.43 | 39.15 |
| | 100m: | 1:15.01 | 39.49 | 200m: | 2:36.29 | 40.70 | 300m: | 3:56.28 | 40.17 | 400m: | 5:13.79 | 38.36 |
| 5. | KU ERA, Adam | | | | 06 | Nereus Žilina | | | | 5:19.46 | 293 | |
| | 50m: | 33.71 | 33.71 | 150m: | 1:51.68 | 40.65 | 250m: | 3:16.78 | 42.75 | 350m: | 4:39.43 | 41.90 |
| | 100m: | 1:11.03 | 37.32 | 200m: | 2:34.03 | 42.35 | 300m: | 3:57.53 | 40.75 | 400m: | 5:19.46 | 40.03 |
| 6. | NOVÝ, Adam | | | | 06 | Nereus Žilina | | | | 5:25.81 | 276 | |
| | 50m: | 37.60 | 37.60 | 150m: | 2:00.03 | 41.31 | 250m: | 3:23.63 | 41.93 | 350m: | 4:47.20 | 41.75 |
| | 100m: | 1:18.72 | 41.12 | 200m: | 2:41.70 | 41.67 | 300m: | 4:05.45 | 41.82 | 400m: | 5:25.81 | 38.61 |
| 7. | PORVAZNÍK, Jakub | | | | 06 | TT Dolný Kubín | | | | 5:34.13 | 256 | |
| | 50m: | 36.86 | 36.86 | 150m: | 2:00.28 | 41.90 | 250m: | 3:26.80 | 43.89 | 350m: | 4:52.78 | 43.30 |
| | 100m: | 1:18.38 | 41.52 | 200m: | 2:42.91 | 42.63 | 300m: | 4:09.48 | 42.68 | 400m: | 5:34.13 | 41.35 |
| 8. | ILKANI , Tomáš | | | | 06 | TRUMB | | | | 5:40.28 | 242 | |
| | 50m: | 38.75 | 38.75 | 150m: | 2:04.58 | 43.11 | 250m: | 3:31.97 | 43.47 | 350m: | 4:59.33 | 43.75 |
| | 100m: | 1:21.47 | 42.72 | 200m: | 2:48.50 | 43.92 | 300m: | 4:15.58 | 43.61 | 400m: | 5:40.28 | 40.95 |
| 9. | TAVA IAK, Timotej | | | | 06 | TRUMB | | | | 5:53.97 | 215 | |
| | 50m: | 40.77 | 40.77 | 150m: | 2:13.63 | 46.64 | 250m: | 3:43.87 | 44.42 | 350m: | 5:11.52 | 44.14 |
| | 100m: | 1:26.99 | 46.22 | 200m: | 2:59.45 | 45.82 | 300m: | 4:27.38 | 43.51 | 400m: | 5:53.97 | 42.45 |
| 10. | BUKOVÝ, Leo | | | | 06 | Po Ružomberok | | | | 5:57.09 | 209 | |
| | 50m: | 39.37 | 39.37 | 150m: | 2:09.94 | 46.47 | 250m: | 3:42.97 | 46.60 | 350m: | 5:14.79 | 45.60 |
| | 100m: | 1:23.47 | 44.10 | 200m: | 2:56.37 | 46.43 | 300m: | 4:29.19 | 46.22 | 400m: | 5:57.09 | 42.30 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 1, žiaci, 400m vo ný spôsob, 13 ro .

| por. | | | Ro . | | | | | as | body |
|------|-------------------|---------------|-------|---------------|-------|---------------|-------|----------------|------|
| 11. | MLYNÁRIK, Jakub | | 06 | SWIMW | | | | 6:19.20 | 175 |
| | 50m: | 40.92 40.92 | 150m: | 2:14.54 47.71 | 250m: | 3:54.34 50.53 | 350m: | 5:33.21 49.10 | |
| | 100m: | 1:26.83 45.91 | 200m: | 3:03.81 49.27 | 300m: | 4:44.11 49.77 | 400m: | 6:19.20 45.99 | |
| 12. | ADAMOVI, Jakub | | 06 | PK Žabka adca | | | | 6:26.66 | 165 |
| | 50m: | 40.31 40.31 | 150m: | 2:17.16 50.14 | 250m: | 3:59.16 50.93 | 350m: | 5:40.81 50.40 | |
| | 100m: | 1:27.02 46.71 | 200m: | 3:08.23 51.07 | 300m: | 4:50.41 51.25 | 400m: | 6:26.66 45.85 | |
| 13. | SIHE SKÝ, Jakub | | 06 | SWIMW | | | | 6:34.87 | 155 |
| | 50m: | 45.13 45.13 | 150m: | 2:27.87 51.77 | 250m: | 4:10.67 51.04 | 350m: | 5:50.77 49.35 | |
| | 100m: | 1:36.10 50.97 | 200m: | 3:19.63 51.76 | 300m: | 5:01.42 50.75 | 400m: | 6:34.87 44.10 | |
| 14. | FONDATI, Bruno | | 06 | Nereus Žilina | | | | 6:35.47 | 154 |
| | 50m: | 41.25 41.25 | 150m: | 2:19.57 49.14 | 250m: | 4:03.65 51.97 | 350m: | 5:49.18 52.75 | |
| | 100m: | 1:30.43 49.18 | 200m: | 3:11.68 52.11 | 300m: | 4:56.43 52.78 | 400m: | 6:35.47 46.29 | |
| 15. | MICHALICA, Michal | | 06 | MPKDK | | | | 7:02.86 | 126 |
| | 50m: | 42.02 42.02 | 150m: | 2:28.47 53.25 | 250m: | 4:17.99 55.62 | 350m: | 6:10.06 55.28 | |
| | 100m: | 1:35.22 53.20 | 200m: | 3:22.37 53.90 | 300m: | 5:14.78 56.79 | 400m: | 7:02.86 52.80 | |

14 ro .

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|-----|-----------------------|---------------|-------|---------------|-------|---------------|-------|----------------|-----|
| 1. | TIMKO, Michal | | 05 | Nereus Žilina | | | | 4:44.92 | 413 |
| | 50m: | 32.42 32.42 | 150m: | 1:42.56 35.57 | 250m: | 2:55.27 36.46 | 350m: | 4:09.97 37.45 | |
| | 100m: | 1:06.99 34.57 | 200m: | 2:18.81 36.25 | 300m: | 3:32.52 37.25 | 400m: | 4:44.92 34.95 | |
| 2. | PAULÍNÝ, Šimon | | 05 | TRUMB | | | | 4:45.42 | 411 |
| | 50m: | 32.05 32.05 | 150m: | 1:41.98 35.37 | 250m: | 2:55.64 37.06 | 350m: | 4:10.48 37.72 | |
| | 100m: | 1:06.61 34.56 | 200m: | 2:18.58 36.60 | 300m: | 3:32.76 37.12 | 400m: | 4:45.42 34.94 | |
| 3. | VDOVI ÍK, Maximilián | | 05 | Nereus Žilina | | | | 5:12.70 | 312 |
| | 50m: | 35.41 35.41 | 150m: | 1:55.01 40.31 | 250m: | 3:14.95 39.82 | 350m: | 4:32.73 38.28 | |
| | 100m: | 1:14.70 39.29 | 200m: | 2:35.13 40.12 | 300m: | 3:54.45 39.50 | 400m: | 5:12.70 39.97 | |
| 4. | BE UŠ, Tadeáš | | 05 | Po Ružomberok | | | | 5:12.78 | 312 |
| | 50m: | 33.36 33.36 | 150m: | 1:52.97 40.90 | 250m: | 3:15.28 41.25 | 350m: | 4:35.65 39.90 | |
| | 100m: | 1:12.07 38.71 | 200m: | 2:34.03 41.06 | 300m: | 3:55.75 40.47 | 400m: | 5:12.78 37.13 | |
| 5. | MEDVECKÝ, Maximilián | | 05 | ŠKDBB | | | | 5:15.77 | 303 |
| | 50m: | 33.85 33.85 | 150m: | 1:50.92 39.15 | 250m: | 3:11.52 41.00 | 350m: | 4:36.27 42.57 | |
| | 100m: | 1:11.77 37.92 | 200m: | 2:30.52 39.60 | 300m: | 3:53.70 42.18 | 400m: | 5:15.77 39.50 | |
| 6. | MIŠKUF, Martin Eduard | | 05 | PKMA | | | | 5:17.50 | 298 |
| | 50m: | 35.47 35.47 | 150m: | 1:55.25 40.72 | 250m: | 3:17.47 41.11 | 350m: | 4:39.25 40.25 | |
| | 100m: | 1:14.53 39.06 | 200m: | 2:36.36 41.11 | 300m: | 3:59.00 41.53 | 400m: | 5:17.50 38.25 | |
| 7. | ASNOCHA, Rastislav | | 05 | Nereus Žilina | | | | 5:25.86 | 276 |
| | 50m: | 36.51 36.51 | 150m: | 2:00.73 42.72 | 250m: | 3:26.51 43.09 | 350m: | 4:49.45 40.78 | |
| | 100m: | 1:18.01 41.50 | 200m: | 2:43.42 42.69 | 300m: | 4:08.67 42.16 | 400m: | 5:25.86 36.41 | |
| 8. | OCHABA, Dalibor | | 05 | Po Ružomberok | | | | 5:32.00 | 261 |
| | 50m: | 36.34 36.34 | 150m: | 2:00.41 42.32 | 250m: | 3:25.41 42.85 | 350m: | 4:51.69 42.78 | |
| | 100m: | 1:18.09 41.75 | 200m: | 2:42.56 42.15 | 300m: | 4:08.91 43.50 | 400m: | 5:32.00 40.31 | |
| 9. | HRAŠKO, Jakub | | 05 | SWIMW | | | | 5:36.11 | 251 |
| | 50m: | 36.61 36.61 | 150m: | 1:59.00 42.22 | 250m: | 3:26.28 44.03 | 350m: | 4:54.21 43.90 | |
| | 100m: | 1:16.78 40.17 | 200m: | 2:42.25 43.25 | 300m: | 4:10.31 44.03 | 400m: | 5:36.11 41.90 | |
| 10. | CHOVANEC, Samuel | | 05 | Nereus Žilina | | | | 5:43.59 | 235 |
| | 50m: | 37.61 37.61 | 150m: | 2:01.53 42.67 | 250m: | 3:28.65 44.07 | 350m: | 4:57.68 44.35 | |
| | 100m: | 1:18.86 41.25 | 200m: | 2:44.58 43.05 | 300m: | 4:13.33 44.68 | 400m: | 5:43.59 45.91 | |
| 11. | MIKOLÁŠ, Rastislav | | 05 | PKMA | | | | 5:46.96 | 228 |
| | 50m: | 43.26 43.26 | 150m: | 2:06.64 44.57 | 250m: | 3:36.57 44.93 | 350m: | 5:05.21 44.32 | |
| | 100m: | 1:22.07 38.81 | 200m: | 2:51.64 45.00 | 300m: | 4:20.89 44.32 | 400m: | 5:46.96 41.75 | |
| 12. | TENGLER, Martin | | 05 | PKRS | | | | 6:00.01 | 204 |
| | 50m: | 39.41 39.41 | 150m: | 2:10.09 46.89 | 250m: | 3:43.25 47.16 | 350m: | 5:17.53 47.15 | |
| | 100m: | 1:23.20 43.79 | 200m: | 2:56.09 46.00 | 300m: | 4:30.38 47.13 | 400m: | 6:00.01 42.48 | |

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| por. | | | | | Ro . | | | | | as | body | |
|--------------|------------------|---------|-------|-------|---------|---------------|-------|---------|-------|----------------|---------|-------|
| 13. | KOBELA, Samuel | | | | 05 | SWIMW | | | | 6:25.22 | 167 | |
| | 50m: | 36.65 | 36.65 | 150m: | 2:11.94 | 50.07 | 250m: | 3:52.72 | 51.00 | 350m: | 5:36.55 | 53.05 |
| | 100m: | 1:21.87 | 45.22 | 200m: | 3:01.72 | 49.78 | 300m: | 4:43.50 | 50.78 | 400m: | 6:25.22 | 48.67 |
| 15 - 16 ro . | | | | | | | | | | | | |
| 1. | FTOREK, Roman | | | | 03 | Nereus Žilina | | | | 4:32.17 | 474 | |
| | 50m: | 29.49 | 29.49 | 150m: | 1:36.87 | 34.63 | 250m: | 2:45.53 | 35.11 | 350m: | 3:57.21 | 35.87 |
| | 100m: | 1:02.24 | 32.75 | 200m: | 2:10.42 | 33.55 | 300m: | 3:21.34 | 35.81 | 400m: | 4:32.17 | 34.96 |
| 2. | LIZÁK, Filip | | | | 04 | MPKDK | | | | 4:39.93 | 435 | |
| | 50m: | 30.72 | 30.72 | 150m: | 1:38.47 | 34.22 | 250m: | 2:49.00 | 35.28 | 350m: | 4:02.72 | 37.19 |
| | 100m: | 1:04.25 | 33.53 | 200m: | 2:13.72 | 35.25 | 300m: | 3:25.53 | 36.53 | 400m: | 4:39.93 | 37.21 |
| 3. | TIŠ AN, Tibor | | | | 03 | Po Ružomberok | | | | 4:44.94 | 413 | |
| | 50m: | 31.05 | 31.05 | 150m: | 1:40.44 | 35.25 | 250m: | 2:53.22 | 36.50 | 350m: | 4:08.55 | 37.58 |
| | 100m: | 1:05.19 | 34.14 | 200m: | 2:16.72 | 36.28 | 300m: | 3:30.97 | 37.75 | 400m: | 4:44.94 | 36.39 |
| 4. | KNAPEC, Matúš | | | | 03 | Nereus Žilina | | | | 4:46.38 | 407 | |
| | 50m: | 32.19 | 32.19 | 150m: | 1:43.98 | 37.17 | 250m: | 2:59.56 | 37.93 | 350m: | 4:12.41 | 36.03 |
| | 100m: | 1:06.81 | 34.62 | 200m: | 2:21.63 | 37.65 | 300m: | 3:36.38 | 36.82 | 400m: | 4:46.38 | 33.97 |
| 5. | BÉREŠ, Alexander | | | | 03 | Nereus Žilina | | | | 4:46.50 | 406 | |
| | 50m: | 31.54 | 31.54 | 150m: | 1:41.46 | 35.59 | 250m: | 2:55.38 | 37.39 | 350m: | 4:10.13 | 36.96 |
| | 100m: | 1:05.87 | 34.33 | 200m: | 2:17.99 | 36.53 | 300m: | 3:33.17 | 37.79 | 400m: | 4:46.50 | 36.37 |
| 6. | PÚ EK, Šimon | | | | 04 | PKMA | | | | 4:53.89 | 376 | |
| | 50m: | 32.32 | 32.32 | 150m: | 1:44.74 | 36.98 | 250m: | 3:00.59 | 38.41 | 350m: | 4:17.55 | 38.12 |
| | 100m: | 1:07.76 | 35.44 | 200m: | 2:22.18 | 37.44 | 300m: | 3:39.43 | 38.84 | 400m: | 4:53.89 | 36.34 |
| 7. | VILUDA, Jakub | | | | 04 | PKMA | | | | 4:55.34 | 371 | |
| | 50m: | 33.31 | 33.31 | 150m: | 1:47.31 | 37.55 | 250m: | 3:03.91 | 38.25 | 350m: | 4:18.76 | 36.60 |
| | 100m: | 1:09.76 | 36.45 | 200m: | 2:25.66 | 38.35 | 300m: | 3:42.16 | 38.25 | 400m: | 4:55.34 | 36.58 |
| 8. | HRIVNÁK, Michal | | | | 03 | PKMA | | | | 5:01.19 | 349 | |
| | 50m: | 32.98 | 32.98 | 150m: | 1:48.38 | 38.54 | 250m: | 3:05.84 | 38.71 | 350m: | 4:23.91 | 38.50 |
| | 100m: | 1:09.84 | 36.86 | 200m: | 2:27.13 | 38.75 | 300m: | 3:45.41 | 39.57 | 400m: | 5:01.19 | 37.28 |
| 9. | KOVÁ , Tobias | | | | 04 | Nereus Žilina | | | | 5:06.94 | 330 | |
| | 50m: | 32.09 | 32.09 | 150m: | 1:47.41 | 38.97 | 250m: | 3:07.47 | 40.10 | 350m: | 4:27.79 | 39.70 |
| | 100m: | 1:08.44 | 36.35 | 200m: | 2:27.37 | 39.96 | 300m: | 3:48.09 | 40.62 | 400m: | 5:06.94 | 39.15 |
| 10. | CHLÁDECKÝ, Juraj | | | | 04 | Nereus Žilina | | | | 5:10.67 | 318 | |
| | 50m: | 33.25 | 33.25 | 150m: | 1:48.95 | 39.20 | 250m: | 3:09.45 | 40.10 | 350m: | 4:32.52 | 41.89 |
| | 100m: | 1:09.75 | 36.50 | 200m: | 2:29.35 | 40.40 | 300m: | 3:50.63 | 41.18 | 400m: | 5:10.67 | 38.15 |
| 11. | MESÁROŠ, Matej | | | | 03 | MPKDK | | | | 5:12.53 | 313 | |
| | 50m: | 32.53 | 32.53 | 150m: | 1:50.39 | 41.00 | 250m: | 3:12.03 | 41.00 | 350m: | 4:33.31 | 40.50 |
| | 100m: | 1:09.39 | 36.86 | 200m: | 2:31.03 | 40.64 | 300m: | 3:52.81 | 40.78 | 400m: | 5:12.53 | 39.22 |
| 12. | ADAM, Slavomír | | | | 04 | TRUMB | | | | 5:12.89 | 312 | |
| | 50m: | 35.85 | 35.85 | 150m: | 1:54.78 | 40.03 | 250m: | 3:15.20 | 40.03 | 350m: | 4:35.51 | 39.93 |
| | 100m: | 1:14.75 | 38.90 | 200m: | 2:35.17 | 40.39 | 300m: | 3:55.58 | 40.38 | 400m: | 5:12.89 | 37.38 |
| 13. | TOMAŠEC, Filip | | | | 04 | Nereus Žilina | | | | 5:14.69 | 306 | |
| | 50m: | 33.51 | 33.51 | 150m: | 1:51.12 | 39.93 | 250m: | 3:12.22 | 41.28 | 350m: | 4:35.94 | 41.97 |
| | 100m: | 1:11.19 | 37.68 | 200m: | 2:30.94 | 39.82 | 300m: | 3:53.97 | 41.75 | 400m: | 5:14.69 | 38.75 |
| 14. | LUKÁ , Branislav | | | | 04 | Nereus Žilina | | | | 5:17.15 | 299 | |
| | 50m: | 35.33 | 35.33 | 150m: | 1:54.15 | 40.36 | 250m: | 3:15.55 | 40.65 | 350m: | 4:35.37 | 39.79 |
| | 100m: | 1:13.79 | 38.46 | 200m: | 2:34.90 | 40.75 | 300m: | 3:55.58 | 40.03 | 400m: | 5:17.15 | 41.78 |
| 15. | PALOVI , Marek | | | | 03 | PKMA | | | | 5:20.85 | 289 | |
| | 50m: | 35.85 | 35.85 | 150m: | 1:56.10 | 40.60 | 250m: | 3:18.40 | 41.40 | 350m: | 4:41.65 | 41.75 |
| | 100m: | 1:15.50 | 39.65 | 200m: | 2:37.00 | 40.90 | 300m: | 3:59.90 | 41.50 | 400m: | 5:20.85 | 39.20 |
| 16. | SIHE SKÝ, Matej | | | | 03 | SWIMW | | | | 5:55.86 | 212 | |
| | 50m: | 38.67 | 38.67 | 150m: | 2:08.23 | 45.10 | 250m: | 3:40.54 | 46.18 | 350m: | 5:13.36 | 46.63 |
| | 100m: | 1:23.13 | 44.46 | 200m: | 2:54.36 | 46.13 | 300m: | 4:26.73 | 46.19 | 400m: | 5:55.86 | 42.50 |

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| por. | | | | Ro . | | | | | as | body | | |
|--------------|----------------------|---------|-------|-------|-----------------|-------|-------|---------|----------------|-------|---------|-------|
| 17. | MLYNÁRIK, Andrej | | | 04 | SWIMW | | | | 6:02.61 | 200 | | |
| | 50m: | 36.28 | 36.28 | 150m: | 2:04.57 | 45.62 | 250m: | 3:39.62 | 47.54 | 350m: | 5:15.60 | 47.48 |
| | 100m: | 1:18.95 | 42.67 | 200m: | 2:52.08 | 47.51 | 300m: | 4:28.12 | 48.50 | 400m: | 6:02.61 | 47.01 |
| 17 - 18 ro . | | | | | | | | | | | | |
| 1. | PORUBEC, Urban | | | 02 | Nereus Žilina | | | | 4:22.72 | 527 | | |
| | 50m: | 30.26 | 30.26 | 150m: | 1:35.47 | 33.10 | 250m: | 2:43.09 | 34.37 | 350m: | 3:51.06 | 33.76 |
| | 100m: | 1:02.37 | 32.11 | 200m: | 2:08.72 | 33.25 | 300m: | 3:17.30 | 34.21 | 400m: | 4:22.72 | 31.66 |
| 2. | STRNAD, Jakub | | | 01 | PK TENAX Žilina | | | | 4:32.70 | 471 | | |
| | 50m: | 31.10 | 31.10 | 150m: | 1:37.85 | 33.75 | 250m: | 2:47.27 | 34.71 | 350m: | 3:57.60 | 35.25 |
| | 100m: | 1:04.10 | 33.00 | 200m: | 2:12.56 | 34.71 | 300m: | 3:22.35 | 35.08 | 400m: | 4:32.70 | 35.10 |
| 3. | BELUŠ, Adrián | | | 02 | Po Ružomberok | | | | 4:44.89 | 413 | | |
| | 50m: | 31.41 | 31.41 | 150m: | 1:40.89 | 35.28 | 250m: | 2:54.89 | 37.32 | 350m: | 4:10.01 | 37.55 |
| | 100m: | 1:05.61 | 34.20 | 200m: | 2:17.57 | 36.68 | 300m: | 3:32.46 | 37.57 | 400m: | 4:44.89 | 34.88 |
| 4. | HRABOVSKÝ, Alexander | | | 01 | PK TENAX Žilina | | | | 4:46.13 | 408 | | |
| | 50m: | 30.18 | 30.18 | 150m: | 1:40.18 | 36.53 | 250m: | 2:56.22 | 38.07 | 350m: | 4:12.15 | 37.65 |
| | 100m: | 1:03.65 | 33.47 | 200m: | 2:18.15 | 37.97 | 300m: | 3:34.50 | 38.28 | 400m: | 4:46.13 | 33.98 |
| 5. | VALLO, Denis | | | 01 | PK TENAX Žilina | | | | 4:47.73 | 401 | | |
| | 50m: | 29.09 | 29.09 | 150m: | 1:36.48 | 34.78 | 250m: | 2:53.73 | 39.03 | 350m: | 4:12.61 | 39.63 |
| | 100m: | 1:01.70 | 32.61 | 200m: | 2:14.70 | 38.22 | 300m: | 3:32.98 | 39.25 | 400m: | 4:47.73 | 35.12 |
| 6. | PYTEL, Tomáš | | | 02 | PK Žabka adca | | | | 5:19.90 | 292 | | |
| | 50m: | 35.02 | 35.02 | 150m: | 1:55.62 | 40.67 | 250m: | 3:18.34 | 41.50 | 350m: | 4:41.73 | 41.00 |
| | 100m: | 1:14.95 | 39.93 | 200m: | 2:36.84 | 41.22 | 300m: | 4:00.73 | 42.39 | 400m: | 5:19.90 | 38.17 |
| 7. | ULICKÝ, Matej | | | 02 | SWIMW | | | | 6:43.28 | 145 | | |
| | 50m: | 40.70 | 40.70 | 150m: | 2:21.45 | 51.72 | 250m: | 4:05.38 | 51.50 | 350m: | 5:51.63 | 53.25 |
| | 100m: | 1:29.73 | 49.03 | 200m: | 3:13.88 | 52.43 | 300m: | 4:58.38 | 53.00 | 400m: | 6:43.28 | 51.65 |

19 ro . a st.

| | | | | | | | | | | | | |
|----|-----------------|---------|-------|-------|---------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | MICHLÍK, Daniel | | | 00 | Nereus Žilina | | | | 4:34.60 | 461 | | |
| | 50m: | 30.82 | 30.82 | 150m: | 1:37.57 | 34.17 | 250m: | 2:47.94 | 35.39 | 350m: | 4:00.83 | 36.42 |
| | 100m: | 1:03.40 | 32.58 | 200m: | 2:12.55 | 34.98 | 300m: | 3:24.41 | 36.47 | 400m: | 4:34.60 | 33.77 |

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10 ro . a st.
Výsledky

bodovanie: FINA 2018

| por. | Ro . | as | body |
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| 10 ro . | | | |
| 1. | MEGELOVÁ, Stela | 09 FLIPPER Brezno | 5:25.28 374 |
| | 50m: 36.31 36.31 150m: 1:58.25 41.75 250m: 3:23.11 42.58 350m: 4:46.56 41.31 | | |
| | 100m: 1:16.50 40.19 200m: 2:40.53 42.28 300m: 4:05.25 42.14 400m: 5:25.28 38.72 | | |
| 2. | HAVIAROVÁ, Sophie | 09 PKMA | 6:27.66 221 |
| | 50m: 41.48 41.48 150m: 2:19.56 49.68 250m: 3:59.56 49.58 350m: 5:38.95 49.86 | | |
| | 100m: 1:29.88 48.40 200m: 3:09.98 50.42 300m: 4:49.09 49.53 400m: 6:27.66 48.71 | | |
| 3. | HLIVJÁKOVÁ, Markéta Marta | 09 Nereus Žilina | 6:33.68 211 |
| | 50m: 41.36 41.36 150m: 2:19.86 50.18 250m: 4:01.52 50.40 350m: 5:43.55 50.42 | | |
| | 100m: 1:29.68 48.32 200m: 3:11.12 51.26 300m: 4:53.13 51.61 400m: 6:33.68 50.13 | | |
| 4. | GOMOLOVÁ, Nela | 09 PKMA | 7:02.58 170 |
| | 50m: 45.07 45.07 150m: 2:34.46 55.95 250m: 4:23.73 54.97 350m: 6:14.36 55.23 | | |
| | 100m: 1:38.51 53.44 200m: 3:28.76 54.30 300m: 5:19.13 55.40 400m: 7:02.58 48.22 | | |
| 5. | NOVÁKOVÁ, Liliana | 09 Po Ružomberok | 7:14.60 157 |
| | 50m: 42.25 42.25 150m: 2:31.51 55.45 250m: 4:23.80 56.19 350m: 6:18.92 58.17 | | |
| | 100m: 1:36.06 53.81 200m: 3:27.61 56.10 300m: 5:20.75 56.95 400m: 7:14.60 55.68 | | |
| 6. | ŠTEFÚNOVÁ, Nina | 09 Nereus Žilina | 7:23.55 147 |
| | 50m: 47.20 47.20 150m: 2:39.53 57.55 250m: 4:33.98 56.89 350m: 6:29.98 58.09 | | |
| | 100m: 1:41.98 54.78 200m: 3:37.09 57.56 300m: 5:31.89 57.91 400m: 7:23.55 53.57 | | |
| 7. | ZELNÍKOVÁ, Natália | 09 PKMA | 7:26.06 145 |
| | 50m: 47.46 47.46 150m: 2:38.09 56.15 250m: 4:35.60 59.57 350m: 6:32.17 57.12 | | |
| | 100m: 1:41.94 54.48 200m: 3:36.03 57.94 300m: 5:35.05 59.45 400m: 7:26.06 53.89 | | |
| 11 ro . | | | |
| 1. | VETRÁKOVÁ, Karolína | 08 MPKPD | 5:12.69 421 |
| | 50m: 35.21 35.21 150m: 1:52.46 39.23 250m: 3:12.78 40.60 350m: 4:33.86 40.95 | | |
| | 100m: 1:13.23 38.02 200m: 2:32.18 39.72 300m: 3:52.91 40.13 400m: 5:12.69 38.83 | | |
| 2. | TUREKOVÁ, Rebeka | 08 Nereus Žilina | 5:24.63 377 |
| | 50m: 36.16 36.16 150m: 1:58.66 42.36 250m: 3:23.09 41.43 350m: 4:49.09 42.25 | | |
| | 100m: 1:16.30 40.14 200m: 2:41.66 43.00 300m: 4:06.84 43.75 400m: 5:24.63 35.54 | | |
| 3. | PEKNUŠOVÁ, Sophia | 08 Nereus Žilina | 5:26.06 372 |
| | 50m: 36.03 36.03 150m: 1:58.10 41.54 250m: 3:21.99 42.50 350m: 4:46.10 42.07 | | |
| | 100m: 1:16.56 40.53 200m: 2:39.49 41.39 300m: 4:04.03 42.04 400m: 5:26.06 39.96 | | |
| 4. | NOVOTNÁ, Natália | 08 PKMA | 5:26.16 371 |
| | 50m: 35.95 35.95 150m: 1:57.64 41.32 250m: 3:21.54 42.25 350m: 4:45.89 42.15 | | |
| | 100m: 1:16.32 40.37 200m: 2:39.29 41.65 300m: 4:03.74 42.20 400m: 5:26.16 40.27 | | |
| 5. | ŠOTTNIKOVÁ, Aneta | 08 Nereus Žilina | 5:48.20 305 |
| | 50m: 38.69 38.69 150m: 2:05.94 43.89 250m: 3:36.10 44.91 350m: 5:05.95 44.57 | | |
| | 100m: 1:22.05 43.36 200m: 2:51.19 45.25 300m: 4:21.38 45.28 400m: 5:48.20 42.25 | | |
| 6. | SPIŠÁKOVÁ, Lucia | 08 PKMA | 5:54.11 290 |
| | 50m: 40.55 40.55 150m: 2:10.84 45.50 250m: 3:41.71 45.54 350m: 5:12.13 44.84 | | |
| | 100m: 1:25.34 44.79 200m: 2:56.17 45.33 300m: 4:27.29 45.58 400m: 5:54.11 41.98 | | |
| 7. | URBANOVÁ, Linda | 08 MPKDK | 6:07.59 259 |
| | 50m: 41.41 41.41 150m: 2:14.37 47.11 250m: 3:48.47 47.25 350m: 5:22.47 46.63 | | |
| | 100m: 1:27.26 45.85 200m: 3:01.22 46.85 300m: 4:35.84 47.37 400m: 6:07.59 45.12 | | |
| 8. | STRANIANKOVÁ, Lívia | 08 Nereus Žilina | 6:15.16 244 |
| | 50m: 42.23 42.23 150m: 2:17.94 48.28 250m: 3:53.34 48.03 350m: 5:29.69 47.93 | | |
| | 100m: 1:29.66 47.43 200m: 3:05.31 47.37 300m: 4:41.76 48.42 400m: 6:15.16 45.47 | | |
| 9. | PORVAZNÍKOVÁ, Michaela | 08 TT Dolný Kubín | 6:23.76 228 |
| | 50m: 41.53 41.53 150m: 2:21.01 50.10 250m: 4:00.86 50.57 350m: 5:39.38 49.17 | | |
| | 100m: 1:30.91 49.38 200m: 3:10.29 49.28 300m: 4:50.21 49.35 400m: 6:23.76 44.38 | | |

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disciplína 2, žia ky, 400m vo ný spôsob, 11 ro .

| por. | | | Ro . | | | | | as | body | | |
|------|-----------------------|---------------|-------|---------------|---------|-------|---------|----------------|-------|---------|---------|
| 10. | SMOLEKOVÁ, Ella | | 08 | Po Ružomberok | | | | 6:29.00 | 219 | | |
| | 50m: | 41.12 41.12 | 150m: | 2:18.15 | 49.03 | 250m: | 3:59.79 | 50.85 | 350m: | 5:43.30 | 51.90 |
| | 100m: | 1:29.12 48.00 | 200m: | 3:08.94 | 50.79 | 300m: | 4:51.40 | 51.61 | 400m: | 6:29.00 | 45.70 |
| 11. | CIMRÁKOVÁ, Barbora | | 08 | Nereus Žilina | | | | 6:39.57 | 202 | | |
| | 50m: | 43.65 43.65 | 150m: | 2:26.46 | 52.25 | 250m: | 4:08.93 | 50.97 | 350m: | 5:53.21 | 51.14 |
| | 100m: | 1:34.21 50.56 | 200m: | 3:17.96 | 51.50 | 300m: | 5:02.07 | 53.14 | 400m: | 6:39.57 | 46.36 |
| 12. | ASNOCHOVÁ, Jitka | | 08 | Nereus Žilina | | | | 6:43.81 | 195 | | |
| | 50m: | 45.91 45.91 | 150m: | 2:30.56 | 52.08 | 250m: | 4:14.84 | 52.40 | 350m: | 5:57.09 | 51.43 |
| | 100m: | 1:38.48 52.57 | 200m: | 3:22.44 | 51.88 | 300m: | 5:05.66 | 50.82 | 400m: | 6:43.81 | 46.72 |
| 13. | KME OVÁ, Nina | | 08 | PKMA | | | | 6:46.82 | 191 | | |
| | 50m: | 42.19 42.19 | 150m: | 2:24.82 | 52.53 | 250m: | 4:09.72 | 53.32 | 350m: | 5:58.29 | 55.00 |
| | 100m: | 1:32.29 50.10 | 200m: | 3:16.40 | 51.58 | 300m: | 5:03.29 | 53.57 | 400m: | 6:46.82 | 48.53 |
| 14. | KUPKOVÁ, Karolína | | 08 | Nereus Žilina | | | | 6:51.15 | 185 | | |
| | 50m: | 44.33 44.33 | 150m: | 2:28.08 | 52.61 | 250m: | 4:13.03 | 52.35 | 350m: | 6:02.43 | 52.96 |
| | 100m: | 1:35.47 51.14 | 200m: | 3:20.68 | 52.60 | 300m: | 5:09.47 | 56.44 | 400m: | 6:51.15 | 48.72 |
| 15. | SZABÓOVÁ, Juliana | | 08 | Po Ružomberok | | | | 6:53.53 | 182 | | |
| | 50m: | 43.03 43.03 | 150m: | 2:28.09 | 54.14 | 250m: | 4:15.17 | 53.86 | 350m: | 6:03.67 | 54.22 |
| | 100m: | 1:33.95 50.92 | 200m: | 3:21.31 | 53.22 | 300m: | 5:09.45 | 54.28 | 400m: | 6:53.53 | 49.86 |
| 16. | DOROCIÁKOVÁ, Karolína | | 08 | Nereus Žilina | | | | 6:56.14 | 178 | | |
| | 50m: | 45.34 45.34 | 150m: | 2:33.78 | 54.36 | 250m: | 4:20.99 | 53.90 | 350m: | 6:07.81 | 52.75 |
| | 100m: | 1:39.42 54.08 | 200m: | 3:27.09 | 53.31 | 300m: | 5:15.06 | 54.07 | 400m: | 6:56.14 | 48.33 |
| 17. | MIKULAJOVÁ, Nina | | 08 | MPKDK | | | | 7:00.00 | 174 | | |
| | 50m: | 44.37 44.37 | 150m: | 2:32.65 | 54.90 | 250m: | 4:21.94 | 54.22 | 350m: | 6:11.08 | 54.96 |
| | 100m: | 1:37.75 53.38 | 200m: | 3:27.72 | 55.07 | 300m: | 5:16.12 | 54.18 | 400m: | 7:00.00 | 48.92 |
| 18. | ZACHAROVÁ, Timea | | 08 | PKMA | | | | 7:01.08 | 172 | | |
| | 50m: | 45.23 45.23 | 150m: | 2:30.19 | 53.82 | 250m: | 4:19.44 | 55.53 | 350m: | 6:12.98 | 58.36 |
| | 100m: | 1:36.37 51.14 | 200m: | 3:23.91 | 53.72 | 300m: | 5:14.62 | 55.18 | 400m: | 7:01.08 | 48.10 |
| 19. | VILUDOVÁ, Vanesa | | 08 | PKMA | | | | 7:14.50 | 157 | | |
| | 50m: | 46.14 46.14 | 150m: | 2:34.55 | 55.32 | 250m: | 4:26.32 | 56.62 | 350m: | 6:19.54 | 56.63 |
| | 100m: | 1:39.23 53.09 | 200m: | 3:29.70 | 55.15 | 300m: | 5:22.91 | 56.59 | 400m: | 7:14.50 | 54.96 |
| 20. | LEGEMZOVÁ, Sofia | | 08 | MPKDK | | | | 7:41.92 | 130 | | |
| | 50m: | 50.23 50.23 | 150m: | 2:52.23 | 1:02.41 | 250m: | 4:53.59 | 1:00.36 | 350m: | 6:49.97 | 56.66 |
| | 100m: | 1:49.82 59.59 | 200m: | 3:53.23 | 1:01.00 | 300m: | 5:53.31 | 59.72 | 400m: | 7:41.92 | 51.95 |
| 21. | LAJGÚTOVÁ, Ema | | 08 | PKRS | | | | 7:55.67 | 119 | | |
| | 50m: | 53.17 53.17 | 150m: | 2:53.87 | 1:01.52 | 250m: | 4:58.31 | 1:01.75 | 350m: | 6:59.92 | 1:00.32 |
| | 100m: | 1:52.35 59.18 | 200m: | 3:56.56 | 1:02.69 | 300m: | 5:59.60 | 1:01.29 | 400m: | 7:55.67 | 55.75 |

12 ro .

| | | | | | | | | | | | |
|----|----------------------|---------------|-------|----------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | PIECKOVÁ, Laura | | 07 | MPKDK | | | | 5:09.96 | 433 | | |
| | 50m: | 35.18 35.18 | 150m: | 1:52.21 | 39.06 | 250m: | 3:12.31 | 40.16 | 350m: | 4:31.98 | 39.45 |
| | 100m: | 1:13.15 37.97 | 200m: | 2:32.15 | 39.94 | 300m: | 3:52.53 | 40.22 | 400m: | 5:09.96 | 37.98 |
| 2. | JURIGOVÁ, Simona | | 07 | DELMM | | | | 5:16.00 | 408 | | |
| | 50m: | 35.21 35.21 | 150m: | 1:53.63 | 39.84 | 250m: | 3:14.99 | 40.95 | 350m: | 4:37.18 | 41.04 |
| | 100m: | 1:13.79 38.58 | 200m: | 2:34.04 | 40.41 | 300m: | 3:56.14 | 41.15 | 400m: | 5:16.00 | 38.82 |
| 3. | MOSKÁ OVÁ, Margaréta | | 07 | MPKDK | | | | 5:20.93 | 390 | | |
| | 50m: | 35.33 35.33 | 150m: | 1:54.83 | 40.40 | 250m: | 3:17.78 | 41.31 | 350m: | 4:41.01 | 41.39 |
| | 100m: | 1:14.43 39.10 | 200m: | 2:36.47 | 41.64 | 300m: | 3:59.62 | 41.84 | 400m: | 5:20.93 | 39.92 |
| 4. | MIKULÁŠOVÁ, Eva | | 07 | TT Dolný Kubín | | | | 5:41.65 | 323 | | |
| | 50m: | 37.25 37.25 | 150m: | 2:02.93 | 43.90 | 250m: | 3:31.50 | 44.97 | 350m: | 5:00.00 | 44.07 |
| | 100m: | 1:19.03 41.78 | 200m: | 2:46.53 | 43.60 | 300m: | 4:15.93 | 44.43 | 400m: | 5:41.65 | 41.65 |
| 5. | KUDLA OVÁ, Petra | | 07 | PKMA | | | | 5:42.08 | 322 | | |
| | 50m: | 36.47 36.47 | 150m: | 2:00.69 | 43.00 | 250m: | 3:29.47 | 44.39 | 350m: | 4:59.12 | 45.04 |
| | 100m: | 1:17.69 41.22 | 200m: | 2:45.08 | 44.39 | 300m: | 4:14.08 | 44.61 | 400m: | 5:42.08 | 42.96 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 2, žia ky, 400m vo ný spôsob, 12 ro .

| por. | | | Ro . | | | as | | | body | | |
|------|--------------------------|---------------|-------|---------------|-------|----------------|---------|-------|-------|----------|----------|
| 6. | PAGÁ OVÁ, Tereza | | 07 | Nereus Žilina | | 5:51.48 | | | 297 | | |
| | 50m: | 38.91 38.91 | 150m: | 2:06.28 | 44.35 | 250m: | 3:36.81 | 45.69 | 350m: | 5:08.24 | 45.88 |
| | 100m: | 1:21.93 43.02 | 200m: | 2:51.12 | 44.84 | 300m: | 4:22.36 | 45.55 | 400m: | 5:51.48 | 43.24 |
| 7. | MICHALIDISOVÁ, Alexandra | | 07 | PKMA | | 5:53.67 | | | 291 | | |
| | 50m: | 39.29 39.29 | 150m: | 2:10.73 | 46.60 | 250m: | 3:41.09 | 44.61 | 350m: | 5:11.16 | 44.62 |
| | 100m: | 1:24.13 44.84 | 200m: | 2:56.48 | 45.75 | 300m: | 4:26.54 | 45.45 | 400m: | 5:53.67 | 42.51 |
| 8. | HUN ÍKOVÁ, Ema | | 07 | PKMA | | 6:01.92 | | | 272 | | |
| | 50m: | 40.39 40.39 | 150m: | 2:11.78 | 46.97 | 250m: | 3:43.09 | 45.85 | 350m: | 5:17.07 | 46.50 |
| | 100m: | 1:24.81 44.42 | 200m: | 2:57.24 | 45.46 | 300m: | 4:30.57 | 47.48 | 400m: | 6:01.92 | 44.85 |
| 9. | GABAJOVÁ, Emma Mária | | 07 | Nereus Žilina | | 6:07.11 | | | 260 | | |
| | 50m: | 39.42 39.42 | 150m: | 2:11.39 | 47.23 | 250m: | 3:46.22 | 47.55 | 350m: | 52:22.39 | 47:48.13 |
| | 100m: | 1:24.16 44.74 | 200m: | 2:58.67 | 47.28 | 300m: | 4:34.26 | 48.04 | 400m: | 6:07.11 | |
| 10. | ŠTILCOVÁ, Ema | | 07 | PKMA | | 6:07.73 | | | 259 | | |
| | 50m: | 39.76 39.76 | 150m: | 2:11.72 | 46.37 | 250m: | 3:47.74 | 48.12 | 350m: | 5:23.29 | 48.24 |
| | 100m: | 1:25.35 45.59 | 200m: | 2:59.62 | 47.90 | 300m: | 4:35.05 | 47.31 | 400m: | 6:07.73 | 44.44 |
| 11. | HANUSOVÁ, Nina | | 07 | FITRK | | 6:19.42 | | | 236 | | |
| | 50m: | 41.59 41.59 | 150m: | 2:16.34 | 48.14 | 250m: | 3:54.42 | 49.25 | 350m: | 5:32.17 | 48.55 |
| | 100m: | 1:28.20 46.61 | 200m: | 3:05.17 | 48.83 | 300m: | 4:43.62 | 49.20 | 400m: | 6:19.42 | 47.25 |
| 12. | VALÁŠKOVÁ, Alexandra | | 07 | Nereus Žilina | | 6:27.81 | | | 221 | | |
| | 50m: | 39.34 39.34 | 150m: | 2:14.31 | 48.74 | 250m: | 3:55.81 | 51.14 | 350m: | 5:38.07 | 51.43 |
| | 100m: | 1:25.57 46.23 | 200m: | 3:04.67 | 50.36 | 300m: | 4:46.64 | 50.83 | 400m: | 6:27.81 | 49.74 |
| 13. | KAPINOVÁ, So a | | 07 | Po Ružomberok | | 6:29.44 | | | 218 | | |
| | 50m: | 39.94 39.94 | 150m: | 2:14.59 | 49.65 | 250m: | 3:57.66 | 51.04 | 350m: | 5:41.19 | 52.28 |
| | 100m: | 1:24.94 45.00 | 200m: | 3:06.62 | 52.03 | 300m: | 4:48.91 | 51.25 | 400m: | 6:29.44 | 48.25 |
| 14. | ZÁTHURECKÁ, Nina | | 07 | Nereus Žilina | | 6:36.75 | | | 206 | | |
| | 50m: | 41.08 41.08 | 150m: | 2:19.65 | 50.47 | 250m: | 4:04.53 | 52.75 | 350m: | 5:49.25 | 51.32 |
| | 100m: | 1:29.18 48.10 | 200m: | 3:11.78 | 52.13 | 300m: | 4:57.93 | 53.40 | 400m: | 6:36.75 | 47.50 |
| 15. | ZBRANKOVÁ, Eliška | | 07 | Nereus Žilina | | 6:42.72 | | | 197 | | |
| | 50m: | 42.66 42.66 | 150m: | 2:25.51 | 52.79 | 250m: | 4:11.22 | 53.06 | 350m: | 5:55.12 | 51.46 |
| | 100m: | 1:32.72 50.06 | 200m: | 3:18.16 | 52.65 | 300m: | 5:03.66 | 52.44 | 400m: | 6:42.72 | 47.60 |
| 16. | KUROVÁ, Tereza | | 07 | SWIMW | | 6:45.40 | | | 193 | | |
| | 50m: | 44.48 44.48 | 150m: | 2:27.83 | 53.00 | 250m: | 4:12.08 | 51.92 | 350m: | 5:58.83 | 53.18 |
| | 100m: | 1:34.83 50.35 | 200m: | 3:20.16 | 52.33 | 300m: | 5:05.65 | 53.57 | 400m: | 6:45.40 | 46.57 |
| 17. | HAZUCHOVÁ, Zoja | | 07 | MPKDK | | 6:49.89 | | | 187 | | |
| | 50m: | 44.07 44.07 | 150m: | 2:25.37 | 51.93 | 250m: | 4:10.34 | 52.86 | 350m: | 5:56.49 | 52.72 |
| | 100m: | 1:33.44 49.37 | 200m: | 3:17.48 | 52.11 | 300m: | 5:03.77 | 53.43 | 400m: | 6:49.89 | 53.40 |
| 18. | TIMKOVÁ, Simona | | 07 | FITRK | | 6:50.78 | | | 186 | | |
| | 50m: | 43.71 43.71 | 150m: | 2:28.86 | 54.40 | 250m: | 4:16.31 | 53.53 | 350m: | 6:02.78 | 52.47 |
| | 100m: | 1:34.46 50.75 | 200m: | 3:22.78 | 53.92 | 300m: | 5:10.31 | 54.00 | 400m: | 6:50.78 | 48.00 |
| 19. | BOHUŠOVÁ, Klára | | 07 | TRUMB | | 6:56.44 | | | 178 | | |
| | 50m: | 45.30 45.30 | 150m: | 2:29.44 | 53.14 | 250m: | 4:17.30 | 54.54 | 350m: | 6:04.19 | 53.68 |
| | 100m: | 1:36.30 51.00 | 200m: | 3:22.76 | 53.32 | 300m: | 5:10.51 | 53.21 | 400m: | 6:56.44 | 52.25 |
| 20. | TIMKANI OVÁ, Lucia | | 07 | Nereus Žilina | | 6:56.67 | | | 178 | | |
| | 50m: | 46.01 46.01 | 150m: | 2:34.39 | 54.44 | 250m: | 4:20.11 | 53.16 | 350m: | 6:07.82 | 52.18 |
| | 100m: | 1:39.95 53.94 | 200m: | 3:26.95 | 52.56 | 300m: | 5:15.64 | 55.53 | 400m: | 6:56.67 | 48.85 |
| 21. | LIETAVOVÁ, Linda | | 07 | SWIMW | | 6:59.44 | | | 174 | | |
| | 50m: | 42.66 42.66 | 150m: | 2:28.79 | 53.35 | 250m: | 4:14.97 | 52.95 | 350m: | 6:05.05 | 55.46 |
| | 100m: | 1:35.44 52.78 | 200m: | 3:22.02 | 53.23 | 300m: | 5:09.59 | 54.62 | 400m: | 6:59.44 | 54.39 |
| 22. | MARUNIAKOVÁ, Tereza | | 07 | MPKDK | | 7:01.19 | | | 172 | | |
| | 50m: | 46.01 46.01 | 150m: | 2:34.17 | 53.82 | 250m: | 4:22.67 | 53.25 | 350m: | 6:12.36 | 54.31 |
| | 100m: | 1:40.35 54.34 | 200m: | 3:29.42 | 55.25 | 300m: | 5:18.05 | 55.38 | 400m: | 7:01.19 | 48.83 |
| 23. | KUBOVÁ, Alžbeta | | 07 | DELM | | 7:21.56 | | | 149 | | |
| | 50m: | 48.06 48.06 | 150m: | 2:40.03 | 56.07 | 250m: | 4:34.02 | 56.31 | 350m: | 6:29.25 | 57.46 |
| | 100m: | 1:43.96 55.90 | 200m: | 3:37.71 | 57.68 | 300m: | 5:31.79 | 57.77 | 400m: | 7:21.56 | 52.31 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 2, žia ky, 400m vo ný spôsob, 12 ro .

| por. | | | | | Ro . | | | | | as | body | |
|---------|-----------------------|---------|-------|-------|---------|-----------------|-------|---------|---------|----------------|---------|---------|
| 24. | URBANOVÁ, Lea | | | | 07 | PKMA | | | | 7:49.16 | 124 | |
| | 50m: | 48.09 | 48.09 | 150m: | 2:44.16 | 59.85 | 250m: | 4:47.38 | 1:03.50 | 350m: | 6:50.59 | 1:00.00 |
| | 100m: | 1:44.31 | 56.22 | 200m: | 3:43.88 | 59.72 | 300m: | 5:50.59 | 1:03.21 | 400m: | 7:49.16 | 58.57 |
| 13 ro . | | | | | | | | | | | | |
| 1. | HRN ÁROVÁ, Alexandra | | | | 06 | PK TENAX Žilina | | | | 5:08.97 | 437 | |
| | 50m: | 34.50 | 34.50 | 150m: | 1:51.97 | 39.39 | 250m: | 3:09.99 | 38.98 | 350m: | 4:25.11 | 36.68 |
| | 100m: | 1:12.58 | 38.08 | 200m: | 2:31.01 | 39.04 | 300m: | 3:48.43 | 38.44 | 400m: | 5:08.97 | 43.86 |
| 2. | PALOVI OVÁ, Alica | | | | 06 | PKMA | | | | 5:09.12 | 436 | |
| | 50m: | 36.15 | 36.15 | 150m: | 1:55.19 | 39.78 | 250m: | 3:13.21 | 38.38 | 350m: | 4:31.03 | 38.93 |
| | 100m: | 1:15.41 | 39.26 | 200m: | 2:34.83 | 39.64 | 300m: | 3:52.10 | 38.89 | 400m: | 5:09.12 | 38.09 |
| 3. | MAREKOVÁ, Dominika | | | | 06 | Nereus Žilina | | | | 5:42.65 | 320 | |
| | 50m: | 37.71 | 37.71 | 150m: | 2:03.50 | 44.25 | 250m: | 3:31.74 | 44.33 | 350m: | 5:01.29 | 44.68 |
| | 100m: | 1:19.25 | 41.54 | 200m: | 2:47.41 | 43.91 | 300m: | 4:16.61 | 44.87 | 400m: | 5:42.65 | 41.36 |
| 4. | KONŠTIAKOVÁ, Sophie | | | | 06 | TT Dolný Kubín | | | | 5:45.28 | 313 | |
| | 50m: | 39.00 | 39.00 | 150m: | 2:05.46 | 44.07 | 250m: | 3:35.39 | 45.36 | 350m: | 5:04.53 | 43.96 |
| | 100m: | 1:21.39 | 42.39 | 200m: | 2:50.03 | 44.57 | 300m: | 4:20.57 | 45.18 | 400m: | 5:45.28 | 40.75 |
| 5. | NOVÁKOVÁ, Jasmína | | | | 06 | Po Ružomberok | | | | 5:55.97 | 285 | |
| | 50m: | 37.72 | 37.72 | 150m: | 2:05.25 | 44.81 | 250m: | 3:38.44 | 46.75 | 350m: | 5:12.05 | 46.50 |
| | 100m: | 1:20.44 | 42.72 | 200m: | 2:51.69 | 46.44 | 300m: | 4:25.55 | 47.11 | 400m: | 5:55.97 | 43.92 |
| 6. | KAVCOVÁ, Alexandra | | | | 06 | Nereus Žilina | | | | 5:56.03 | 285 | |
| | 50m: | 38.56 | 38.56 | 150m: | 2:06.14 | 45.18 | 250m: | 3:38.71 | 46.53 | 350m: | 5:12.71 | 48.85 |
| | 100m: | 1:20.96 | 42.40 | 200m: | 2:52.18 | 46.04 | 300m: | 4:23.86 | 45.15 | 400m: | 5:56.03 | 43.32 |
| 7. | GRUCHA ÁKOVÁ, Laura | | | | 06 | PKMA | | | | 5:56.80 | 283 | |
| | 50m: | 39.78 | 39.78 | 150m: | 2:08.88 | 44.75 | 250m: | 3:39.91 | 45.46 | 350m: | 5:11.80 | 45.98 |
| | 100m: | 1:24.13 | 44.35 | 200m: | 2:54.45 | 45.57 | 300m: | 4:25.82 | 45.91 | 400m: | 5:56.80 | 45.00 |
| 8. | TAR ÁKOVÁ, So a | | | | 06 | MPKDK | | | | 5:58.92 | 278 | |
| | 50m: | 39.20 | 39.20 | 150m: | 2:08.81 | 45.44 | 250m: | 3:41.34 | 46.53 | 350m: | 5:13.81 | 46.47 |
| | 100m: | 1:23.37 | 44.17 | 200m: | 2:54.81 | 46.00 | 300m: | 4:27.34 | 46.00 | 400m: | 5:58.92 | 45.11 |
| 9. | KASÁKOVÁ, Nina | | | | 06 | Nereus Žilina | | | | 6:02.20 | 271 | |
| | 50m: | 38.82 | 38.82 | 150m: | 2:07.58 | 45.33 | 250m: | 3:43.37 | 48.15 | 350m: | 5:17.92 | 46.14 |
| | 100m: | 1:22.25 | 43.43 | 200m: | 2:55.22 | 47.64 | 300m: | 4:31.78 | 48.41 | 400m: | 6:02.20 | 44.28 |
| 10. | CIMRÁKOVÁ, Alica | | | | 06 | Nereus Žilina | | | | 6:02.68 | 270 | |
| | 50m: | 39.43 | 39.43 | 150m: | 2:10.56 | 47.20 | 250m: | 3:45.78 | 47.14 | 350m: | 5:19.11 | 46.07 |
| | 100m: | 1:23.36 | 43.93 | 200m: | 2:58.64 | 48.08 | 300m: | 4:33.04 | 47.26 | 400m: | 6:02.68 | 43.57 |
| 11. | NA OVÁ, Sofia | | | | 06 | TRUMB | | | | 6:12.92 | 248 | |
| | 50m: | 40.36 | 40.36 | 150m: | 2:17.48 | 49.68 | 250m: | 3:53.92 | 46.85 | 350m: | 5:30.82 | 48.00 |
| | 100m: | 1:27.80 | 47.44 | 200m: | 3:07.07 | 49.59 | 300m: | 4:42.82 | 48.90 | 400m: | 6:12.92 | 42.10 |
| 12. | SKO DOPOLOVÁ, Terézia | | | | 06 | Nereus Žilina | | | | 6:27.90 | 220 | |
| | 50m: | 40.22 | 40.22 | 150m: | 2:13.32 | 48.14 | 250m: | 3:53.90 | 50.83 | 350m: | 5:36.28 | 51.03 |
| | 100m: | 1:25.18 | 44.96 | 200m: | 3:03.07 | 49.75 | 300m: | 4:45.25 | 51.35 | 400m: | 6:27.90 | 51.62 |
| 13. | URBANOVÁ, Viktória | | | | 06 | Po Ružomberok | | | | 6:31.30 | 215 | |
| | 50m: | 41.40 | 41.40 | 150m: | 2:19.55 | 49.65 | 250m: | 4:00.52 | 51.20 | 350m: | 5:43.71 | 51.71 |
| | 100m: | 1:29.90 | 48.50 | 200m: | 3:09.32 | 49.77 | 300m: | 4:52.00 | 51.48 | 400m: | 6:31.30 | 47.59 |
| 14. | GOMOLOVÁ, Ema | | | | 06 | PKMA | | | | 6:44.15 | 195 | |
| | 50m: | 44.45 | 44.45 | 150m: | 2:24.70 | 52.15 | 250m: | 4:09.30 | 54.03 | 350m: | 5:54.23 | 53.10 |
| | 100m: | 1:32.55 | 48.10 | 200m: | 3:15.27 | 50.57 | 300m: | 5:01.13 | 51.83 | 400m: | 6:44.15 | 49.92 |
| 15. | SZÁNTÓOVÁ, Sofia | | | | 06 | PKRS | | | | 7:25.30 | 146 | |
| | 50m: | 48.50 | 48.50 | 150m: | 2:40.65 | 57.40 | 250m: | 4:37.90 | 59.90 | 350m: | 6:33.40 | 57.32 |
| | 100m: | 1:43.25 | 54.75 | 200m: | 3:38.00 | 57.35 | 300m: | 5:36.08 | 58.18 | 400m: | 7:25.30 | 51.90 |

Jarné M SSO - dlhé trate
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disciplína 2, ženy, 400m vo ný spôsob

14 - 15 ro .

| | | | | | |
|-----|-----------------------|---------------------|---------------------|---------------------|-----|
| 1. | HODO OVÁ, Nina | 04 | TT Dolný Kubín | 4:37.76 | 601 |
| | 50m: 30.59 30.59 | 150m: 1:36.65 33.57 | 250m: 2:48.90 38.03 | 350m: 4:02.64 37.09 | |
| | 100m: 1:03.08 32.49 | 200m: 2:10.87 34.22 | 300m: 3:25.55 36.65 | 400m: 4:37.76 35.12 | |
| 2. | MAJDOVÁ, Šárka | 04 | TT Dolný Kubín | 4:53.02 | 512 |
| | 50m: 34.15 34.15 | 150m: 1:48.04 37.12 | 250m: 3:02.32 37.15 | 350m: 4:16.06 36.74 | |
| | 100m: 1:10.92 36.77 | 200m: 2:25.17 37.13 | 300m: 3:39.32 37.00 | 400m: 4:53.02 36.96 | |
| 3. | DZURILLOVÁ, Alexandra | 05 | PK TENAX Žilina | 5:01.09 | 472 |
| | 50m: 34.09 34.09 | 150m: 1:48.80 37.41 | 250m: 3:04.32 38.06 | 350m: 4:22.22 39.30 | |
| | 100m: 1:11.39 37.30 | 200m: 2:26.26 37.46 | 300m: 3:42.92 38.60 | 400m: 5:01.09 38.87 | |
| 4. | MACHAJOVÁ, Tatiana | 04 | TT Dolný Kubín | 5:07.15 | 445 |
| | 50m: 34.72 34.72 | 150m: 1:51.50 39.06 | 250m: 3:10.05 39.40 | 350m: 4:25.90 37.57 | |
| | 100m: 1:12.44 37.72 | 200m: 2:30.65 39.15 | 300m: 3:48.33 38.28 | 400m: 5:07.15 41.25 | |
| 5. | SVR KOVÁ, Kristína | 04 | PK TENAX Žilina | 5:08.97 | 437 |
| | 50m: 34.41 34.41 | 150m: 1:51.72 39.38 | 250m: 3:09.72 39.42 | 350m: 4:23.76 35.54 | |
| | 100m: 1:12.34 37.93 | 200m: 2:30.30 38.58 | 300m: 3:48.22 38.50 | 400m: 5:08.97 45.21 | |
| 6. | ŠTAUDINGEROVÁ, Petra | 05 | PK TENAX Žilina | 5:09.59 | 434 |
| | 50m: 35.18 35.18 | 150m: 1:52.36 39.20 | 250m: 3:12.13 39.70 | 350m: 4:31.52 39.23 | |
| | 100m: 1:13.16 37.98 | 200m: 2:32.43 40.07 | 300m: 3:52.29 40.16 | 400m: 5:09.59 38.07 | |
| 7. | HANÁKOVÁ, Ema | 05 | PK TENAX Žilina | 5:11.75 | 425 |
| | 50m: 36.18 36.18 | 150m: 1:54.80 39.30 | 250m: 3:13.61 39.36 | 350m: 4:33.65 39.97 | |
| | 100m: 1:15.50 39.32 | 200m: 2:34.25 39.45 | 300m: 3:53.68 40.07 | 400m: 5:11.75 38.10 | |
| 8. | KUBOVÁ, Karolína | 05 | DELMM | 5:14.48 | 414 |
| | 50m: 35.31 35.31 | 150m: 1:53.84 39.71 | 250m: 3:14.73 40.47 | 350m: 4:35.63 40.32 | |
| | 100m: 1:14.13 38.82 | 200m: 2:34.26 40.42 | 300m: 3:55.31 40.58 | 400m: 5:14.48 38.85 | |
| 9. | FOLTÍNOVÁ, Kristína | 04 | MPKDK | 5:16.25 | 407 |
| | 50m: 35.07 35.07 | 150m: 1:53.25 39.46 | 250m: 3:14.15 40.86 | 350m: 4:36.29 41.25 | |
| | 100m: 1:13.79 38.72 | 200m: 2:33.29 40.04 | 300m: 3:55.04 40.89 | 400m: 5:16.25 39.96 | |
| 10. | JANKOVI OVÁ, Dominika | 04 | Nereus Žilina | 5:16.91 | 405 |
| | 50m: 34.31 34.31 | 150m: 1:53.84 40.68 | 250m: 3:15.66 40.72 | 350m: 4:37.73 40.64 | |
| | 100m: 1:13.16 38.85 | 200m: 2:34.94 41.10 | 300m: 3:57.09 41.43 | 400m: 5:16.91 39.18 | |
| 11. | MANGA, Nela | 05 | Nereus Žilina | 5:19.64 | 394 |
| | 50m: 35.28 35.28 | 150m: 1:53.21 39.50 | 250m: 3:14.28 40.50 | 350m: 4:34.39 39.50 | |
| | 100m: 1:13.71 38.43 | 200m: 2:33.78 40.57 | 300m: 3:54.89 40.61 | 400m: 5:19.64 45.25 | |
| 12. | MONÍKOVÁ, Zuzana | 04 | DELMM | 5:22.83 | 383 |
| | 50m: 35.05 35.05 | 150m: 1:54.33 40.43 | 250m: 3:16.87 41.40 | 350m: 4:41.72 42.50 | |
| | 100m: 1:13.90 38.85 | 200m: 2:35.47 41.14 | 300m: 3:59.22 42.35 | 400m: 5:22.83 41.11 | |
| 13. | DULÍKOVÁ, Klára | 04 | MPKDK | 5:22.88 | 383 |
| | 50m: 35.25 35.25 | 150m: 1:54.33 40.04 | 250m: 3:16.59 41.39 | 350m: 4:41.37 42.60 | |
| | 100m: 1:14.29 39.04 | 200m: 2:35.20 40.87 | 300m: 3:58.77 42.18 | 400m: 5:22.88 41.51 | |
| 14. | LABUDOVÁ, ubomíra | 05 | Nereus Žilina | 5:25.59 | 373 |
| | 50m: 35.90 35.90 | 150m: 1:56.31 41.08 | 250m: 3:21.59 42.56 | 350m: 4:46.81 42.05 | |
| | 100m: 1:15.23 39.33 | 200m: 2:39.03 42.72 | 300m: 4:04.76 43.17 | 400m: 5:25.59 38.78 | |
| 15. | DVORŠ ÍKOVÁ, Katarína | 04 | SWIMW | 5:37.53 | 335 |
| | 50m: 35.64 35.64 | 150m: 1:59.31 43.17 | 250m: 3:28.03 44.25 | 350m: 4:56.31 44.03 | |
| | 100m: 1:16.14 40.50 | 200m: 2:43.78 44.47 | 300m: 4:12.28 44.25 | 400m: 5:37.53 41.22 | |
| 16. | ROHÁROVÁ, Rebecca | 05 | TRUMB | 5:45.98 | 311 |
| | 50m: 37.48 37.48 | 150m: 2:02.34 42.71 | 250m: 3:32.13 45.25 | 350m: 5:02.70 45.36 | |
| | 100m: 1:19.63 42.15 | 200m: 2:46.88 44.54 | 300m: 4:17.34 45.21 | 400m: 5:45.98 43.28 | |
| 17. | MIŽÚROVÁ, Jana | 04 | PKMA | 5:47.19 | 308 |
| | 50m: 38.26 38.26 | 150m: 2:01.98 42.35 | 250m: 3:28.94 43.78 | 350m: 5:01.13 46.37 | |
| | 100m: 1:19.63 41.37 | 200m: 2:45.16 43.18 | 300m: 4:14.76 45.82 | 400m: 5:47.19 46.06 | |
| 18. | MARJAKOVÁ, Nikola | 04 | PK Žabka adca | 5:50.41 | 299 |
| | 50m: 36.98 36.98 | 150m: 2:00.91 43.54 | 250m: 3:32.12 45.93 | 350m: 5:05.37 46.93 | |
| | 100m: 1:17.37 40.39 | 200m: 2:46.19 45.28 | 300m: 4:18.44 46.32 | 400m: 5:50.41 45.04 | |

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disciplína 2, žia ky, 400m vo ný spôsob, 14 - 15 ro .

| por. | Ro . | as | body |
|-------------------------|---------------------|---------------------|---------------------|
| 19. SÁLUSOVÁ, Simona | 05 DELMM | 5:51.69 | 296 |
| 50m: 35.40 35.40 | 150m: 2:00.62 43.93 | 250m: 3:34.58 47.61 | 350m: 5:09.19 47.11 |
| 100m: 1:16.69 41.29 | 200m: 2:46.97 46.35 | 300m: 4:22.08 47.50 | 400m: 5:51.69 42.50 |
| 20. ARNECKÁ, Stella | 05 Nereus Žilina | 5:55.49 | 287 |
| 50m: 38.57 38.57 | 150m: 2:07.09 45.06 | 250m: 3:39.21 46.66 | 350m: 5:12.14 47.00 |
| 100m: 1:22.03 43.46 | 200m: 2:52.55 45.46 | 300m: 4:25.14 45.93 | 400m: 5:55.49 43.35 |
| 21. TESÁROVÁ, Katarína | 04 TRUMB | 5:56.26 | 285 |
| 50m: 37.02 37.02 | 150m: 2:04.09 44.53 | 250m: 3:37.16 46.90 | 350m: 5:11.44 47.10 |
| 100m: 1:19.56 42.54 | 200m: 2:50.26 46.17 | 300m: 4:24.34 47.18 | 400m: 5:56.26 44.82 |
| 22. VIERIKOVÁ, Viktória | 05 FITRK | 6:00.58 | 275 |
| 50m: 38.30 38.30 | 150m: 2:06.55 45.72 | 250m: 3:40.79 47.49 | 350m: 5:16.30 47.47 |
| 100m: 1:20.83 42.53 | 200m: 2:53.30 46.75 | 300m: 4:28.83 48.04 | 400m: 6:00.58 44.28 |
| 23. SCHEREROVÁ, Emma | 05 PKMA | 6:05.84 | 263 |
| 50m: 40.24 40.24 | 150m: 2:15.49 47.18 | 250m: 3:50.07 47.28 | 350m: 5:20.90 45.64 |
| 100m: 1:28.31 48.07 | 200m: 3:02.79 47.30 | 300m: 4:35.26 45.19 | 400m: 6:05.84 44.94 |
| 24. KLINEROVÁ, Zuzana | 04 PKMA | 6:06.05 | 262 |
| 50m: 40.19 40.19 | 150m: 2:11.22 46.07 | 250m: 3:46.08 48.11 | 350m: 5:20.33 46.50 |
| 100m: 1:25.15 44.96 | 200m: 2:57.97 46.75 | 300m: 4:33.83 47.75 | 400m: 6:06.05 45.72 |

16 - 17 ro .

| | | | |
|---------------------------|---------------------|---------------------|---------------------|
| 1. MARUŠÁKOVÁ, Emma | 03 PK TENAX Žilina | 4:46.38 | 549 |
| 50m: 32.73 32.73 | 150m: 1:44.91 35.88 | 250m: 2:57.38 36.00 | 350m: 4:10.41 36.38 |
| 100m: 1:09.03 36.30 | 200m: 2:21.38 36.47 | 300m: 3:34.03 36.65 | 400m: 4:46.38 35.97 |
| 2. ŠEFRANKOVÁ, Sára | 03 Po Ružomberok | 4:52.50 | 515 |
| 50m: 31.90 31.90 | 150m: 1:44.36 36.80 | 250m: 3:00.03 37.92 | 350m: 4:16.28 37.88 |
| 100m: 1:07.56 35.66 | 200m: 2:22.11 37.75 | 300m: 3:38.40 38.37 | 400m: 4:52.50 36.22 |
| 3. SEIDLOVÁ, Alica | 03 Nereus Žilina | 4:56.92 | 492 |
| 50m: 33.11 33.11 | 150m: 1:47.92 38.00 | 250m: 3:04.06 37.95 | 350m: 4:20.45 38.16 |
| 100m: 1:09.92 36.81 | 200m: 2:26.11 38.19 | 300m: 3:42.29 38.23 | 400m: 4:56.92 36.47 |
| 4. MICHALI KOVÁ, Zuzana | 02 Nereus Žilina | 4:58.20 | 486 |
| 50m: 31.64 31.64 | 150m: 1:44.85 37.37 | 250m: 3:00.51 38.15 | 350m: 4:18.92 39.25 |
| 100m: 1:07.48 35.84 | 200m: 2:22.36 37.51 | 300m: 3:39.67 39.16 | 400m: 4:58.20 39.28 |
| 5. PAULÍNYOVÁ, Ema | 02 TRUMB | 4:59.20 | 481 |
| 50m: 33.60 33.60 | 150m: 1:46.81 37.19 | 250m: 3:03.67 38.57 | 350m: 4:21.92 39.11 |
| 100m: 1:09.62 36.02 | 200m: 2:25.10 38.29 | 300m: 3:42.81 39.14 | 400m: 4:59.20 37.28 |
| 6. FTÁ IKOVÁ, Veronika | 02 PK TENAX Žilina | 5:07.02 | 445 |
| 50m: 34.78 34.78 | 150m: 1:48.59 37.37 | 250m: 3:06.92 39.53 | 350m: 4:26.88 40.39 |
| 100m: 1:11.22 36.44 | 200m: 2:27.39 38.80 | 300m: 3:46.49 39.57 | 400m: 5:07.02 40.14 |
| 7. MESÁROŠOVÁ, Martina | 03 MPKDK | 5:10.47 | 431 |
| 50m: 34.92 34.92 | 150m: 1:52.25 39.23 | 250m: 3:11.37 39.48 | 350m: 4:31.03 39.82 |
| 100m: 1:13.02 38.10 | 200m: 2:31.89 39.64 | 300m: 3:51.21 39.84 | 400m: 5:10.47 39.44 |
| 8. MANGA, Nina | 03 Nereus Žilina | 5:12.42 | 422 |
| 50m: 33.70 33.70 | 150m: 1:50.16 39.24 | 250m: 3:10.86 40.57 | 350m: 4:33.22 40.86 |
| 100m: 1:10.92 37.22 | 200m: 2:30.29 40.13 | 300m: 3:52.36 41.50 | 400m: 5:12.42 39.20 |
| 9. MIŠÍKOVÁ, Alexandra | 03 PKMA | 5:15.67 | 410 |
| 50m: 35.14 35.14 | 150m: 1:54.84 39.85 | 250m: 3:15.31 40.10 | 350m: 4:37.39 40.93 |
| 100m: 1:14.99 39.85 | 200m: 2:35.21 40.37 | 300m: 3:56.46 41.15 | 400m: 5:15.67 38.28 |
| 10. LEPIŠOVÁ, Klára | 02 PK TENAX Žilina | 5:16.85 | 405 |
| 50m: 36.45 36.45 | 150m: 1:55.56 39.93 | 250m: 3:15.60 39.68 | 350m: 4:36.06 40.29 |
| 100m: 1:15.63 39.18 | 200m: 2:35.92 40.36 | 300m: 3:55.77 40.17 | 400m: 5:16.85 40.79 |
| 11. PIATRIKOVÁ, Margaréta | 02 TRUMB | 5:18.00 | 401 |
| 50m: 34.75 34.75 | 150m: 1:53.81 40.28 | 250m: 3:15.28 40.75 | 350m: 4:38.00 41.22 |
| 100m: 1:13.53 38.78 | 200m: 2:34.53 40.72 | 300m: 3:56.78 41.50 | 400m: 5:18.00 40.00 |

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disciplína 2, ženy, 400m vo ný spôsob, 16 - 17 ro .

| por. | | | | | Ro . | | | | | as | body | |
|------|----------------------|---------|-------|-------|---------|-----------------|-------|---------|---------|----------------|---------|---------|
| 12. | BOŠKOVÁ, Lívia | | | | 02 | PK TENAX Žilina | | | | 5:18.40 | 399 | |
| | 50m: | 33.55 | 33.55 | 150m: | 1:51.75 | 39.42 | 250m: | 3:13.62 | 41.25 | 350m: | 4:37.47 | 41.78 |
| | 100m: | 1:12.33 | 38.78 | 200m: | 2:32.37 | 40.62 | 300m: | 3:55.69 | 42.07 | 400m: | 5:18.40 | 40.93 |
| 13. | DZURILLOVÁ, Eva | | | | 02 | PK TENAX Žilina | | | | 5:20.12 | 393 | |
| | 50m: | 36.19 | 36.19 | 150m: | 1:55.19 | 39.72 | 250m: | 3:17.41 | 41.36 | 350m: | 4:41.22 | 41.03 |
| | 100m: | 1:15.47 | 39.28 | 200m: | 2:36.05 | 40.86 | 300m: | 4:00.19 | 42.78 | 400m: | 5:20.12 | 38.90 |
| 14. | ELLÁROVÁ, Veronika | | | | 02 | TRUMB | | | | 5:25.84 | 372 | |
| | 50m: | 36.81 | 36.81 | 150m: | 1:58.95 | 42.03 | 250m: | 3:22.20 | 41.36 | 350m: | 4:47.02 | 41.93 |
| | 100m: | 1:16.92 | 40.11 | 200m: | 2:40.84 | 41.89 | 300m: | 4:05.09 | 42.89 | 400m: | 5:25.84 | 38.82 |
| 15. | HAZUCHOVÁ, Líza | | | | 02 | TRUMB | | | | 5:31.47 | 354 | |
| | 50m: | 37.38 | 37.38 | 150m: | 2:00.36 | 42.29 | 250m: | 3:25.07 | 42.37 | 350m: | 4:49.22 | 41.84 |
| | 100m: | 1:18.07 | 40.69 | 200m: | 2:42.70 | 42.34 | 300m: | 4:07.38 | 42.31 | 400m: | 5:31.47 | 42.25 |
| 16. | HANULÍKOVÁ, Veronika | | | | 02 | Nereus Žilina | | | | 5:32.91 | 349 | |
| | 50m: | 36.16 | 36.16 | 150m: | 1:55.95 | 41.15 | 250m: | 3:22.20 | 43.36 | 350m: | 4:50.73 | 45.03 |
| | 100m: | 1:14.80 | 38.64 | 200m: | 2:38.84 | 42.89 | 300m: | 4:05.70 | 43.50 | 400m: | 5:32.91 | 42.18 |
| 17. | SIREJOVÁ, Tatiana | | | | 02 | PK TENAX Žilina | | | | 7:19.62 | 151 | |
| | 50m: | 44.05 | 44.05 | 150m: | 2:25.55 | 50.93 | 250m: | 4:21.97 | 1:00.53 | 350m: | 6:19.37 | 58.07 |
| | 100m: | 1:34.62 | 50.57 | 200m: | 3:21.44 | 55.89 | 300m: | 5:21.30 | 59.33 | 400m: | 7:19.62 | 1:00.25 |

18 ro . a st.

| | | | | | | | | | | | | |
|----|--------------------|---------|-------|-------|---------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | KOBELOVÁ, Veronika | | | | 01 | SWIMW | | | | 7:19.96 | 151 | |
| | 50m: | 44.92 | 44.92 | 150m: | 2:33.39 | 56.58 | 250m: | 4:29.14 | 58.61 | 350m: | 6:26.46 | 58.50 |
| | 100m: | 1:36.81 | 51.89 | 200m: | 3:30.53 | 57.14 | 300m: | 5:27.96 | 58.82 | 400m: | 7:19.96 | 53.50 |

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disciplína 3
16.3.2019

muži, 1500m vo ný spôsob

13 ro . a st.
Výsledky

bodovanie: FINA 2018

| por. | Ro . | as | body |
|-----------|-------------------------|-----------|-----------------------|
| 13 ro . | | | |
| 1. | REICH, Richard | 06 | PKMA |
| | | | 19:54.86 |
| | | | 357 |
| | 50m: 36.65 | 36.65 | 450m: 5:52.44 |
| | 100m: 1:15.40 | 38.75 | 500m: 6:32.08 |
| | 150m: 1:55.33 | 39.93 | 550m: 7:11.94 |
| | 200m: 2:34.94 | 39.61 | 600m: 7:52.44 |
| | 250m: 3:14.26 | 39.32 | 650m: 8:33.33 |
| | 300m: 3:53.44 | 39.18 | 700m: 9:13.54 |
| | 350m: 4:32.61 | 39.17 | 750m: 9:53.94 |
| | 400m: 5:13.08 | 40.47 | 800m: 10:34.54 |
| | | | 850m: 11:14.61 |
| | | | 900m: 11:54.86 |
| | | | 950m: 12:35.86 |
| | | | 1000m: 13:15.86 |
| | | | 1050m: 13:55.11 |
| | | | 1100m: 14:35.97 |
| | | | 1150m: 15:16.08 |
| | | | 1200m: 15:57.54 |
| | | | 1250m: 16:37.71 |
| | | | 1300m: 17:18.26 |
| | | | 1350m: 17:58.19 |
| | | | 1400m: 18:38.51 |
| | | | 1450m: 19:18.22 |
| | | | 1500m: 19:54.86 |
| 2. | ONDRUŠ, Tomáš | 06 | Nereus Žilina |
| | | | 20:57.42 |
| | | | 306 |
| | 50m: 38.05 | 38.05 | 450m: 6:20.09 |
| | 100m: 1:20.23 | 42.18 | 500m: 7:02.80 |
| | 150m: 2:02.76 | 42.53 | 550m: 7:45.92 |
| | 200m: 2:45.60 | 42.84 | 600m: 8:29.36 |
| | 250m: 3:28.86 | 43.26 | 650m: 9:12.28 |
| | 300m: 4:11.58 | 42.72 | 700m: 9:54.89 |
| | 350m: 4:54.46 | 42.88 | 750m: 10:37.19 |
| | 400m: 5:37.18 | 42.72 | 800m: 11:19.97 |
| | | | 850m: 12:02.23 |
| | | | 900m: 12:44.52 |
| | | | 950m: 13:26.82 |
| | | | 1000m: 14:08.52 |
| | | | 1050m: 14:51.19 |
| | | | 1100m: 15:33.24 |
| | | | 1150m: 16:15.27 |
| | | | 1200m: 16:56.99 |
| | | | 1250m: 17:38.39 |
| | | | 1300m: 18:18.72 |
| | | | 1350m: 18:59.02 |
| | | | 1400m: 19:39.08 |
| | | | 1450m: 20:19.48 |
| | | | 1500m: 20:57.42 |
| 3. | KU ERA, Adam | 06 | Nereus Žilina |
| | | | 21:02.60 |
| | | | 303 |
| | 50m: 37.81 | 37.81 | 450m: 6:14.73 |
| | 100m: 1:18.83 | 41.02 | 500m: 6:57.14 |
| | 150m: 2:01.18 | 42.35 | 550m: 7:39.84 |
| | 200m: 2:43.39 | 42.21 | 600m: 8:22.73 |
| | 250m: 3:25.87 | 42.48 | 650m: 9:05.44 |
| | 300m: 4:07.89 | 42.02 | 700m: 9:46.61 |
| | 350m: 4:50.87 | 42.98 | 750m: 10:28.23 |
| | 400m: 5:32.49 | 41.62 | 800m: 11:11.69 |
| | | | 850m: 11:54.84 |
| | | | 900m: 12:36.12 |
| | | | 950m: 13:19.18 |
| | | | 1000m: 14:02.02 |
| | | | 1050m: 14:44.97 |
| | | | 1100m: 15:27.67 |
| | | | 1150m: 16:10.31 |
| | | | 1200m: 16:53.29 |
| | | | 1250m: 17:36.62 |
| | | | 1300m: 18:18.70 |
| | | | 1350m: 18:59.03 |
| | | | 1400m: 19:41.53 |
| | | | 1450m: 20:23.35 |
| | | | 1500m: 21:02.60 |
| 4. | TUREK, Nikolas | 06 | Nereus Žilina |
| | | | 21:27.22 |
| | | | 285 |
| | 50m: 39.48 | 39.48 | 450m: 6:28.09 |
| | 100m: 1:21.61 | 42.13 | 500m: 7:10.98 |
| | 150m: 2:05.48 | 43.87 | 550m: 7:55.09 |
| | 200m: 2:48.57 | 43.09 | 600m: 8:39.01 |
| | 250m: 3:32.82 | 44.25 | 650m: 9:22.39 |
| | 300m: 4:17.32 | 44.50 | 700m: 10:06.09 |
| | 350m: 5:00.32 | 43.00 | 750m: 10:50.29 |
| | 400m: 5:44.64 | 44.32 | 800m: 11:32.41 |
| | | | 850m: 12:15.86 |
| | | | 900m: 12:59.51 |
| | | | 950m: 13:43.64 |
| | | | 1000m: 14:26.32 |
| | | | 1050m: 15:10.57 |
| | | | 1100m: 15:53.98 |
| | | | 1150m: 16:37.73 |
| | | | 1200m: 17:21.06 |
| | | | 1250m: 18:03.36 |
| | | | 1300m: 18:45.32 |
| | | | 1350m: 19:27.36 |
| | | | 1400m: 20:08.57 |
| | | | 1450m: 20:49.89 |
| | | | 1500m: 21:27.22 |
| 5. | NOVÝ, Adam | 06 | Nereus Žilina |
| | | | 21:32.50 |
| | | | 282 |
| | 50m: 39.47 | 39.47 | 450m: 6:27.50 |
| | 100m: 1:22.43 | 42.96 | 500m: 7:11.22 |
| | 150m: 2:05.53 | 43.10 | 550m: 7:55.18 |
| | 200m: 2:49.01 | 43.48 | 600m: 8:38.97 |
| | 250m: 3:33.03 | 44.02 | 650m: 9:22.43 |
| | 300m: 4:17.08 | 44.05 | 700m: 10:06.22 |
| | 350m: 5:00.97 | 43.89 | 750m: 10:49.97 |
| | 400m: 5:44.43 | 43.46 | 800m: 11:33.22 |
| | | | 850m: 12:16.25 |
| | | | 900m: 13:00.03 |
| | | | 950m: 13:43.22 |
| | | | 1000m: 14:26.61 |
| | | | 1050m: 15:10.28 |
| | | | 1100m: 15:54.15 |
| | | | 1150m: 16:37.40 |
| | | | 1200m: 17:20.68 |
| | | | 1250m: 18:02.97 |
| | | | 1300m: 18:44.93 |
| | | | 1350m: 19:27.29 |
| | | | 1400m: 20:09.75 |
| | | | 1450m: 20:51.00 |
| | | | 1500m: 21:32.50 |
| 6. | PORVAZNÍK, Jakub | 06 | TT Dolný Kubín |
| | | | 22:18.14 |
| | | | 254 |
| | 50m: 39.49 | 39.49 | 450m: 6:38.59 |
| | 100m: 1:23.07 | 43.58 | 500m: 7:23.96 |
| | 150m: 2:07.53 | 44.46 | 550m: 8:08.53 |
| | 200m: 2:52.57 | 45.04 | 600m: 8:53.81 |
| | 250m: 3:37.31 | 44.74 | 650m: 9:38.84 |
| | 300m: 4:22.92 | 45.61 | 700m: 10:24.17 |
| | 350m: 5:08.57 | 45.65 | 750m: 11:09.28 |
| | 400m: 5:53.49 | 44.92 | 800m: 11:54.78 |
| | | | 850m: 12:39.64 |
| | | | 900m: 13:24.89 |
| | | | 950m: 14:09.57 |
| | | | 1000m: 14:55.03 |
| | | | 1050m: 15:39.31 |
| | | | 1100m: 16:24.14 |
| | | | 1150m: 17:08.81 |
| | | | 1200m: 17:54.21 |
| | | | 1250m: 18:38.28 |
| | | | 1300m: 19:23.07 |
| | | | 1350m: 20:07.21 |
| | | | 1400m: 20:52.78 |
| | | | 1450m: 21:37.46 |
| | | | 1500m: 22:18.14 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 3, žiaci, 1500m vo ný spôsob, 13 ro .

| por. | | | Ro . | | | | | as | body |
|------|-------------|---------------|-------|----------------|--------|----------------|--------|-----------------|------|
| 7. | BUKOVÝ, Leo | | 06 | Po Ružomberok | | | | 24:32.92 | 190 |
| | 50m: | 41.87 41.87 | 450m: | 7:09.06 48.93 | 850m: | 13:52.99 50.82 | 1250m: | 20:37.87 49.52 | |
| | 100m: | 1:27.03 45.16 | 500m: | 7:59.06 50.00 | 900m: | 14:42.85 49.86 | 1300m: | 21:26.49 48.62 | |
| | 150m: | 2:14.60 47.57 | 550m: | 8:48.63 49.57 | 950m: | 15:33.35 50.50 | 1350m: | 22:14.42 47.93 | |
| | 200m: | 3:02.63 48.03 | 600m: | 9:38.95 50.32 | 1000m: | 16:25.46 52.11 | 1400m: | 23:01.99 47.57 | |
| | 250m: | 3:52.10 49.47 | 650m: | 10:29.52 50.57 | 1050m: | 17:16.77 51.31 | 1450m: | 23:48.70 46.71 | |
| | 300m: | 4:41.52 49.42 | 700m: | 11:20.52 51.00 | 1100m: | 18:07.38 50.61 | 1500m: | 24:32.92 44.22 | |
| | 350m: | 5:31.42 49.90 | 750m: | 12:11.74 51.22 | 1150m: | 18:57.87 50.49 | | | |
| | 400m: | 6:20.13 48.71 | 800m: | 13:02.17 50.43 | 1200m: | 19:48.35 50.48 | | | |

14 ro .

| | | | | | | | | | |
|----|-----------------------|---------------|-------|----------------|--------|----------------|--------|-----------------|-----|
| 1. | TIMKO, Michal | | 05 | Nereus Žilina | | | | 19:31.58 | 379 |
| | 50m: | 34.65 34.65 | 450m: | 5:44.97 39.67 | 850m: | 10:59.22 39.17 | 1250m: | 16:17.37 39.72 | |
| | 100m: | 1:11.47 36.82 | 500m: | 6:23.75 38.78 | 900m: | 11:38.72 39.50 | 1300m: | 16:56.79 39.42 | |
| | 150m: | 1:49.72 38.25 | 550m: | 7:02.87 39.12 | 950m: | 12:18.50 39.78 | 1350m: | 17:36.47 39.68 | |
| | 200m: | 2:28.47 38.75 | 600m: | 7:42.47 39.60 | 1000m: | 12:58.22 39.72 | 1400m: | 18:15.65 39.18 | |
| | 250m: | 3:07.15 38.68 | 650m: | 8:22.08 39.61 | 1050m: | 13:38.55 40.33 | 1450m: | 18:54.22 38.57 | |
| | 300m: | 3:46.00 38.85 | 700m: | 9:01.25 39.17 | 1100m: | 14:18.40 39.85 | 1500m: | 19:31.58 37.36 | |
| | 350m: | 4:25.44 39.44 | 750m: | 9:40.55 39.30 | 1150m: | 14:58.12 39.72 | | | |
| | 400m: | 5:05.30 39.86 | 800m: | 10:20.05 39.50 | 1200m: | 15:37.65 39.53 | | | |
| 2. | VDOVI ÍK, Maximilián | | 05 | Nereus Žilina | | | | 20:59.41 | 305 |
| | 50m: | 37.47 37.47 | 450m: | 6:15.05 42.68 | 850m: | 11:54.69 43.43 | 1250m: | 17:36.41 43.07 | |
| | 100m: | 1:18.66 41.19 | 500m: | 6:56.69 41.64 | 900m: | 12:36.44 41.75 | 1300m: | 18:18.44 42.03 | |
| | 150m: | 2:01.91 43.25 | 550m: | 7:39.09 42.40 | 950m: | 13:18.97 42.53 | 1350m: | 18:57.91 39.47 | |
| | 200m: | 2:43.94 42.03 | 600m: | 8:22.34 43.25 | 1000m: | 14:02.34 43.37 | 1400m: | 19:39.55 41.64 | |
| | 250m: | 3:25.76 41.82 | 650m: | 9:05.19 42.85 | 1050m: | 14:44.41 42.07 | 1450m: | 20:19.16 39.61 | |
| | 300m: | 4:07.19 41.43 | 700m: | 9:45.37 40.18 | 1100m: | 15:27.47 43.06 | 1500m: | 20:59.41 40.25 | |
| | 350m: | 4:50.59 43.40 | 750m: | 10:27.66 42.29 | 1150m: | 16:10.44 42.97 | | | |
| | 400m: | 5:32.37 41.78 | 800m: | 11:11.26 43.60 | 1200m: | 16:53.34 42.90 | | | |
| 3. | MIŠKUF, Martin Eduard | | 05 | PKMA | | | | 21:07.86 | 299 |
| | 50m: | 37.45 37.45 | 450m: | 6:16.36 42.27 | 850m: | 12:03.45 42.91 | 1250m: | 17:46.45 41.81 | |
| | 100m: | 1:18.86 41.41 | 500m: | 6:59.89 43.53 | 900m: | 12:46.95 43.50 | 1300m: | 18:29.41 42.96 | |
| | 150m: | 2:00.80 41.94 | 550m: | 7:43.11 43.22 | 950m: | 13:30.54 43.59 | 1350m: | 19:11.06 41.65 | |
| | 200m: | 2:42.26 41.46 | 600m: | 8:26.64 43.53 | 1000m: | 14:13.54 43.00 | 1400m: | 19:52.13 41.07 | |
| | 250m: | 3:25.09 42.83 | 650m: | 9:10.26 43.62 | 1050m: | 14:56.09 42.55 | 1450m: | 20:31.54 39.41 | |
| | 300m: | 4:07.92 42.83 | 700m: | 9:54.09 43.83 | 1100m: | 15:38.85 42.76 | 1500m: | 21:07.86 36.32 | |
| | 350m: | 4:50.95 43.03 | 750m: | 10:37.80 43.71 | 1150m: | 16:21.87 43.02 | | | |
| | 400m: | 5:34.09 43.14 | 800m: | 11:20.54 42.74 | 1200m: | 17:04.64 42.77 | | | |
| 4. | MIKOLÁŠ, Rastislav | | 05 | PKMA | | | | 21:26.99 | 286 |
| | 50m: | 39.31 39.31 | 450m: | 6:27.74 43.50 | 850m: | 12:16.28 43.06 | 1250m: | 18:03.71 42.65 | |
| | 100m: | 1:22.05 42.74 | 500m: | 7:11.42 43.68 | 900m: | 13:00.03 43.75 | 1300m: | 18:45.74 42.03 | |
| | 150m: | 2:05.28 43.23 | 550m: | 7:55.31 43.89 | 950m: | 13:43.64 43.61 | 1350m: | 19:27.64 41.90 | |
| | 200m: | 2:49.06 43.78 | 600m: | 8:39.42 44.11 | 1000m: | 14:26.81 43.17 | 1400m: | 20:09.31 41.67 | |
| | 250m: | 3:33.17 44.11 | 650m: | 9:22.39 42.97 | 1050m: | 15:10.56 43.75 | 1450m: | 20:50.59 41.28 | |
| | 300m: | 4:16.84 43.67 | 700m: | 10:06.71 44.32 | 1100m: | 15:54.00 43.44 | 1500m: | 21:26.99 36.40 | |
| | 350m: | 5:00.81 43.97 | 750m: | 10:50.56 43.85 | 1150m: | 16:37.31 43.31 | | | |
| | 400m: | 5:44.24 43.43 | 800m: | 11:33.22 42.66 | 1200m: | 17:21.06 43.75 | | | |
| 5. | BE UŠ, Tadeáš | | 05 | Po Ružomberok | | | | 22:13.53 | 257 |
| | 50m: | 38.43 38.43 | 450m: | 6:38.50 45.50 | 850m: | 12:42.46 46.43 | 1250m: | 18:43.78 44.50 | |
| | 100m: | 1:22.28 43.85 | 500m: | 7:24.06 45.56 | 900m: | 13:28.56 46.10 | 1300m: | 19:27.93 44.15 | |
| | 150m: | 2:06.86 44.58 | 550m: | 8:09.06 45.00 | 950m: | 14:14.56 46.00 | 1350m: | 20:11.93 44.00 | |
| | 200m: | 2:51.16 44.30 | 600m: | 8:54.61 45.55 | 1000m: | 15:00.14 45.58 | 1400m: | 20:54.89 42.96 | |
| | 250m: | 3:36.78 45.62 | 650m: | 9:40.00 45.39 | 1050m: | 15:45.28 45.14 | 1450m: | 21:37.43 42.54 | |
| | 300m: | 4:21.53 44.75 | 700m: | 10:25.61 45.61 | 1100m: | 16:30.68 45.40 | 1500m: | 22:13.53 36.10 | |
| | 350m: | 5:07.46 45.93 | 750m: | 11:10.78 45.17 | 1150m: | 17:15.68 45.00 | | | |
| | 400m: | 5:53.00 45.54 | 800m: | 11:56.03 45.25 | 1200m: | 17:59.28 43.60 | | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 3, žiaci, 1500m vo ný spôsob, 14 ro .

| por. | | | Ro . | | | as | body | |
|--------------|--------------------|-------|----------------|---------------|-----------------|-----------------|-----------------|-------|
| 6. | OCHABA, Dalibor | | 05 | Po Ružomberok | | 22:20.50 | 253 | |
| | 50m: 38.75 | 38.75 | 450m: 6:38.96 | 46.49 | 850m: 12:43.15 | 46.55 | 1250m: 18:44.95 | 45.11 |
| | 100m: 1:22.58 | 43.83 | 500m: 7:24.41 | 45.45 | 900m: 13:29.64 | 46.49 | 1300m: 19:28.88 | 43.93 |
| | 150m: 2:07.30 | 44.72 | 550m: 8:10.09 | 45.68 | 950m: 14:15.40 | 45.76 | 1350m: 20:12.61 | 43.73 |
| | 200m: 2:52.47 | 45.17 | 600m: 8:55.39 | 45.30 | 1000m: 15:01.09 | 45.69 | 1400m: 20:56.92 | 44.31 |
| | 250m: 3:37.19 | 44.72 | 650m: 9:40.86 | 45.47 | 1050m: 15:45.58 | 44.49 | 1450m: 21:40.24 | 43.32 |
| | 300m: 4:22.46 | 45.27 | 700m: 10:26.33 | 45.47 | 1100m: 16:31.31 | 45.73 | 1500m: 22:20.50 | 40.26 |
| | 350m: 5:08.48 | 46.02 | 750m: 11:11.95 | 45.62 | 1150m: 17:15.98 | 44.67 | | |
| | 400m: 5:52.47 | 43.99 | 800m: 11:56.60 | 44.65 | 1200m: 17:59.84 | 43.86 | | |
| 7. | ASNOCHA, Rastislav | | 05 | Nereus Žilina | | 22:45.66 | 239 | |
| | 50m: 38.88 | 38.88 | 450m: 6:40.63 | 46.07 | 850m: 12:52.88 | 46.40 | 1250m: 19:04.63 | 46.50 |
| | 100m: 1:23.48 | 44.60 | 500m: 7:27.88 | 47.25 | 900m: 13:37.84 | 44.96 | 1300m: 19:49.88 | 45.25 |
| | 150m: 2:06.98 | 43.50 | 550m: 8:14.59 | 46.71 | 950m: 14:25.13 | 47.29 | 1350m: 20:35.45 | 45.57 |
| | 200m: 2:51.45 | 44.47 | 600m: 9:00.53 | 45.94 | 1000m: 15:12.06 | 46.93 | 1400m: 21:20.16 | 44.71 |
| | 250m: 3:37.06 | 45.61 | 650m: 9:46.41 | 45.88 | 1050m: 15:58.59 | 46.53 | 1450m: 22:04.34 | 44.18 |
| | 300m: 4:22.41 | 45.35 | 700m: 10:33.56 | 47.15 | 1100m: 16:45.80 | 47.21 | 1500m: 22:45.66 | 41.32 |
| | 350m: 5:08.63 | 46.22 | 750m: 11:20.06 | 46.50 | 1150m: 17:32.13 | 46.33 | | |
| | 400m: 5:54.56 | 45.93 | 800m: 12:06.48 | 46.42 | 1200m: 18:18.13 | 46.00 | | |
| 8. | TENGLER, Marek | | 05 | PKRS | | 22:57.08 | 233 | |
| | 50m: 38.78 | 38.78 | 450m: 6:35.93 | 45.68 | 850m: 12:51.36 | 48.58 | 1250m: 19:12.08 | 47.22 |
| | 100m: 1:19.56 | 40.78 | 500m: 7:21.97 | 46.04 | 900m: 13:39.28 | 47.92 | 1300m: 19:58.28 | 46.20 |
| | 150m: 2:05.08 | 45.52 | 550m: 8:08.11 | 46.14 | 950m: 14:26.68 | 47.40 | 1350m: 20:45.61 | 47.33 |
| | 200m: 2:50.18 | 45.10 | 600m: 8:54.47 | 46.36 | 1000m: 15:14.40 | 47.72 | 1400m: 21:32.15 | 46.54 |
| | 250m: 3:35.65 | 45.47 | 650m: 9:40.53 | 46.06 | 1050m: 16:02.03 | 47.63 | 1450m: 22:16.43 | 44.28 |
| | 300m: 4:20.75 | 45.10 | 700m: 10:27.86 | 47.33 | 1100m: 16:49.15 | 47.12 | 1500m: 22:57.08 | 40.65 |
| | 350m: 5:05.25 | 44.50 | 750m: 11:14.86 | 47.00 | 1150m: 17:36.86 | 47.71 | | |
| | 400m: 5:50.25 | 45.00 | 800m: 12:02.78 | 47.92 | 1200m: 18:24.86 | 48.00 | | |
| 9. | KOBELA, Samuel | | 05 | SWIMW | | 25:52.28 | 163 | |
| | 50m: 39.95 | 39.95 | 450m: 7:28.01 | 52.21 | 850m: 14:33.30 | 54.81 | 1250m: 21:38.48 | 51.26 |
| | 100m: 1:27.05 | 47.10 | 500m: 8:20.05 | 52.04 | 900m: 15:25.10 | 51.80 | 1300m: 22:30.63 | 52.15 |
| | 150m: 2:16.76 | 49.71 | 550m: 9:12.85 | 52.80 | 950m: 16:19.15 | 54.05 | 1350m: 23:22.57 | 51.94 |
| | 200m: 3:07.45 | 50.69 | 600m: 10:06.25 | 53.40 | 1000m: 17:13.27 | 54.12 | 1400m: 24:15.04 | 52.47 |
| | 250m: 3:58.69 | 51.24 | 650m: 10:59.68 | 53.43 | 1050m: 18:05.96 | 52.69 | 1450m: 25:04.60 | 49.56 |
| | 300m: 4:51.72 | 53.03 | 700m: 11:53.37 | 53.69 | 1100m: 18:59.53 | 53.57 | 1500m: 25:52.28 | 47.68 |
| | 350m: 5:43.40 | 51.68 | 750m: 12:45.19 | 51.82 | 1150m: 19:54.15 | 54.62 | | |
| | 400m: 6:35.80 | 52.40 | 800m: 13:38.49 | 53.30 | 1200m: 20:47.22 | 53.07 | | |
| 15 - 16 ro . | | | | | | | | |
| 1. | LIZÁK, Filip | | 04 | MPKDK | | 18:19.22 | 459 | |
| | 50m: 33.03 | 33.03 | 450m: 5:25.53 | 37.60 | 850m: 10:22.00 | 36.60 | 1250m: 15:16.18 | 37.03 |
| | 100m: 1:07.25 | 34.22 | 500m: 6:03.22 | 37.69 | 900m: 10:58.65 | 36.65 | 1300m: 15:53.33 | 37.15 |
| | 150m: 1:43.18 | 35.93 | 550m: 6:40.93 | 37.71 | 950m: 11:35.00 | 36.35 | 1350m: 16:29.83 | 36.50 |
| | 200m: 2:20.03 | 36.85 | 600m: 7:17.83 | 36.90 | 1000m: 12:12.00 | 37.00 | 1400m: 17:07.33 | 37.50 |
| | 250m: 2:56.75 | 36.72 | 650m: 7:55.18 | 37.35 | 1050m: 12:48.75 | 36.75 | 1450m: 17:44.61 | 37.28 |
| | 300m: 3:33.72 | 36.97 | 700m: 8:32.18 | 37.00 | 1100m: 13:25.47 | 36.72 | 1500m: 18:19.22 | 34.61 |
| | 350m: 4:10.90 | 37.18 | 750m: 9:09.08 | 36.90 | 1150m: 14:02.00 | 36.53 | | |
| | 400m: 4:47.93 | 37.03 | 800m: 9:45.40 | 36.32 | 1200m: 14:39.15 | 37.15 | | |
| 2. | FTOREK, Roman | | 03 | Nereus Žilina | | 18:35.65 | 439 | |
| | 50m: 32.11 | 32.11 | 450m: 5:23.13 | 36.81 | 850m: 10:25.39 | 38.10 | 1250m: 15:28.67 | 38.28 |
| | 100m: 1:07.41 | 35.30 | 500m: 6:00.86 | 37.73 | 900m: 11:02.70 | 37.31 | 1300m: 16:06.95 | 38.28 |
| | 150m: 1:43.06 | 35.65 | 550m: 6:38.20 | 37.34 | 950m: 11:40.01 | 37.31 | 1350m: 16:45.11 | 38.16 |
| | 200m: 2:18.92 | 35.86 | 600m: 7:16.06 | 37.86 | 1000m: 12:17.01 | 37.00 | 1400m: 17:23.76 | 38.65 |
| | 250m: 2:54.80 | 35.88 | 650m: 7:53.64 | 37.58 | 1050m: 12:55.39 | 38.38 | 1450m: 18:02.36 | 38.60 |
| | 300m: 3:31.70 | 36.90 | 700m: 8:34.26 | 40.62 | 1100m: 13:34.16 | 38.77 | 1500m: 18:35.65 | 33.29 |
| | 350m: 4:08.95 | 37.25 | 750m: 9:09.48 | 35.22 | 1150m: 14:12.36 | 38.20 | | |
| | 400m: 4:46.32 | 37.37 | 800m: 9:47.29 | 37.81 | 1200m: 14:50.39 | 38.03 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 3, žiaci, 1500m vo ný spôsob, 15 - 16 ro .

| por. | | | Ro . | | | as | | | body |
|------|------------------|---------|-------|---------------|----------|-------|-----------------|----------|-------|
| 3. | VILUDA, Jakub | | 04 | PKMA | | | 18:42.16 | | 431 |
| | 50m: | 33.31 | 33.31 | 450m: | 5:33.31 | 37.97 | 850m: | 10:38.09 | 38.31 |
| | 100m: | 1:08.73 | 35.42 | 500m: | 6:10.78 | 37.47 | 900m: | 11:16.41 | 38.32 |
| | 150m: | 1:47.06 | 38.33 | 550m: | 6:49.06 | 38.28 | 950m: | 11:54.34 | 37.93 |
| | 200m: | 2:24.63 | 37.57 | 600m: | 7:27.66 | 38.60 | 1000m: | 12:31.98 | 37.64 |
| | 250m: | 3:01.63 | 37.00 | 650m: | 8:05.63 | 37.97 | 1050m: | 13:10.13 | 38.15 |
| | 300m: | 3:38.98 | 37.35 | 700m: | 8:43.63 | 38.00 | 1100m: | 13:47.91 | 37.78 |
| | 350m: | 4:16.41 | 37.43 | 750m: | 9:22.28 | 38.65 | 1150m: | 14:25.13 | 37.22 |
| | 400m: | 4:55.34 | 38.93 | 800m: | 9:59.78 | 37.50 | 1200m: | 15:02.23 | 37.10 |
| 4. | TIŠ AN, Tibor | | 03 | Po Ružomberok | | | 19:52.34 | | 359 |
| | 50m: | 36.59 | 36.59 | 450m: | 6:02.91 | 40.50 | 850m: | 11:25.94 | 39.43 |
| | 100m: | 1:16.73 | 40.14 | 500m: | 6:43.03 | 40.12 | 900m: | 12:05.41 | 39.47 |
| | 150m: | 1:57.91 | 41.18 | 550m: | 7:24.26 | 41.23 | 950m: | 12:44.06 | 38.65 |
| | 200m: | 2:38.91 | 41.00 | 600m: | 8:04.66 | 40.40 | 1000m: | 13:22.91 | 38.85 |
| | 250m: | 3:20.02 | 41.11 | 650m: | 8:46.31 | 41.65 | 1050m: | 14:01.84 | 38.93 |
| | 300m: | 4:00.76 | 40.74 | 700m: | 9:26.73 | 40.42 | 1100m: | 14:40.31 | 38.47 |
| | 350m: | 4:41.19 | 40.43 | 750m: | 10:06.56 | 39.83 | 1150m: | 15:19.69 | 39.38 |
| | 400m: | 5:22.41 | 41.22 | 800m: | 10:46.51 | 39.95 | 1200m: | 15:59.81 | 40.12 |
| 5. | KNAPEC, Matúš | | 03 | Nereus Žilina | | | 20:10.49 | | 343 |
| | 50m: | 36.96 | 36.96 | 450m: | 6:03.49 | 41.28 | 850m: | 11:30.34 | 41.03 |
| | 100m: | 1:16.34 | 39.38 | 500m: | 6:44.53 | 41.04 | 900m: | 12:11.57 | 41.23 |
| | 150m: | 1:56.71 | 40.37 | 550m: | 7:24.92 | 40.39 | 950m: | 12:52.07 | 40.50 |
| | 200m: | 2:37.31 | 40.60 | 600m: | 8:06.49 | 41.57 | 1000m: | 13:32.46 | 40.39 |
| | 250m: | 3:18.57 | 41.26 | 650m: | 8:47.34 | 40.85 | 1050m: | 14:13.21 | 40.75 |
| | 300m: | 3:59.89 | 41.32 | 700m: | 9:28.03 | 40.69 | 1100m: | 14:53.57 | 40.36 |
| | 350m: | 4:40.89 | 41.00 | 750m: | 10:08.71 | 40.68 | 1150m: | 15:34.17 | 40.60 |
| | 400m: | 5:22.21 | 41.32 | 800m: | 10:49.31 | 40.60 | 1200m: | 16:15.57 | 41.40 |
| 6. | MESÁROŠ, Matej | | 03 | MPKDK | | | 20:12.21 | | 342 |
| | 50m: | 34.40 | 34.40 | 450m: | 5:57.94 | 40.07 | 850m: | 11:25.33 | 39.98 |
| | 100m: | 1:13.92 | 39.52 | 500m: | 6:38.74 | 40.80 | 900m: | 12:06.68 | 41.35 |
| | 150m: | 1:54.04 | 40.12 | 550m: | 7:19.43 | 40.69 | 950m: | 12:48.15 | 41.47 |
| | 200m: | 2:34.84 | 40.80 | 600m: | 8:01.11 | 41.68 | 1000m: | 13:29.12 | 40.97 |
| | 250m: | 3:15.64 | 40.80 | 650m: | 8:41.43 | 40.32 | 1050m: | 14:10.33 | 41.21 |
| | 300m: | 3:55.91 | 40.27 | 700m: | 9:22.76 | 41.33 | 1100m: | 14:50.97 | 40.64 |
| | 350m: | 4:36.46 | 40.55 | 750m: | 10:03.88 | 41.12 | 1150m: | 15:32.26 | 41.29 |
| | 400m: | 5:17.87 | 41.41 | 800m: | 10:45.35 | 41.47 | 1200m: | 16:12.91 | 40.65 |
| 7. | KOVÁ , Tobias | | 04 | Nereus Žilina | | | 20:14.73 | | 340 |
| | 50m: | 35.80 | 35.80 | 450m: | 5:53.50 | 41.26 | 850m: | 11:24.98 | 42.30 |
| | 100m: | 1:12.16 | 36.36 | 500m: | 6:34.12 | 40.62 | 900m: | 12:05.39 | 40.41 |
| | 150m: | 1:51.06 | 38.90 | 550m: | 7:16.07 | 41.95 | 950m: | 12:47.80 | 42.41 |
| | 200m: | 2:29.79 | 38.73 | 600m: | 7:56.62 | 40.55 | 1000m: | 13:28.61 | 40.81 |
| | 250m: | 3:10.07 | 40.28 | 650m: | 8:39.00 | 42.38 | 1050m: | 14:09.96 | 41.35 |
| | 300m: | 3:49.81 | 39.74 | 700m: | 9:19.23 | 40.23 | 1100m: | 14:50.47 | 40.51 |
| | 350m: | 4:31.61 | 41.80 | 750m: | 10:02.03 | 42.80 | 1150m: | 15:31.74 | 41.27 |
| | 400m: | 5:12.24 | 40.63 | 800m: | 10:42.68 | 40.65 | 1200m: | 16:12.10 | 40.36 |
| 8. | CHLÁDECKÝ, Juraj | | 04 | Nereus Žilina | | | 20:23.39 | | 333 |
| | 50m: | 36.46 | 36.46 | 450m: | 5:59.53 | 41.82 | 850m: | 11:33.93 | 41.47 |
| | 100m: | 1:15.14 | 38.68 | 500m: | 6:41.71 | 42.18 | 900m: | 12:15.46 | 41.53 |
| | 150m: | 1:54.21 | 39.07 | 550m: | 7:23.00 | 41.29 | 950m: | 12:56.61 | 41.15 |
| | 200m: | 2:33.71 | 39.50 | 600m: | 8:05.11 | 42.11 | 1000m: | 13:38.06 | 41.45 |
| | 250m: | 3:13.93 | 40.22 | 650m: | 8:47.04 | 41.93 | 1050m: | 14:19.53 | 41.47 |
| | 300m: | 3:54.46 | 40.53 | 700m: | 9:29.00 | 41.96 | 1100m: | 15:00.89 | 41.36 |
| | 350m: | 4:35.86 | 41.40 | 750m: | 10:10.53 | 41.53 | 1150m: | 15:41.68 | 40.79 |
| | 400m: | 5:17.71 | 41.85 | 800m: | 10:52.46 | 41.93 | 1200m: | 16:22.31 | 40.63 |
| 9. | BÉREŠ, Alexander | | 03 | Nereus Žilina | | | 20:34.39 | | 324 |
| | 50m: | 35.05 | 35.05 | 450m: | 6:07.80 | 43.51 | 850m: | 11:43.35 | 41.75 |
| | 100m: | 1:13.63 | 38.58 | 500m: | 6:50.76 | 42.96 | 900m: | 12:24.16 | 40.81 |
| | 150m: | 1:54.89 | 41.26 | 550m: | 7:33.19 | 42.43 | 950m: | 13:04.98 | 40.82 |
| | 200m: | 2:36.76 | 41.87 | 600m: | 8:15.35 | 42.16 | 1000m: | 13:45.89 | 40.91 |
| | 250m: | 3:18.44 | 41.68 | 650m: | 8:56.22 | 40.87 | 1050m: | 14:27.06 | 41.17 |
| | 300m: | 4:00.22 | 41.78 | 700m: | 9:37.73 | 41.51 | 1100m: | 15:08.44 | 41.38 |
| | 350m: | 4:41.73 | 41.51 | 750m: | 10:19.70 | 41.97 | 1150m: | 15:50.01 | 41.57 |
| | 400m: | 5:24.29 | 42.56 | 800m: | 11:01.60 | 41.90 | 1200m: | 16:32.08 | 42.07 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 3, žiaci, 1500m vo ný spôsob, 15 - 16 ro .

| por. | | | Ro . | | | as | body | |
|------|------------------|---------------|-------|----------------|--------|-----------------|--------|----------------|
| 10. | HRIVNÁK, Michal | | 03 | PKMA | | 20:37.59 | 321 | |
| | 50m: | 36.12 36.12 | 450m: | 6:08.62 42.57 | 850m: | 11:44.16 42.29 | 1250m: | 17:17.19 41.72 |
| | 100m: | 1:16.02 39.90 | 500m: | 6:50.44 41.82 | 900m: | 12:25.44 41.28 | 1300m: | 17:58.72 41.53 |
| | 150m: | 1:56.94 40.92 | 550m: | 7:33.19 42.75 | 950m: | 13:07.44 42.00 | 1350m: | 18:40.05 41.33 |
| | 200m: | 2:38.76 41.82 | 600m: | 8:14.59 41.40 | 1000m: | 13:49.55 42.11 | 1400m: | 19:20.62 40.57 |
| | 250m: | 3:20.79 42.03 | 650m: | 8:56.66 42.07 | 1050m: | 14:31.34 41.79 | 1450m: | 20:00.76 40.14 |
| | 300m: | 4:02.16 41.37 | 700m: | 9:37.94 41.28 | 1100m: | 15:12.69 41.35 | 1500m: | 20:37.59 36.83 |
| | 350m: | 4:43.84 41.68 | 750m: | 10:19.47 41.53 | 1150m: | 15:54.37 41.68 | | |
| | 400m: | 5:26.05 42.21 | 800m: | 11:01.87 42.40 | 1200m: | 16:35.47 41.10 | | |
| 11. | ADAM, Slavomír | | 04 | TRUMB | | 21:20.88 | 290 | |
| | 50m: | 38.22 38.22 | 450m: | 6:22.91 43.75 | 850m: | 12:11.09 43.39 | 1250m: | 17:59.38 44.40 |
| | 100m: | 1:21.28 43.06 | 500m: | 7:06.88 43.97 | 900m: | 12:55.09 44.00 | 1300m: | 18:39.41 40.03 |
| | 150m: | 2:02.66 41.38 | 550m: | 7:50.56 43.68 | 950m: | 13:38.13 43.04 | 1350m: | 19:21.31 41.90 |
| | 200m: | 2:45.41 42.75 | 600m: | 8:34.59 44.03 | 1000m: | 14:21.73 43.60 | 1400m: | 20:02.41 41.10 |
| | 250m: | 3:28.78 43.37 | 650m: | 9:17.63 43.04 | 1050m: | 15:05.63 43.90 | 1450m: | 20:43.13 40.72 |
| | 300m: | 4:11.95 43.17 | 700m: | 10:00.80 43.17 | 1100m: | 15:48.91 43.28 | 1500m: | 21:20.88 37.75 |
| | 350m: | 4:55.38 43.43 | 750m: | 10:44.38 43.58 | 1150m: | 16:32.13 43.22 | | |
| | 400m: | 5:39.16 43.78 | 800m: | 11:27.70 43.32 | 1200m: | 17:14.98 42.85 | | |
| 12. | LUKÁ , Branislav | | 04 | Nereus Žilina | | 21:40.84 | 277 | |
| | 50m: | 37.72 37.72 | 450m: | 6:10.09 42.43 | 850m: | 11:59.84 44.72 | 1250m: | 17:58.19 46.07 |
| | 100m: | 1:17.47 39.75 | 500m: | 6:54.44 44.35 | 900m: | 12:44.19 44.35 | 1300m: | 18:42.94 44.75 |
| | 150m: | 1:58.69 41.22 | 550m: | 7:37.47 43.03 | 950m: | 13:28.34 44.15 | 1350m: | 19:27.72 44.78 |
| | 200m: | 2:39.62 40.93 | 600m: | 8:19.97 42.50 | 1000m: | 14:12.72 44.38 | 1400m: | 20:12.26 44.54 |
| | 250m: | 3:21.12 41.50 | 650m: | 9:03.34 43.37 | 1050m: | 14:57.79 45.07 | 1450m: | 20:56.62 44.36 |
| | 300m: | 4:01.84 40.72 | 700m: | 9:47.30 43.96 | 1100m: | 15:42.34 44.55 | 1500m: | 21:40.84 44.22 |
| | 350m: | 4:44.66 42.82 | 750m: | 10:31.16 43.86 | 1150m: | 16:26.97 44.63 | | |
| | 400m: | 5:27.66 43.00 | 800m: | 11:15.12 43.96 | 1200m: | 17:12.12 45.15 | | |
| 13. | TOMAŠEC, Filip | | 04 | Nereus Žilina | | 22:00.63 | 264 | |
| | 50m: | 35.06 35.06 | 450m: | 6:26.66 44.50 | 850m: | 12:24.51 46.20 | 1250m: | 18:22.87 44.74 |
| | 100m: | 1:17.13 42.07 | 500m: | 7:10.76 44.10 | 900m: | 13:10.23 45.72 | 1300m: | 19:08.59 45.72 |
| | 150m: | 2:00.94 43.81 | 550m: | 7:55.87 45.11 | 950m: | 13:54.41 44.18 | 1350m: | 19:54.16 45.57 |
| | 200m: | 2:44.59 43.65 | 600m: | 8:40.48 44.61 | 1000m: | 14:39.16 44.75 | 1400m: | 20:36.16 42.00 |
| | 250m: | 3:29.63 45.04 | 650m: | 9:25.19 44.71 | 1050m: | 15:23.34 44.18 | 1450m: | 21:20.02 43.86 |
| | 300m: | 4:13.73 44.10 | 700m: | 10:09.51 44.32 | 1100m: | 16:07.84 44.50 | 1500m: | 22:00.63 40.61 |
| | 350m: | 4:57.66 43.93 | 750m: | 10:53.76 44.25 | 1150m: | 16:53.38 45.54 | | |
| | 400m: | 5:42.16 44.50 | 800m: | 11:38.31 44.55 | 1200m: | 17:38.13 44.75 | | |
| 14. | GAŠŠO, Róbert | | 03 | Nereus Žilina | | 22:03.22 | 263 | |
| | 50m: | 36.22 36.22 | 450m: | 6:18.59 43.22 | 850m: | 12:14.66 47.19 | 1250m: | 18:25.51 48.04 |
| | 100m: | 1:15.94 39.72 | 500m: | 7:03.51 44.92 | 900m: | 12:57.22 42.56 | 1300m: | 19:12.16 46.65 |
| | 150m: | 1:58.62 42.68 | 550m: | 7:45.84 42.33 | 950m: | 13:42.87 45.65 | 1350m: | 20:00.76 48.60 |
| | 200m: | 2:41.47 42.85 | 600m: | 8:30.91 45.07 | 1000m: | 14:28.97 46.10 | 1400m: | 20:45.19 44.43 |
| | 250m: | 3:22.87 41.40 | 650m: | 9:15.69 44.78 | 1050m: | 15:16.34 47.37 | 1450m: | 21:28.19 43.00 |
| | 300m: | 4:06.30 43.43 | 700m: | 10:00.19 44.50 | 1100m: | 16:04.47 48.13 | 1500m: | 22:03.22 35.03 |
| | 350m: | 4:50.47 44.17 | 750m: | 10:42.69 42.50 | 1150m: | 16:50.66 46.19 | | |
| | 400m: | 5:35.37 44.90 | 800m: | 11:27.47 44.78 | 1200m: | 17:37.47 46.81 | | |
| 15. | VESTEG, Radoslav | | 04 | Nereus Žilina | | 22:21.06 | 252 | |
| | 50m: | 38.70 38.70 | 450m: | 6:35.67 45.42 | 850m: | 12:41.31 45.54 | 1250m: | 18:43.95 45.03 |
| | 100m: | 1:21.74 43.04 | 500m: | 7:25.38 49.71 | 900m: | 13:26.81 45.50 | 1300m: | 19:19.85 35.90 |
| | 150m: | 2:05.35 43.61 | 550m: | 8:07.20 41.82 | 950m: | 14:11.81 45.00 | 1350m: | 20:15.06 55.21 |
| | 200m: | 2:49.38 44.03 | 600m: | 8:52.87 45.67 | 1000m: | 14:57.83 46.02 | 1400m: | 20:59.87 44.81 |
| | 250m: | 3:34.17 44.79 | 650m: | 9:39.13 46.26 | 1050m: | 15:42.06 44.23 | 1450m: | 21:41.87 42.00 |
| | 300m: | 4:18.95 44.78 | 700m: | 10:24.63 45.50 | 1100m: | 16:27.74 45.68 | 1500m: | 22:21.06 39.19 |
| | 350m: | 5:04.10 45.15 | 750m: | 11:09.85 45.22 | 1150m: | 17:14.13 46.39 | | |
| | 400m: | 5:50.25 46.15 | 800m: | 11:55.77 45.92 | 1200m: | 17:58.92 44.79 | | |

17 - 18 ro .

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 3, žiaci, 1500m vo ný spôsob, 17 - 18 ro .

| por. | | | Ro . | | | as | body | |
|------|----------------|---------------|-------|-----------------|--------|-----------------|--------|----------------|
| 1. | PORUBEC, Urban | | 02 | Nereus Žilina | | 18:10.55 | 470 | |
| | 50m: | 32.62 32.62 | 450m: | 5:21.36 36.81 | 850m: | 10:17.51 36.95 | 1250m: | 15:13.22 36.78 |
| | 100m: | 1:07.41 34.79 | 500m: | 5:58.15 36.79 | 900m: | 10:54.97 37.46 | 1300m: | 15:49.75 36.53 |
| | 150m: | 1:42.99 35.58 | 550m: | 6:35.32 37.17 | 950m: | 11:31.72 36.75 | 1350m: | 16:26.06 36.31 |
| | 200m: | 2:18.78 35.79 | 600m: | 7:12.33 37.01 | 1000m: | 12:08.70 36.98 | 1400m: | 17:02.67 36.61 |
| | 250m: | 2:54.69 35.91 | 650m: | 7:49.10 36.77 | 1050m: | 12:45.84 37.14 | 1450m: | 17:39.06 36.39 |
| | 300m: | 3:31.11 36.42 | 700m: | 8:26.29 37.19 | 1100m: | 13:22.83 36.99 | 1500m: | 18:10.55 31.49 |
| | 350m: | 4:07.73 36.62 | 750m: | 9:03.48 37.19 | 1150m: | 13:59.76 36.93 | | |
| | 400m: | 4:44.55 36.82 | 800m: | 9:40.56 37.08 | 1200m: | 14:36.44 36.68 | | |
| 2. | BELUŠ, Adrián | | 02 | Po Ružomberok | | 18:41.34 | 432 | |
| | 50m: | 32.37 32.37 | 450m: | 5:24.09 36.47 | 850m: | 10:27.45 38.32 | 1250m: | 15:33.27 38.40 |
| | 100m: | 1:07.13 34.76 | 500m: | 6:02.59 38.50 | 900m: | 11:05.30 37.85 | 1300m: | 16:11.48 38.21 |
| | 150m: | 1:43.05 35.92 | 550m: | 6:40.52 37.93 | 950m: | 11:43.55 38.25 | 1350m: | 16:49.05 37.57 |
| | 200m: | 2:19.45 36.40 | 600m: | 7:18.30 37.78 | 1000m: | 12:21.05 37.50 | 1400m: | 17:27.87 38.82 |
| | 250m: | 2:56.13 36.68 | 650m: | 7:56.13 37.83 | 1050m: | 12:59.45 38.40 | 1450m: | 18:05.73 37.86 |
| | 300m: | 3:32.98 36.85 | 700m: | 8:33.84 37.71 | 1100m: | 13:37.73 38.28 | 1500m: | 18:41.34 35.61 |
| | 350m: | 4:10.27 37.29 | 750m: | 9:10.87 37.03 | 1150m: | 14:15.95 38.22 | | |
| | 400m: | 4:47.62 37.35 | 800m: | 9:49.13 38.26 | 1200m: | 14:54.87 38.92 | | |
| 3. | STRNAD, Jakub | | 01 | PK TENAX Žilina | | 18:51.20 | 421 | |
| | 50m: | 32.56 32.56 | 450m: | 5:24.13 37.03 | 850m: | 10:25.77 38.67 | 1250m: | 15:38.42 39.36 |
| | 100m: | 1:08.06 35.50 | 500m: | 6:01.27 37.14 | 900m: | 11:04.70 38.93 | 1300m: | 16:17.60 39.18 |
| | 150m: | 1:44.25 36.19 | 550m: | 6:38.70 37.43 | 950m: | 11:43.17 38.47 | 1350m: | 16:56.25 38.65 |
| | 200m: | 2:20.74 36.49 | 600m: | 7:16.03 37.33 | 1000m: | 12:22.63 39.46 | 1400m: | 17:35.67 39.42 |
| | 250m: | 2:57.81 37.07 | 650m: | 7:53.35 37.32 | 1050m: | 13:01.99 39.36 | 1450m: | 18:13.70 38.03 |
| | 300m: | 3:33.63 35.82 | 700m: | 8:30.92 37.57 | 1100m: | 13:40.95 38.96 | 1500m: | 18:51.20 37.50 |
| | 350m: | 4:10.45 36.82 | 750m: | 9:08.81 37.89 | 1150m: | 14:20.17 39.22 | | |
| | 400m: | 4:47.10 36.65 | 800m: | 9:47.10 38.29 | 1200m: | 14:59.06 38.89 | | |
| 4. | BARTO, Aurel | | 01 | TRUMB | | 19:21.62 | 389 | |
| | 50m: | 33.17 33.17 | 450m: | 5:38.70 38.67 | 850m: | 10:55.92 39.57 | 1250m: | 16:13.60 40.25 |
| | 100m: | 1:08.81 35.64 | 500m: | 6:18.56 39.86 | 900m: | 11:35.49 39.57 | 1300m: | 16:51.87 38.27 |
| | 150m: | 1:46.60 37.79 | 550m: | 6:58.06 39.50 | 950m: | 12:15.67 40.18 | 1350m: | 17:30.92 39.05 |
| | 200m: | 2:24.80 38.20 | 600m: | 7:37.87 39.81 | 1000m: | 12:55.49 39.82 | 1400m: | 18:09.35 38.43 |
| | 250m: | 3:02.85 38.05 | 650m: | 8:17.35 39.48 | 1050m: | 13:35.17 39.68 | 1450m: | 18:47.42 38.07 |
| | 300m: | 3:41.81 38.96 | 700m: | 8:56.56 39.21 | 1100m: | 14:14.85 39.68 | 1500m: | 19:21.62 34.20 |
| | 350m: | 4:20.56 38.75 | 750m: | 9:36.87 40.31 | 1150m: | 14:54.36 39.51 | | |
| | 400m: | 5:00.03 39.47 | 800m: | 10:16.35 39.48 | 1200m: | 15:33.35 38.99 | | |
| 5. | GULAS, Martin | | 02 | Nereus Žilina | | 20:06.89 | 346 | |
| | 50m: | 37.07 37.07 | 450m: | 6:00.34 40.42 | 850m: | 11:22.09 40.78 | 1250m: | 16:48.34 40.27 |
| | 100m: | 1:16.61 39.54 | 500m: | 6:40.57 40.23 | 900m: | 12:03.09 41.00 | 1300m: | 17:28.67 40.33 |
| | 150m: | 1:57.31 40.70 | 550m: | 7:20.67 40.10 | 950m: | 12:44.57 41.48 | 1350m: | 18:09.24 40.57 |
| | 200m: | 2:37.92 40.61 | 600m: | 8:00.74 40.07 | 1000m: | 13:25.07 40.50 | 1400m: | 18:49.07 39.83 |
| | 250m: | 3:18.46 40.54 | 650m: | 8:41.07 40.33 | 1050m: | 14:06.14 41.07 | 1450m: | 19:28.67 39.60 |
| | 300m: | 3:58.96 40.50 | 700m: | 9:21.07 40.00 | 1100m: | 14:47.03 40.89 | 1500m: | 20:06.89 38.22 |
| | 350m: | 4:39.57 40.61 | 750m: | 10:00.96 39.89 | 1150m: | 15:27.57 40.54 | | |
| | 400m: | 5:19.92 40.35 | 800m: | 10:41.31 40.35 | 1200m: | 16:08.07 40.50 | | |
| 6. | BE O, Radovan | | 01 | Nereus Žilina | | 20:32.05 | 326 | |
| | 50m: | 35.55 35.55 | 450m: | 6:01.32 41.90 | 850m: | 11:33.01 41.02 | 1250m: | 17:07.00 42.16 |
| | 100m: | 1:14.22 38.67 | 500m: | 6:42.99 41.67 | 900m: | 12:14.74 41.73 | 1300m: | 17:48.95 41.95 |
| | 150m: | 1:54.23 40.01 | 550m: | 7:24.39 41.40 | 950m: | 12:55.76 41.02 | 1350m: | 18:30.64 41.69 |
| | 200m: | 2:34.65 40.42 | 600m: | 8:06.31 41.92 | 1000m: | 13:37.08 41.32 | 1400m: | 19:11.35 40.71 |
| | 250m: | 3:15.38 40.73 | 650m: | 8:48.26 41.95 | 1050m: | 14:18.60 41.52 | 1450m: | 19:52.45 41.10 |
| | 300m: | 3:56.68 41.30 | 700m: | 9:29.68 41.42 | 1100m: | 15:00.61 42.01 | 1500m: | 20:32.05 39.60 |
| | 350m: | 4:37.77 41.09 | 750m: | 10:10.62 40.94 | 1150m: | 15:42.68 42.07 | | |
| | 400m: | 5:19.42 41.65 | 800m: | 10:51.99 41.37 | 1200m: | 16:24.84 42.16 | | |
| 7. | PYTEL, Tomáš | | 02 | PK Žabka adca | | 21:16.74 | 293 | |
| | 50m: | 36.92 36.92 | 450m: | 6:17.39 42.80 | 850m: | 12:02.08 43.39 | 1250m: | 17:48.10 42.31 |
| | 100m: | 1:16.94 40.02 | 500m: | 7:00.73 43.34 | 900m: | 12:45.46 43.38 | 1300m: | 18:31.26 43.16 |
| | 150m: | 1:58.86 41.92 | 550m: | 7:43.41 42.68 | 950m: | 13:28.63 43.17 | 1350m: | 19:14.38 43.12 |
| | 200m: | 2:41.55 42.69 | 600m: | 8:26.01 42.60 | 1000m: | 14:12.22 43.59 | 1400m: | 19:56.43 42.05 |
| | 250m: | 3:24.89 43.34 | 650m: | 9:09.12 43.11 | 1050m: | 14:55.40 43.18 | 1450m: | 20:38.58 42.15 |
| | 300m: | 4:07.58 42.69 | 700m: | 9:52.13 43.01 | 1100m: | 15:38.24 42.84 | 1500m: | 21:16.74 38.16 |
| | 350m: | 4:51.24 43.66 | 750m: | 10:35.12 42.99 | 1150m: | 16:22.35 44.11 | | |
| | 400m: | 5:34.59 43.35 | 800m: | 11:18.69 43.57 | 1200m: | 17:05.79 43.44 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 3, žiaci, 1500m vo ný spôsob, 17 - 18 ro .

| por. | | | Ro . | | | | as | | body | | | |
|------|--------------|---------|-------|---------------|----------|-----------------|--------|------------|-------|--------|----------|-------|
| 8. | KNAPEC, Adam | | 01 | Nereus Žilina | | 22:11.77 | | 258 | | | | |
| | 50m: | 38.77 | 38.77 | 450m: | 6:28.05 | 43.78 | 850m: | 12:31.23 | 47.10 | 1250m: | 18:34.34 | 42.64 |
| | 100m: | 1:20.38 | 41.61 | 500m: | 7:12.13 | 44.08 | 900m: | 13:17.63 | 46.40 | 1300m: | 19:20.38 | 46.04 |
| | 150m: | 2:02.78 | 42.40 | 550m: | 7:56.95 | 44.82 | 950m: | 14:02.98 | 45.35 | 1350m: | 20:05.20 | 44.82 |
| | 200m: | 2:46.13 | 43.35 | 600m: | 8:42.55 | 45.60 | 1000m: | 14:47.77 | 44.79 | 1400m: | 20:50.16 | 44.96 |
| | 250m: | 3:29.84 | 43.71 | 650m: | 9:28.77 | 46.22 | 1050m: | 15:34.90 | 47.13 | 1450m: | 21:32.98 | 42.82 |
| | 300m: | 4:13.98 | 44.14 | 700m: | 10:15.52 | 46.75 | 1100m: | 16:20.73 | 45.83 | 1500m: | 22:11.77 | 38.79 |
| | 350m: | 4:58.90 | 44.92 | 750m: | 11:00.27 | 44.75 | 1150m: | 17:07.45 | 46.72 | | | |
| | 400m: | 5:44.27 | 45.37 | 800m: | 11:44.13 | 43.86 | 1200m: | 17:51.70 | 44.25 | | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 4
16.3.2019

ženy, 1500m vo ný spôsob

12 ro . a st.
Výsledky

bodovanie: FINA 2018

| por. | | | Ro . | | | as | body | |
|---------|----------------------|---------------|-------|----------------|--------|------------------|-----------------|------------------|
| 12 ro . | | | | | | | | |
| 1. | JURIGOVÁ, Simona | | 07 | DELM | | | 20:37.23 | 410 |
| | 50m: | 35.82 35.82 | 450m: | 6:03.76 42.12 | 850m: | 11:38.29 41.97 | 1250m: | 17:14.29 41.90 |
| | 100m: | 1:14.67 38.85 | 500m: | 6:45.20 41.44 | 900m: | 12:20.06 41.77 | 1300m: | 17:55.80 41.51 |
| | 150m: | 1:55.01 40.34 | 550m: | 7:26.92 41.72 | 950m: | 13:02.51 42.45 | 1350m: | 18:37.32 41.52 |
| | 200m: | 2:35.48 40.47 | 600m: | 8:08.67 41.75 | 1000m: | 13:44.39 41.88 | 1400m: | 19:18.67 41.35 |
| | 250m: | 3:16.26 40.78 | 650m: | 8:50.70 42.03 | 1050m: | 14:26.45 42.06 | 1450m: | 19:58.76 40.09 |
| | 300m: | 3:57.82 41.56 | 700m: | 9:32.76 42.06 | 1100m: | 15:08.57 42.12 | 1500m: | 20:37.23 38.47 |
| | 350m: | 4:39.36 41.54 | 750m: | 10:14.23 41.47 | 1150m: | 15:50.57 42.00 | | |
| | 400m: | 5:21.64 42.28 | 800m: | 10:56.32 42.09 | 1200m: | 16:32.39 41.82 | | |
| 2. | PIECKOVÁ, Laura | | 07 | MPKDK | | | 20:38.66 | 409 |
| | 50m: | 37.59 37.59 | 450m: | 6:05.30 41.36 | 850m: | 11:39.79 41.77 | 1250m: | 17:15.16 41.94 |
| | 100m: | 1:17.37 39.78 | 500m: | 6:47.16 41.86 | 900m: | 12:21.59 41.80 | 1300m: | 17:56.69 41.53 |
| | 150m: | 1:57.30 39.93 | 550m: | 7:28.84 41.68 | 950m: | 13:03.79 42.20 | 1350m: | 18:38.41 41.72 |
| | 200m: | 2:38.22 40.92 | 600m: | 8:10.51 41.67 | 1000m: | 14:45.66 1:41.87 | 1400m: | 19:19.94 41.53 |
| | 250m: | 3:19.26 41.04 | 650m: | 8:52.59 42.08 | 1050m: | 14:27.22 | 1450m: | 20:00.44 40.50 |
| | 300m: | 4:00.69 41.43 | 700m: | 9:34.26 41.67 | 1100m: | 15:09.19 41.97 | 1500m: | 20:38.66 38.22 |
| | 350m: | 4:42.05 41.36 | 750m: | 10:16.44 42.18 | 1150m: | 15:50.97 41.78 | | |
| | 400m: | 5:23.94 41.89 | 800m: | 10:58.02 41.58 | 1200m: | 16:33.22 42.25 | | |
| 3. | MOSKÁ OVÁ, Margaréta | | 07 | MPKDK | | | 20:52.58 | 395 |
| | 50m: | 37.81 37.81 | 450m: | 6:12.30 42.66 | 850m: | 11:51.66 41.46 | 1250m: | 17:29.62 41.46 |
| | 100m: | 1:18.66 40.85 | 500m: | 6:55.16 42.86 | 900m: | 12:34.58 42.92 | 1300m: | 18:10.96 41.34 |
| | 150m: | 2:00.61 41.95 | 550m: | 7:38.35 43.19 | 950m: | 13:16.87 42.29 | 1350m: | 18:52.47 41.51 |
| | 200m: | 2:42.19 41.58 | 600m: | 8:20.76 42.41 | 1000m: | 13:58.85 41.98 | 1400m: | 19:34.00 41.53 |
| | 250m: | 3:23.72 41.53 | 650m: | 9:02.76 42.00 | 1050m: | 14:41.31 42.46 | 1450m: | 20:15.23 41.23 |
| | 300m: | 4:05.32 41.60 | 700m: | 9:44.63 41.87 | 1100m: | 15:23.25 41.94 | 1500m: | 20:52.58 37.35 |
| | 350m: | 4:47.49 42.17 | 750m: | 10:26.92 42.29 | 1150m: | 16:05.59 42.34 | | |
| | 400m: | 5:29.64 42.15 | 800m: | 11:10.20 43.28 | 1200m: | 16:48.16 42.57 | | |
| 4. | KUDLA OVÁ, Petra | | 07 | PKMA | | | 22:27.53 | 317 |
| | 50m: | 40.13 40.13 | 450m: | 6:39.91 44.32 | 850m: | 12:40.98 44.07 | 1250m: | 18:42.84 45.64 |
| | 100m: | 1:25.03 44.90 | 500m: | 7:25.73 45.82 | 900m: | 13:25.28 44.30 | 1300m: | 19:28.56 45.72 |
| | 150m: | 2:10.78 45.75 | 550m: | 8:10.73 45.00 | 950m: | 14:10.78 45.50 | 1350m: | 20:13.31 44.75 |
| | 200m: | 2:55.70 44.92 | 600m: | 8:56.38 45.65 | 1000m: | 14:55.88 45.10 | 1400m: | 20:58.23 44.92 |
| | 250m: | 3:40.70 45.00 | 650m: | 9:41.13 44.75 | 1050m: | 15:40.84 44.96 | 1450m: | 21:44.56 46.33 |
| | 300m: | 4:26.16 45.46 | 700m: | 10:26.23 45.10 | 1100m: | 16:26.48 45.64 | 1500m: | 22:27.53 42.97 |
| | 350m: | 5:11.03 44.87 | 750m: | 11:11.16 44.93 | 1150m: | 17:12.16 45.68 | | |
| | 400m: | 5:55.59 44.56 | 800m: | 11:56.91 45.75 | 1200m: | 17:57.20 45.04 | | |
| 5. | HORVÁTHOVÁ, Terézia | | 07 | FLIPPER Brezno | | | 22:30.74 | 315 |
| | 50m: | 41.86 41.86 | 450m: | 6:50.17 45.43 | 850m: | 12:54.15 45.89 | 1250m: | 18:53.89 45.21 |
| | 100m: | 1:28.29 46.43 | 500m: | 7:35.34 45.17 | 900m: | 13:38.84 44.69 | 1300m: | 19:38.75 44.86 |
| | 150m: | 2:14.60 46.31 | 550m: | 8:21.61 46.27 | 950m: | 14:24.13 45.29 | 1350m: | 20:23.31 44.56 |
| | 200m: | 3:00.84 46.24 | 600m: | 9:07.25 45.64 | 1000m: | 15:08.96 44.83 | 1400m: | 21:07.34 44.03 |
| | 250m: | 3:47.22 46.38 | 650m: | 9:53.70 46.45 | 1050m: | 15:53.60 44.64 | 1450m: | 21:50.38 43.04 |
| | 300m: | 4:33.16 45.94 | 700m: | 10:38.62 44.92 | 1100m: | 16:38.99 45.39 | 1500m: | 22:30.74 40.36 |
| | 350m: | 5:19.22 46.06 | 750m: | 11:23.36 44.74 | 1150m: | 17:23.76 44.77 | | |
| | 400m: | 6:04.74 45.52 | 800m: | 12:08.26 44.90 | 1200m: | 18:08.68 44.92 | | |
| 6. | MIKULÁŠOVÁ, Eva | | 07 | TT Dolný Kubín | | | 22:41.20 | 308 |
| | 50m: | 39.06 39.06 | 450m: | 6:45.45 46.57 | 850m: | 12:51.78 45.65 | 1250m: | 18:58.63 46.18 |
| | 100m: | 1:23.38 44.32 | 500m: | 7:31.34 45.89 | 900m: | 13:37.28 45.50 | 1300m: | 18:43.98 |
| | 150m: | 2:09.20 45.82 | 550m: | 8:17.41 46.07 | 950m: | 14:22.98 45.70 | 1350m: | 20:29.73 1:45.75 |
| | 200m: | 2:55.31 46.11 | 600m: | 9:03.13 45.72 | 1000m: | 15:09.06 46.08 | 1400m: | 21:14.95 45.22 |
| | 250m: | 3:40.95 45.64 | 650m: | 9:49.03 45.90 | 1050m: | 15:54.53 45.47 | 1450m: | 22:00.63 45.68 |
| | 300m: | 4:26.88 45.93 | 700m: | 10:34.73 45.70 | 1100m: | 16:40.48 45.95 | 1500m: | 22:41.20 40.57 |
| | 350m: | 5:12.88 46.00 | 750m: | 11:24.80 50.07 | 1150m: | 17:26.70 46.22 | | |
| | 400m: | 5:58.88 46.00 | 800m: | 12:06.13 41.33 | 1200m: | 18:12.45 45.75 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 4, žia ky, 1500m vo ný spôsob, 12 ro .

| por. | | | Ro . | | | as | body | |
|------|--------------------------|---------------|-------|----------------|--------|-----------------|--------|----------------|
| 7. | MICHALIDESOVÁ, Alexandra | | 07 | PKMA | | 23:37.77 | 272 | |
| | 50m: | 40.10 40.10 | 450m: | 7:02.52 49.03 | 850m: | 13:25.77 47.92 | 1250m: | 19:47.63 48.28 |
| | 100m: | 1:26.81 46.71 | 500m: | 7:50.17 47.65 | 900m: | 14:13.49 47.72 | 1300m: | 20:33.56 45.93 |
| | 150m: | 2:14.27 47.46 | 550m: | 8:38.42 48.25 | 950m: | 15:01.35 47.86 | 1350m: | 21:21.03 47.47 |
| | 200m: | 3:02.03 47.76 | 600m: | 9:26.56 48.14 | 1000m: | 15:48.99 47.64 | 1400m: | 22:08.17 47.14 |
| | 250m: | 3:49.85 47.82 | 650m: | 10:14.27 47.71 | 1050m: | 16:36.45 47.46 | 1450m: | 22:54.17 46.00 |
| | 300m: | 4:37.56 47.71 | 700m: | 11:01.99 47.72 | 1100m: | 17:24.35 47.90 | 1500m: | 23:37.77 43.60 |
| | 350m: | 5:25.20 47.64 | 750m: | 11:50.13 48.14 | 1150m: | 18:11.74 47.39 | | |
| | 400m: | 6:13.49 48.29 | 800m: | 12:37.85 47.72 | 1200m: | 18:59.35 47.61 | | |
| 8. | KAPINOVÁ, So a | | 07 | Po Ružomberok | | 25:23.07 | 220 | |
| | 50m: | 41.49 41.49 | 450m: | 7:26.09 51.35 | 850m: | 14:15.57 50.76 | 1250m: | 21:12.49 51.15 |
| | 100m: | 1:29.09 47.60 | 500m: | 8:17.57 51.48 | 900m: | 15:08.42 52.85 | 1300m: | 22:04.14 51.65 |
| | 150m: | 2:18.57 49.48 | 550m: | 9:08.03 50.46 | 950m: | 15:58.84 50.42 | 1350m: | 22:54.81 50.67 |
| | 200m: | 3:08.99 50.42 | 600m: | 10:01.34 53.31 | 1000m: | 16:53.03 54.19 | 1400m: | 23:45.31 50.50 |
| | 250m: | 4:00.57 51.58 | 650m: | 10:50.84 49.50 | 1050m: | 17:45.84 52.81 | 1450m: | 24:33.81 48.50 |
| | 300m: | 4:52.57 52.00 | 700m: | 11:42.07 51.23 | 1100m: | 18:38.17 52.33 | 1500m: | 25:23.07 49.26 |
| | 350m: | 5:44.14 51.57 | 750m: | 12:33.39 51.32 | 1150m: | 19:28.84 50.67 | | |
| | 400m: | 6:34.74 50.60 | 800m: | 13:24.81 51.42 | 1200m: | 20:21.34 52.50 | | |

13 ro .

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|----|----------------------|---------------|-------|-----------------|--------|-----------------|--------|----------------|
| 1. | PALOVI OVÁ, Alica | | 06 | PKMA | | 20:10.91 | 438 | |
| | 50m: | 37.06 37.06 | 450m: | 6:00.02 40.15 | 850m: | 11:24.76 40.57 | 1250m: | 16:49.56 40.00 |
| | 100m: | 1:16.91 39.85 | 500m: | 6:40.34 40.32 | 900m: | 12:05.81 41.05 | 1300m: | 17:30.73 41.17 |
| | 150m: | 1:56.84 39.93 | 550m: | 7:20.87 40.53 | 950m: | 12:46.16 40.35 | 1350m: | 18:11.23 40.50 |
| | 200m: | 2:36.91 40.07 | 600m: | 8:01.31 40.44 | 1000m: | 13:26.84 40.68 | 1400m: | 18:51.41 40.18 |
| | 250m: | 3:16.94 40.03 | 650m: | 8:42.66 41.35 | 1050m: | 14:07.31 40.47 | 1450m: | 19:31.48 40.07 |
| | 300m: | 3:57.73 40.79 | 700m: | 9:23.34 40.68 | 1100m: | 14:48.16 40.85 | 1500m: | 20:10.91 39.43 |
| | 350m: | 4:38.63 40.90 | 750m: | 10:03.73 40.39 | 1150m: | 15:28.73 40.57 | | |
| | 400m: | 5:19.87 41.24 | 800m: | 10:44.19 40.46 | 1200m: | 16:09.56 40.83 | | |
| 2. | GRUCHA ÁKOVÁ, Laura | | 06 | PKMA | | 20:12.74 | 436 | |
| | 50m: | 37.67 37.67 | 450m: | 6:06.99 40.39 | 850m: | 11:29.67 40.83 | 1250m: | 16:53.67 40.72 |
| | 100m: | 1:19.03 41.36 | 500m: | 6:46.87 39.88 | 900m: | 12:10.10 40.43 | 1300m: | 17:34.10 40.43 |
| | 150m: | 2:00.49 41.46 | 550m: | 7:26.81 39.94 | 950m: | 12:50.60 40.50 | 1350m: | 18:14.99 40.89 |
| | 200m: | 2:42.10 41.61 | 600m: | 8:07.24 40.43 | 1000m: | 13:31.06 40.46 | 1400m: | 18:54.67 39.68 |
| | 250m: | 3:23.49 41.39 | 650m: | 8:47.77 40.53 | 1050m: | 14:11.42 40.36 | 1450m: | 19:34.56 39.89 |
| | 300m: | 4:04.60 41.11 | 700m: | 9:28.27 40.50 | 1100m: | 14:51.77 40.35 | 1500m: | 20:12.74 38.18 |
| | 350m: | 4:45.74 41.14 | 750m: | 10:09.10 40.83 | 1150m: | 15:32.24 40.47 | | |
| | 400m: | 5:26.60 40.86 | 800m: | 10:48.84 39.74 | 1200m: | 16:12.95 40.71 | | |
| 3. | HRN ÁROVÁ, Alexandra | | 06 | PK TENAX Žilina | | 20:28.61 | 419 | |
| | 50m: | 38.15 38.15 | 450m: | 6:08.62 41.42 | 850m: | 11:41.73 41.39 | 1250m: | 17:07.93 |
| | 100m: | 1:19.13 40.98 | 500m: | 6:49.95 41.33 | 900m: | 12:23.87 42.14 | 1300m: | 17:48.98 41.05 |
| | 150m: | 2:00.45 41.32 | 550m: | 7:32.30 42.35 | 950m: | 13:05.56 41.69 | 1350m: | 18:29.81 40.83 |
| | 200m: | 2:41.32 40.87 | 600m: | 8:14.61 42.31 | 1000m: | 13:45.30 39.74 | 1400m: | 19:09.28 39.47 |
| | 250m: | 3:22.23 40.91 | 650m: | 8:54.60 39.99 | 1050m: | 14:24.74 39.44 | 1450m: | 19:49.41 40.13 |
| | 300m: | 4:03.80 41.57 | 700m: | 9:37.14 42.54 | 1100m: | 15:05.59 40.85 | 1500m: | 20:28.61 39.20 |
| | 350m: | 4:45.58 41.78 | 750m: | 10:20.25 43.11 | 1150m: | 15:46.16 40.57 | | |
| | 400m: | 5:27.20 41.62 | 800m: | 11:00.34 40.09 | 1200m: | | | |
| 4. | KONŠTIKOVÁ, Sophie | | 06 | TT Dolný Kubín | | 23:28.86 | 278 | |
| | 50m: | 40.89 40.89 | 450m: | 6:54.09 47.73 | 850m: | 13:15.26 48.28 | 1250m: | 19:39.70 48.61 |
| | 100m: | 1:26.01 45.12 | 500m: | 7:41.46 47.37 | 900m: | 14:02.89 47.63 | 1300m: | 20:27.70 48.00 |
| | 150m: | 2:11.57 45.56 | 550m: | 8:28.17 46.71 | 950m: | 14:50.95 48.06 | 1350m: | 21:14.98 47.28 |
| | 200m: | 2:58.17 46.60 | 600m: | 9:14.98 46.81 | 1000m: | 15:39.57 48.62 | 1400m: | 22:02.06 47.08 |
| | 250m: | 3:45.42 47.25 | 650m: | 10:02.95 47.97 | 1050m: | 16:28.09 48.52 | 1450m: | 22:48.39 46.33 |
| | 300m: | 4:32.54 47.12 | 700m: | 10:51.06 48.11 | 1100m: | 17:15.48 47.39 | 1500m: | 23:28.86 40.47 |
| | 350m: | 5:19.51 46.97 | 750m: | 11:38.98 47.92 | 1150m: | 18:03.17 47.69 | | |
| | 400m: | 6:06.36 46.85 | 800m: | 12:26.98 48.00 | 1200m: | 18:51.09 47.92 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 4, žia ky, 1500m vo ný spôsob, 13 ro .

| por. | | | Ro . | | | as | body | |
|------|-------------------|---------------|-------|----------------|--------|-----------------|--------|----------------|
| 5. | NOVÁKOVÁ, Jasmína | | 06 | Po Ružomberok | | 24:43.23 | 238 | |
| | 50m: | 40.84 40.84 | 450m: | 7:16.63 50.47 | 850m: | 14:02.41 52.00 | 1250m: | 20:42.73 49.17 |
| | 100m: | 1:28.16 47.32 | 500m: | 8:06.26 49.63 | 900m: | 14:52.70 50.29 | 1300m: | 21:31.59 48.86 |
| | 150m: | 2:16.73 48.57 | 550m: | 8:57.16 50.90 | 950m: | 15:43.70 51.00 | 1350m: | 22:20.03 48.44 |
| | 200m: | 3:05.34 48.61 | 600m: | 9:48.41 51.25 | 1000m: | 16:34.03 50.33 | 1400m: | 23:08.89 48.86 |
| | 250m: | 3:54.98 49.64 | 650m: | 10:38.84 50.43 | 1050m: | 17:24.88 50.85 | 1450m: | 23:56.56 47.67 |
| | 300m: | 4:44.63 49.65 | 700m: | 11:28.88 50.04 | 1100m: | 18:14.38 49.50 | 1500m: | 24:43.23 46.67 |
| | 350m: | 5:34.88 50.25 | 750m: | 12:19.88 51.00 | 1150m: | 19:04.03 49.65 | | |
| | 400m: | 6:26.16 51.28 | 800m: | 13:10.41 50.53 | 1200m: | 19:53.56 49.53 | | |
| 6. | TAR ÁKOVÁ, So a | | 06 | MPKDK | | 24:55.34 | 232 | |
| | 50m: | 42.66 42.66 | 450m: | 7:22.22 50.53 | 850m: | 14:05.16 50.38 | 1250m: | 20:51.41 50.65 |
| | 100m: | 1:30.48 47.82 | 500m: | 8:12.94 50.72 | 900m: | 14:55.56 50.40 | 1300m: | 21:43.16 51.75 |
| | 150m: | 2:20.16 49.68 | 550m: | 9:03.16 50.22 | 950m: | 15:46.41 50.85 | 1350m: | |
| | 200m: | 3:09.34 49.18 | 600m: | 9:52.69 49.53 | 1000m: | 16:36.76 50.35 | 1400m: | 23:22.91 |
| | 250m: | 3:59.38 50.04 | 650m: | 10:42.44 49.75 | 1050m: | 17:27.26 50.50 | 1450m: | 24:11.98 49.07 |
| | 300m: | 4:50.91 51.53 | 700m: | 11:32.66 50.22 | 1100m: | 18:18.16 50.90 | 1500m: | 24:55.34 43.36 |
| | 350m: | 5:41.09 50.18 | 750m: | 12:23.76 51.10 | 1150m: | 19:09.16 51.00 | | |
| | 400m: | 6:31.69 50.60 | 800m: | 13:14.78 51.02 | 1200m: | 20:00.76 51.60 | | |

14 - 15 ro .

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|----|--------------------|---------------|-------|-----------------|--------|-----------------|--------|----------------|
| 1. | HODO OVÁ, Nina | | 04 | TT Dolný Kubín | | 18:04.35 | 610 | |
| | 50m: | 32.04 32.04 | 450m: | 5:16.80 36.14 | 850m: | 10:09.82 36.31 | 1250m: | 15:03.52 36.85 |
| | 100m: | 1:06.44 34.40 | 500m: | 5:53.36 36.56 | 900m: | 10:46.47 36.65 | 1300m: | 15:40.33 36.81 |
| | 150m: | 1:41.61 35.17 | 550m: | 6:29.88 36.52 | 950m: | 11:22.98 36.51 | 1350m: | 16:17.31 36.98 |
| | 200m: | 2:17.17 35.56 | 600m: | 7:06.48 36.60 | 1000m: | 11:59.73 36.75 | 1400m: | 16:53.71 36.40 |
| | 250m: | 2:52.73 35.56 | 650m: | 7:43.24 36.76 | 1050m: | 12:36.06 36.33 | 1450m: | 17:30.05 36.34 |
| | 300m: | 3:28.69 35.96 | 700m: | 8:20.10 36.86 | 1100m: | 13:13.10 37.04 | 1500m: | 18:04.35 34.30 |
| | 350m: | 4:04.68 35.99 | 750m: | 8:56.87 36.77 | 1150m: | 13:49.99 36.89 | | |
| | 400m: | 4:40.66 35.98 | 800m: | 9:33.51 36.64 | 1200m: | 14:26.67 36.68 | | |
| 2. | MIŽUROVÁ, Jana | | 04 | PKMA | | 18:55.96 | 530 | |
| | 50m: | 33.03 33.03 | 450m: | 5:21.84 37.20 | 850m: | 10:30.96 38.12 | 1250m: | 15:41.21 38.04 |
| | 100m: | 1:08.09 35.06 | 500m: | 5:59.42 37.58 | 900m: | 11:09.78 38.82 | 1300m: | 16:20.03 38.82 |
| | 150m: | 1:43.71 35.62 | 550m: | 6:37.78 38.36 | 950m: | 11:48.42 38.64 | 1350m: | 16:59.78 39.75 |
| | 200m: | 2:19.57 35.86 | 600m: | 7:16.84 39.06 | 1000m: | 12:27.49 39.07 | 1400m: | 17:38.57 38.79 |
| | 250m: | 2:55.64 36.07 | 650m: | 7:55.46 38.62 | 1050m: | 13:05.78 38.29 | 1450m: | 18:17.99 39.42 |
| | 300m: | 3:31.78 36.14 | 700m: | 8:34.24 38.78 | 1100m: | 13:44.74 38.96 | 1500m: | 18:55.96 37.97 |
| | 350m: | 4:07.84 36.06 | 750m: | 9:13.31 39.07 | 1150m: | 14:23.92 39.18 | | |
| | 400m: | 4:44.64 36.80 | 800m: | 9:52.84 39.53 | 1200m: | 15:03.17 39.25 | | |
| 3. | MAJDOVÁ, Šárka | | 04 | TT Dolný Kubín | | 19:17.16 | 502 | |
| | 50m: | 34.41 34.41 | 450m: | 5:40.19 38.35 | 850m: | 10:52.59 39.68 | 1250m: | 16:05.94 39.00 |
| | 100m: | 1:10.98 36.57 | 500m: | 6:18.91 38.72 | 900m: | 11:31.91 39.32 | 1300m: | 16:44.73 38.79 |
| | 150m: | 1:48.48 37.50 | 550m: | 6:57.44 38.53 | 950m: | 12:11.26 39.35 | 1350m: | 17:23.16 38.43 |
| | 200m: | 2:26.66 38.18 | 600m: | 7:36.51 39.07 | 1000m: | 12:50.51 39.25 | 1400m: | 18:01.16 38.00 |
| | 250m: | 3:05.38 38.72 | 650m: | 8:15.69 39.18 | 1050m: | 13:29.98 39.47 | 1450m: | 18:39.41 38.25 |
| | 300m: | 3:43.87 38.49 | 700m: | 8:54.76 39.07 | 1100m: | 14:09.06 39.08 | 1500m: | 19:17.16 37.75 |
| | 350m: | 4:22.56 38.69 | 750m: | 9:33.63 38.87 | 1150m: | 14:48.16 39.10 | | |
| | 400m: | 5:01.84 39.28 | 800m: | 10:12.91 39.28 | 1200m: | 15:26.94 38.78 | | |
| 4. | SVR KOVÁ, Kristína | | 04 | PK TENAX Žilina | | 20:15.60 | 433 | |
| | 50m: | 38.04 38.04 | 450m: | 6:06.04 40.95 | 850m: | 11:32.91 40.24 | 1250m: | 16:57.53 39.86 |
| | 100m: | 1:19.07 41.03 | 500m: | 6:46.99 40.95 | 900m: | 12:13.72 40.81 | 1300m: | 17:38.20 40.67 |
| | 150m: | 1:59.76 40.69 | 550m: | 7:27.42 40.43 | 950m: | 12:54.65 40.93 | 1350m: | 18:18.37 40.17 |
| | 200m: | 2:40.87 41.11 | 600m: | 8:08.54 41.12 | 1000m: | 13:35.00 40.35 | 1400m: | 18:58.37 40.00 |
| | 250m: | 3:21.82 40.95 | 650m: | 8:49.48 40.94 | 1050m: | 14:15.73 40.73 | 1450m: | 19:38.30 39.93 |
| | 300m: | 4:02.93 41.11 | 700m: | 9:30.50 41.02 | 1100m: | 14:56.81 41.08 | 1500m: | 20:15.60 37.30 |
| | 350m: | 4:44.01 41.08 | 750m: | 10:11.47 40.97 | 1150m: | 15:37.28 40.47 | | |
| | 400m: | 5:25.09 41.08 | 800m: | 10:52.67 41.20 | 1200m: | 16:17.67 40.39 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 4, žia ky, 1500m vo ný spôsob, 14 - 15 ro .

| por. | | | Ro . | | | as | body | |
|------|-----------------------|---------------|-------|-----------------|--------|-----------------|--------|-------------------|
| 5. | MACHAJOVÁ, Tatiana | | 04 | TT Dolný Kubín | | 20:21.75 | 426 | |
| | 50m: | 37.78 37.78 | 450m: | 6:05.40 40.90 | 850m: | 11:33.72 40.86 | 1250m: | 17:00.11 41.25 |
| | 100m: | 1:18.40 40.62 | 500m: | 6:46.61 41.21 | 900m: | 12:14.50 40.78 | 1300m: | 17:41.50 41.39 |
| | 150m: | 1:59.86 41.46 | 550m: | 7:27.53 40.92 | 950m: | 12:55.50 41.00 | 1350m: | 18:22.36 40.86 |
| | 200m: | 2:40.90 41.04 | 600m: | 8:08.00 40.47 | 1000m: | 13:36.53 41.03 | 1400m: | 19:02.75 40.39 |
| | 250m: | 3:21.50 40.60 | 650m: | 8:48.78 40.78 | 1050m: | 14:17.03 40.50 | 1450m: | 19:43.36 40.61 |
| | 300m: | 4:03.00 41.50 | 700m: | 9:30.11 41.33 | 1100m: | 14:57.75 40.72 | 1500m: | 20:21.75 38.39 |
| | 350m: | 4:43.72 40.72 | 750m: | 10:11.28 41.17 | 1150m: | 15:38.56 40.81 | | |
| | 400m: | 5:24.50 40.78 | 800m: | 10:52.86 41.58 | 1200m: | 16:18.86 40.30 | | |
| 6. | HANÁKOVÁ, Ema | | 05 | PK TENAX Žilina | | 20:23.87 | 424 | |
| | 50m: | 36.54 36.54 | 450m: | 5:58.85 40.87 | 850m: | 11:31.01 41.56 | 1250m: | 17:02.67 41.18 |
| | 100m: | 1:17.20 40.66 | 500m: | 6:39.86 41.01 | 900m: | 12:12.36 41.35 | 1300m: | 17:43.35 40.68 |
| | 150m: | 1:57.25 40.05 | 550m: | 7:21.58 41.72 | 950m: | 12:54.36 42.00 | 1350m: | 18:24.20 40.85 |
| | 200m: | 2:37.32 40.07 | 600m: | 8:02.92 41.34 | 1000m: | 13:35.48 41.12 | 1400m: | 19:04.92 40.72 |
| | 250m: | 3:17.54 40.22 | 650m: | 8:44.73 41.81 | 1050m: | 14:17.09 41.61 | 1450m: | 19:45.17 40.25 |
| | 300m: | 3:57.67 40.13 | 700m: | 9:26.45 41.72 | 1100m: | 14:58.92 41.83 | 1500m: | 20:23.87 38.70 |
| | 350m: | 4:37.86 40.19 | 750m: | 10:08.32 41.87 | 1150m: | 15:40.42 41.50 | | |
| | 400m: | 5:17.98 40.12 | 800m: | 10:49.45 41.13 | 1200m: | 16:21.49 41.07 | | |
| 7. | KLINEROVÁ, Zuzana | | 04 | PKMA | | 20:43.04 | 405 | |
| | 50m: | 37.72 37.72 | 450m: | 6:12.04 41.50 | 850m: | 11:43.87 41.62 | 1250m: | 17:17.65 42.18 |
| | 100m: | 1:18.87 41.15 | 500m: | 6:53.54 41.50 | 900m: | 12:25.51 41.64 | 1300m: | 17:59.32 41.67 |
| | 150m: | 2:00.79 41.92 | 550m: | 7:34.92 41.38 | 950m: | 13:07.31 41.80 | 1350m: | 18:40.72 41.40 |
| | 200m: | 2:42.22 41.43 | 600m: | 8:16.33 41.41 | 1000m: | 13:49.22 41.91 | 1400m: | 19:21.47 40.75 |
| | 250m: | 3:24.79 42.57 | 650m: | 8:58.00 41.67 | 1050m: | 14:30.72 41.50 | 1450m: | 40:02.57 20:41.10 |
| | 300m: | 4:06.85 42.06 | 700m: | 9:39.62 41.62 | 1100m: | 15:12.29 41.57 | 1500m: | 20:43.04 |
| | 350m: | 4:48.72 41.87 | 750m: | 10:20.75 41.13 | 1150m: | 15:53.72 41.43 | | |
| | 400m: | 5:30.54 41.82 | 800m: | 11:02.25 41.50 | 1200m: | 16:35.47 41.75 | | |
| 8. | FOLTÍNOVÁ, Kristína | | 04 | MPKDK | | 20:51.08 | 397 | |
| | 50m: | 37.14 37.14 | 450m: | 6:10.29 42.00 | 850m: | 11:45.99 41.87 | 1250m: | 17:25.30 42.88 |
| | 100m: | 1:18.54 41.40 | 500m: | 6:52.61 42.32 | 900m: | 12:28.81 42.82 | 1300m: | 18:06.16 40.86 |
| | 150m: | 1:59.94 41.40 | 550m: | 7:34.13 41.52 | 950m: | 13:10.67 41.86 | 1350m: | 18:48.00 41.84 |
| | 200m: | 2:42.06 42.12 | 600m: | 8:16.32 42.19 | 1000m: | 13:52.75 42.08 | 1400m: | 19:29.36 41.36 |
| | 250m: | 3:23.54 41.48 | 650m: | 8:57.25 40.93 | 1050m: | 14:34.32 41.57 | 1450m: | 20:10.86 41.50 |
| | 300m: | 4:04.92 41.38 | 700m: | 9:40.12 42.87 | 1100m: | 15:17.37 43.05 | 1500m: | 20:51.08 40.22 |
| | 350m: | 4:46.40 41.48 | 750m: | 10:21.94 41.82 | 1150m: | 16:00.00 42.63 | | |
| | 400m: | 5:28.29 41.89 | 800m: | 11:04.12 42.18 | 1200m: | 16:42.42 42.42 | | |
| 9. | ŠTAUDINGEROVÁ, Petra | | 05 | PK TENAX Žilina | | 20:55.28 | 393 | |
| | 50m: | 38.11 38.11 | 450m: | 6:13.43 41.87 | 850m: | 11:51.18 42.04 | 1250m: | 17:27.36 42.68 |
| | 100m: | 1:19.11 41.00 | 500m: | 6:50.68 37.25 | 900m: | 12:33.31 42.13 | 1300m: | 18:09.81 42.45 |
| | 150m: | 2:00.56 41.45 | 550m: | 7:38.06 47.38 | 950m: | 13:15.03 41.72 | 1350m: | 18:52.28 42.47 |
| | 200m: | 2:42.18 41.62 | 600m: | 8:20.25 42.19 | 1000m: | 13:56.71 41.68 | 1400m: | 19:34.53 42.25 |
| | 250m: | 3:24.78 42.60 | 650m: | 9:02.75 42.50 | 1050m: | 14:38.53 41.82 | 1450m: | 20:16.43 41.90 |
| | 300m: | 4:07.03 42.25 | 700m: | 9:44.64 41.89 | 1100m: | 15:20.53 42.00 | 1500m: | 20:55.28 38.85 |
| | 350m: | 4:49.28 42.25 | 750m: | 10:26.71 42.07 | 1150m: | 16:02.58 42.05 | | |
| | 400m: | 5:31.56 42.28 | 800m: | 11:09.14 42.43 | 1200m: | 16:44.68 42.10 | | |
| 10. | DZURILLOVÁ, Alexandra | | 05 | PK TENAX Žilina | | 21:15.13 | 375 | |
| | 50m: | 37.89 37.89 | 450m: | 6:15.38 42.76 | 850m: | 11:55.92 42.88 | 1250m: | 17:42.45 42.96 |
| | 100m: | 1:18.52 40.63 | 500m: | 6:57.88 42.50 | 900m: | 12:39.05 43.13 | 1300m: | 18:25.75 43.30 |
| | 150m: | 2:00.39 41.87 | 550m: | 7:40.43 42.55 | 950m: | 13:22.40 43.35 | 1350m: | 19:09.28 43.53 |
| | 200m: | 2:42.72 42.33 | 600m: | 8:22.88 42.45 | 1000m: | 14:06.11 43.71 | 1400m: | 19:52.14 42.86 |
| | 250m: | 3:25.27 42.55 | 650m: | 9:05.63 42.75 | 1050m: | 14:49.86 43.75 | 1450m: | 20:34.76 42.62 |
| | 300m: | 4:07.59 42.32 | 700m: | 9:48.20 42.57 | 1100m: | 15:33.34 43.48 | 1500m: | 21:15.13 40.37 |
| | 350m: | 4:50.49 42.90 | 750m: | 10:30.64 42.44 | 1150m: | 16:16.25 42.91 | | |
| | 400m: | 5:32.62 42.13 | 800m: | 11:13.04 42.40 | 1200m: | 16:59.49 43.24 | | |
| 11. | DULÍKOVÁ, Klára | | 04 | MPKDK | | 22:03.03 | 335 | |
| | 50m: | 37.97 37.97 | 450m: | 6:26.25 44.50 | 850m: | 12:24.57 45.32 | 1250m: | 18:25.15 44.47 |
| | 100m: | 1:19.75 41.78 | 500m: | 7:11.11 44.86 | 900m: | 13:09.75 45.18 | 1300m: | 19:09.61 44.46 |
| | 150m: | 2:03.03 43.28 | 550m: | 7:55.50 44.39 | 950m: | 13:55.03 45.28 | 1350m: | 19:54.72 45.11 |
| | 200m: | 2:46.50 43.47 | 600m: | 8:40.15 44.65 | 1000m: | 14:40.61 45.58 | 1400m: | 20:38.28 43.56 |
| | 250m: | 3:30.25 43.75 | 650m: | 9:24.65 44.50 | 1050m: | 15:25.53 44.92 | 1450m: | 21:22.97 44.69 |
| | 300m: | 4:13.82 43.57 | 700m: | 10:08.90 44.25 | 1100m: | 16:10.25 44.72 | 1500m: | 22:03.03 40.06 |
| | 350m: | 4:57.32 43.50 | 750m: | 10:54.00 45.10 | 1150m: | 16:55.40 45.15 | | |
| | 400m: | 5:41.75 44.43 | 800m: | 11:39.25 45.25 | 1200m: | 17:40.68 45.28 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 4, žia ky, 1500m vo ný spôsob, 14 - 15 ro .

| por. | | | Ro . | | | as | body | |
|------|-----------------------|---------------|-------|----------------|--------|-----------------|--------|----------------|
| 12. | DVORŠ ÍKOVÁ, Katarína | | 04 | SWIMW | | 22:18.38 | 324 | |
| | 50m: | 38.73 38.73 | 450m: | 6:40.53 45.15 | 850m: | 12:41.13 44.93 | 1250m: | 18:41.16 45.28 |
| | 100m: | 1:22.45 43.72 | 500m: | 7:25.59 45.06 | 900m: | 13:25.63 44.50 | 1300m: | 19:26.55 45.39 |
| | 150m: | 2:07.86 45.41 | 550m: | 8:10.53 44.94 | 950m: | 14:11.13 45.50 | 1350m: | 20:11.36 44.81 |
| | 200m: | 2:53.34 45.48 | 600m: | 8:55.41 44.88 | 1000m: | 14:55.98 44.85 | 1400m: | 20:56.88 45.52 |
| | 250m: | 3:38.95 45.61 | 650m: | 9:40.91 45.50 | 1050m: | 15:41.06 45.08 | 1450m: | 21:41.80 44.92 |
| | 300m: | 4:24.63 45.68 | 700m: | 10:25.80 44.89 | 1100m: | 16:26.09 45.03 | 1500m: | 22:18.38 36.58 |
| | 350m: | 5:10.41 45.78 | 750m: | 11:11.23 45.43 | 1150m: | 17:11.03 44.94 | | |
| | 400m: | 5:55.38 44.97 | 800m: | 11:56.20 44.97 | 1200m: | 17:55.88 44.85 | | |
| 13. | PODMANICKÁ, Anna | | 05 | Nereus Žilina | | 25:04.90 | 228 | |
| | 50m: | 39.08 39.08 | 450m: | 7:16.50 50.78 | 850m: | 14:04.72 50.89 | 1250m: | 20:56.72 51.00 |
| | 100m: | 1:26.44 47.36 | 500m: | 8:07.30 50.80 | 900m: | 14:56.37 51.65 | 1300m: | 21:46.65 49.93 |
| | 150m: | 2:15.37 48.93 | 550m: | 8:58.36 51.06 | 950m: | 15:47.55 51.18 | 1350m: | 22:37.12 50.47 |
| | 200m: | 3:04.83 49.46 | 600m: | 9:48.94 50.58 | 1000m: | 16:40.08 52.53 | 1400m: | 23:27.25 50.13 |
| | 250m: | 3:55.15 50.32 | 650m: | 10:39.90 50.96 | 1050m: | 17:31.50 51.42 | 1450m: | 24:16.90 49.65 |
| | 300m: | 4:44.83 49.68 | 700m: | 11:31.94 52.04 | 1100m: | 18:21.97 50.47 | 1500m: | 25:04.90 48.00 |
| | 350m: | 5:35.12 50.29 | 750m: | 12:22.94 51.00 | 1150m: | 19:14.15 52.18 | | |
| | 400m: | 6:25.72 50.60 | 800m: | 13:13.83 50.89 | 1200m: | 20:05.72 51.57 | | |

16 - 17 ro .

| | | | | | | | | |
|----|---------------------|---------------|-------|-----------------|--------|-----------------|--------|----------------|
| 1. | MARUŠÁKOVÁ, Emma | | 03 | PK TENAX Žilina | | 18:03.75 | 611 | |
| | 50m: | 32.39 32.39 | 450m: | 5:18.78 35.82 | 850m: | 10:09.28 36.42 | 1250m: | 15:02.93 37.15 |
| | 100m: | 1:08.25 35.86 | 500m: | 5:55.50 36.72 | 900m: | 10:46.28 37.00 | 1300m: | 15:39.96 37.03 |
| | 150m: | 1:44.06 35.81 | 550m: | 6:31.03 35.53 | 950m: | 11:22.53 36.25 | 1350m: | 16:16.93 36.97 |
| | 200m: | 2:19.96 35.90 | 600m: | 7:07.43 36.40 | 1000m: | 11:59.18 36.65 | 1400m: | 16:53.64 36.71 |
| | 250m: | 2:55.56 35.60 | 650m: | 7:43.75 36.32 | 1050m: | 12:36.03 36.85 | 1450m: | 17:29.96 36.32 |
| | 300m: | 3:31.04 35.48 | 700m: | 8:19.68 35.93 | 1100m: | 13:12.61 36.58 | 1500m: | 18:03.75 33.79 |
| | 350m: | 4:07.14 36.10 | 750m: | 8:56.25 36.57 | 1150m: | 13:49.31 36.70 | | |
| | 400m: | 4:42.96 35.82 | 800m: | 9:32.86 36.61 | 1200m: | 14:25.78 36.47 | | |
| 2. | MIŠÍKOVÁ, Alexandra | | 03 | PKMA | | 18:03.92 | 610 | |
| | 50m: | 32.77 32.77 | 450m: | 5:20.45 36.32 | 850m: | 10:12.98 36.78 | 1250m: | 15:06.61 36.13 |
| | 100m: | 1:08.13 35.36 | 500m: | 5:56.73 36.28 | 900m: | 10:49.82 36.84 | 1300m: | 15:43.22 36.61 |
| | 150m: | 1:43.73 35.60 | 550m: | 6:33.35 36.62 | 950m: | 11:26.80 36.98 | 1350m: | 16:18.67 35.45 |
| | 200m: | 2:19.54 35.81 | 600m: | 7:09.67 36.32 | 1000m: | 12:04.16 37.36 | 1400m: | 16:54.22 35.55 |
| | 250m: | 2:55.51 35.97 | 650m: | 7:46.26 36.59 | 1050m: | 12:40.70 36.54 | 1450m: | 17:31.09 36.87 |
| | 300m: | 3:31.64 36.13 | 700m: | 8:22.95 36.69 | 1100m: | 13:17.57 36.87 | 1500m: | 18:03.92 32.83 |
| | 350m: | 4:07.54 35.90 | 750m: | 8:55.48 32.53 | 1150m: | 13:54.09 36.52 | | |
| | 400m: | 4:44.13 36.59 | 800m: | 9:36.20 40.72 | 1200m: | 14:30.48 36.39 | | |
| 3. | MESÁROŠOVÁ, Martina | | 03 | MPKDK | | 20:03.92 | 445 | |
| | 50m: | 36.60 36.60 | 450m: | 5:56.42 39.86 | 850m: | 11:18.35 40.58 | 1250m: | 16:43.29 40.27 |
| | 100m: | 1:16.45 39.85 | 500m: | 6:36.63 40.21 | 900m: | 11:59.10 40.75 | 1300m: | 17:23.16 39.87 |
| | 150m: | 1:56.45 40.00 | 550m: | 7:16.60 39.97 | 950m: | 12:39.67 40.57 | 1350m: | 18:04.32 41.16 |
| | 200m: | 2:36.35 39.90 | 600m: | 7:50.60 34.00 | 1000m: | 13:20.70 41.03 | 1400m: | 18:44.92 40.60 |
| | 250m: | 3:16.45 40.10 | 650m: | 8:36.45 45.85 | 1050m: | 14:00.91 40.21 | 1450m: | 19:25.61 40.69 |
| | 300m: | 3:56.38 39.93 | 700m: | 9:17.06 40.61 | 1100m: | 14:41.56 40.65 | 1500m: | 20:03.92 38.31 |
| | 350m: | 4:36.56 40.18 | 750m: | 9:57.13 40.07 | 1150m: | 15:22.64 41.08 | | |
| | 400m: | 5:16.56 40.00 | 800m: | 10:37.77 40.64 | 1200m: | 16:03.02 40.38 | | |
| 4. | LEPIŠOVÁ, Klára | | 02 | PK TENAX Žilina | | 20:10.65 | 438 | |
| | 50m: | 36.22 36.22 | 450m: | 5:59.15 40.18 | 850m: | 11:23.97 41.25 | 1250m: | 16:52.44 41.50 |
| | 100m: | 1:15.19 38.97 | 500m: | 6:39.30 40.15 | 900m: | 12:04.72 40.75 | 1300m: | 17:32.90 40.46 |
| | 150m: | 1:55.25 40.06 | 550m: | 7:19.79 40.49 | 950m: | 12:45.90 41.18 | 1350m: | 18:13.62 40.72 |
| | 200m: | 2:35.72 40.47 | 600m: | 8:00.33 40.54 | 1000m: | 13:27.30 41.40 | 1400m: | 18:53.08 39.46 |
| | 250m: | 3:16.40 40.68 | 650m: | 8:40.79 40.46 | 1050m: | 14:08.12 40.82 | 1450m: | 19:33.58 40.50 |
| | 300m: | 3:56.83 40.43 | 700m: | 9:21.47 40.68 | 1100m: | 14:48.45 40.33 | 1500m: | 20:10.65 37.07 |
| | 350m: | 4:38.30 41.47 | 750m: | 10:02.01 40.54 | 1150m: | 15:29.55 41.10 | | |
| | 400m: | 5:18.97 40.67 | 800m: | 10:42.72 40.71 | 1200m: | 16:10.94 41.39 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 4, ženy, 1500m vo ný spôsob, 16 - 17 ro .

| por. | | | Ro . | | | as | body | |
|------|--------------------|-------|----------------|-----------------|-----------------|-----------------|-----------------|-------|
| 5. | ŠEFRANKOVÁ, Sára | | 03 | Po Ružomberok | | 20:34.25 | 413 | |
| | 50m: 33.90 | 33.90 | 450m: 5:52.50 | 41.25 | 850m: 11:29.68 | 42.71 | 1250m: 17:08.32 | 43.14 |
| | 100m: 1:10.00 | 36.10 | 500m: 6:33.22 | 40.72 | 900m: 12:12.22 | 42.54 | 1300m: 17:50.32 | 42.00 |
| | 150m: 1:47.47 | 37.47 | 550m: 7:15.03 | 41.81 | 950m: 12:54.32 | 42.10 | 1350m: 18:31.22 | 40.90 |
| | 200m: 2:26.43 | 38.96 | 600m: 7:57.36 | 42.33 | 1000m: 13:37.00 | 42.68 | 1400m: 19:12.22 | 41.00 |
| | 250m: 3:07.00 | 40.57 | 650m: 8:39.28 | 41.92 | 1050m: 14:19.57 | 42.57 | 1450m: 19:53.40 | 41.18 |
| | 300m: 3:47.65 | 40.65 | 700m: 9:21.61 | 42.33 | 1100m: 15:01.43 | 41.86 | 1500m: 20:34.25 | 40.85 |
| | 350m: 4:29.28 | 41.63 | 750m: 10:04.11 | 42.50 | 1150m: 15:43.28 | 41.85 | | |
| | 400m: 5:11.25 | 41.97 | 800m: 10:46.97 | 42.86 | 1200m: 16:25.18 | 41.90 | | |
| 6. | DZURILLOVÁ, Eva | | 02 | PK TENAX Žilina | | 20:45.78 | 402 | |
| | 50m: 38.03 | 38.03 | 450m: 6:08.15 | 40.97 | 850m: 11:38.14 | 43.11 | 1250m: 17:15.25 | 45.64 |
| | 100m: 1:19.46 | 41.43 | 500m: 6:49.28 | 41.13 | 900m: 12:19.53 | 41.39 | 1300m: 17:58.56 | 43.31 |
| | 150m: 2:01.78 | 42.32 | 550m: 7:30.28 | 41.00 | 950m: 13:01.78 | 42.25 | 1350m: 18:42.25 | 43.69 |
| | 200m: 2:43.01 | 41.23 | 600m: 8:10.89 | 40.61 | 1000m: 13:43.64 | 41.86 | 1400m: 19:25.43 | 43.18 |
| | 250m: 3:24.46 | 41.45 | 650m: 8:51.78 | 40.89 | 1050m: 14:25.28 | 41.64 | 1450m: 20:07.06 | 41.63 |
| | 300m: 4:05.53 | 41.07 | 700m: 9:32.71 | 40.93 | 1100m: 15:06.26 | 10:40.98 | 1500m: 20:45.78 | 38.72 |
| | 350m: 4:46.21 | 40.68 | 750m: 10:13.93 | 41.22 | 1150m: 15:47.21 | | | |
| | 400m: 5:27.18 | 40.97 | 800m: 10:55.03 | 41.10 | 1200m: 16:29.61 | 42.40 | | |
| 7. | BOŠKOVÁ, Lívia | | 02 | PK TENAX Žilina | | 21:32.39 | 360 | |
| | 50m: 38.93 | 38.93 | 450m: 6:24.53 | 43.35 | 850m: 12:10.18 | 43.37 | 1250m: 17:58.78 | 43.50 |
| | 100m: 1:21.28 | 42.35 | 500m: 7:07.78 | 43.25 | 900m: 12:53.86 | 43.68 | 1300m: 18:43.28 | 44.50 |
| | 150m: 2:04.61 | 43.33 | 550m: 7:51.11 | 43.33 | 950m: 13:37.81 | 43.95 | 1350m: 19:26.00 | 42.72 |
| | 200m: 2:48.03 | 43.42 | 600m: 8:35.11 | 44.00 | 1000m: 14:21.21 | 43.40 | 1400m: 20:08.86 | 42.86 |
| | 250m: 3:31.78 | 43.75 | 650m: 9:18.03 | 42.92 | 1050m: 15:04.96 | 43.75 | 1450m: 20:51.48 | 42.62 |
| | 300m: 4:15.00 | 43.22 | 700m: 10:01.18 | 43.15 | 1100m: 15:49.00 | 44.04 | 1500m: 21:32.39 | 40.91 |
| | 350m: 4:57.75 | 42.75 | 750m: 10:44.43 | 43.25 | 1150m: 16:31.78 | 42.78 | | |
| | 400m: 5:41.18 | 43.43 | 800m: 11:26.81 | 42.38 | 1200m: 17:15.28 | 43.50 | | |
| 8. | KRAUSEOVÁ, Barbora | | 03 | Nereus Žilina | | 22:32.81 | 314 | |
| | 50m: 39.90 | 39.90 | 450m: 6:41.26 | 44.90 | 850m: 12:48.30 | 46.06 | 1250m: 18:52.96 | 46.17 |
| | 100m: 1:24.41 | 44.51 | 500m: 7:26.90 | 45.64 | 900m: 13:33.86 | 45.56 | 1300m: 19:38.04 | 45.08 |
| | 150m: 2:10.06 | 45.65 | 550m: 8:13.17 | 46.27 | 950m: 14:19.86 | 46.00 | 1350m: 20:23.54 | 45.50 |
| | 200m: 2:54.87 | 44.81 | 600m: 8:58.94 | 45.77 | 1000m: 15:05.26 | 45.40 | 1400m: 21:08.05 | 44.51 |
| | 250m: 3:40.55 | 45.68 | 650m: 9:44.81 | 45.87 | 1050m: 15:50.51 | 45.25 | 1450m: 21:51.66 | 43.61 |
| | 300m: 4:25.85 | 45.30 | 700m: 10:30.54 | 45.73 | 1100m: 16:35.65 | 45.14 | 1500m: 22:32.81 | 41.15 |
| | 350m: 5:11.13 | 45.28 | 750m: 11:16.06 | 45.52 | 1150m: 17:21.74 | 46.09 | | |
| | 400m: 5:56.36 | 45.23 | 800m: 12:02.24 | 46.18 | 1200m: 18:06.79 | 45.05 | | |

18 ro . a st.

| | | | | | | | | |
|----|-------------------|-------|----------------|-------|-----------------|-----------------|-----------------|-------|
| 1. | REPKOVÁ, Kristína | | 99 | PKRS | | 22:27.87 | 317 | |
| | 50m: 37.34 | 37.34 | 450m: 6:21.56 | 43.78 | 850m: 12:22.84 | 46.38 | 1250m: 18:35.99 | 46.82 |
| | 100m: 1:18.81 | 41.47 | 500m: 7:05.99 | 44.43 | 900m: 13:08.96 | 46.12 | 1300m: 19:23.46 | 47.47 |
| | 150m: 2:01.17 | 42.36 | 550m: 7:50.49 | 44.50 | 950m: 13:55.06 | 46.10 | 1350m: 20:09.96 | 46.50 |
| | 200m: 2:44.06 | 42.89 | 600m: 8:35.74 | 45.25 | 1000m: 14:41.56 | 46.50 | 1400m: 20:56.81 | 46.85 |
| | 250m: 3:26.88 | 42.82 | 650m: 9:20.74 | 45.00 | 1050m: 15:27.78 | 46.22 | 1450m: 21:43.17 | 46.36 |
| | 300m: 4:10.06 | 43.18 | 700m: 10:05.42 | 44.68 | 1100m: 16:14.49 | 46.71 | 1500m: 22:27.87 | 44.70 |
| | 350m: 4:54.31 | 44.25 | 750m: 10:50.31 | 44.89 | 1150m: 17:01.59 | 47.10 | | |
| | 400m: 5:37.78 | 43.47 | 800m: 11:36.46 | 46.15 | 1200m: 17:49.17 | 47.58 | | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

2 - 16. marec 2019

16.3.2019 - 16:00

disciplína 5
16.3.2019

muži, 800m vo ný spôsob

11 ro . a st.
Výsledky

bodovanie: FINA 2018

| por. | | | Ro . | | | | | as | body |
|---------|-----------------|-----------------|-------|-----------------|-------|------------------|-------|------------------|------|
| 11 ro . | | | | | | | | | |
| 1. | KEKELY, Matej | | 08 | Nereus Žilina | | | | 11:56.70 | 236 |
| | 50m: | 41.73 41.73 | 250m: | 3:44.20 46.00 | 450m: | 6:47.88 45.25 | 650m: | 9:49.88 45.60 | |
| | 100m: | 1:26.31 44.58 | 300m: | 4:29.80 45.60 | 500m: | 7:33.88 46.00 | 700m: | 10:35.31 45.43 | |
| | 150m: | 2:12.13 45.82 | 350m: | 5:16.80 47.00 | 550m: | 8:19.13 45.25 | 750m: | 11:19.16 43.85 | |
| | 200m: | 2:58.20 46.07 | 400m: | 6:02.63 45.83 | 600m: | 9:04.28 45.15 | 800m: | 11:56.70 37.54 | |
| 2. | LEHOCKÝ, Jakub | | 08 | Nereus Žilina | | | | 11:57.28 | 236 |
| | 50m: | 40.03 40.03 | 250m: | 3:42.86 46.40 | 450m: | 6:45.06 44.25 | 650m: | 9:46.53 45.35 | |
| | 100m: | 1:25.28 45.25 | 300m: | 4:28.61 45.75 | 500m: | 7:30.78 45.72 | 700m: | 10:31.96 45.43 | |
| | 150m: | 2:10.68 45.40 | 350m: | 5:15.53 46.92 | 550m: | 8:15.61 44.83 | 750m: | 11:18.25 46.29 | |
| | 200m: | 2:56.46 45.78 | 400m: | 6:00.81 45.28 | 600m: | 9:01.18 45.57 | 800m: | 11:57.28 39.03 | |
| 3. | ZA KO, Tomáš | | 08 | Nereus Žilina | | | | 12:10.54 | 223 |
| | 50m: | 39.80 39.80 | 250m: | 3:43.89 47.16 | 450m: | 6:51.01 47.06 | 650m: | 9:57.51 45.88 | |
| | 100m: | 1:24.26 44.46 | 300m: | 4:30.80 46.91 | 500m: | 7:38.22 47.21 | 700m: | 10:43.54 46.03 | |
| | 150m: | 2:10.32 46.06 | 350m: | 5:18.07 47.27 | 550m: | 8:25.42 47.20 | 750m: | 11:29.45 45.91 | |
| | 200m: | 2:56.73 46.41 | 400m: | 6:03.95 45.88 | 600m: | 9:11.63 46.21 | 800m: | 12:10.54 41.09 | |
| 4. | LIPTAI, Matej | | 08 | PKMA | | | | 12:15.12 | 219 |
| | 50m: | 39.88 39.88 | 250m: | 3:43.90 47.01 | 450m: | 6:51.72 47.79 | 650m: | 9:58.70 46.63 | |
| | 100m: | 1:23.22 43.34 | 300m: | 4:31.33 47.43 | 500m: | 7:38.62 46.90 | 700m: | 10:44.77 46.07 | |
| | 150m: | 2:09.86 46.64 | 350m: | 5:17.73 46.40 | 550m: | 8:25.21 46.59 | 750m: | 11:31.35 46.58 | |
| | 200m: | 2:56.89 47.03 | 400m: | 6:03.93 46.20 | 600m: | 9:12.07 46.86 | 800m: | 12:15.12 43.77 | |
| 5. | BEN SAAD, Azim | | 08 | Nereus Žilina | | | | 13:35.90 | 160 |
| | 50m: | 41.97 41.97 | 250m: | 4:08.69 53.07 | 450m: | 7:38.25 50.63 | 650m: | 11:04.22 51.72 | |
| | 100m: | 1:30.97 49.00 | 300m: | 5:01.83 53.14 | 500m: | 8:28.55 50.30 | 700m: | 11:56.30 52.08 | |
| | 150m: | 2:22.58 51.61 | 350m: | 5:54.69 52.86 | 550m: | 9:20.37 51.82 | 750m: | 12:46.72 50.42 | |
| | 200m: | 3:15.62 53.04 | 400m: | 6:47.62 52.93 | 600m: | 10:12.50 52.13 | 800m: | 13:35.90 49.18 | |
| 6. | LACKO, Michal | | 08 | PKRS | | | | 14:55.19 | 121 |
| | 50m: | 47.83 47.83 | 250m: | 4:31.37 54.72 | 450m: | 8:18.75 57.00 | 650m: | 12:07.62 57.40 | |
| | 100m: | 1:41.75 53.92 | 300m: | 5:27.30 55.93 | 500m: | 9:15.37 56.62 | 700m: | 16:04.12 3:56.50 | |
| | 150m: | 2:38.97 57.22 | 350m: | 6:24.33 57.03 | 550m: | 10:12.40 57.03 | 750m: | 14:02.22 | |
| | 200m: | 3:36.65 57.68 | 400m: | 7:21.75 57.42 | 600m: | 11:10.22 57.82 | 800m: | 14:55.19 52.97 | |
| 7. | PAWLUS, Matej | | 08 | PK Žabka adca | | | | 14:57.85 | 120 |
| | 50m: | 45.85 45.85 | 250m: | 4:36.35 59.83 | 450m: | 8:32.63 56.93 | 650m: | 12:15.52 56.21 | |
| | 100m: | 1:39.70 53.85 | 300m: | 5:36.81 1:00.46 | 500m: | 9:27.67 55.04 | 700m: | 13:12.03 56.51 | |
| | 150m: | 2:37.56 57.86 | 350m: | 6:35.45 58.64 | 550m: | 10:22.03 54.36 | 750m: | 14:07.03 55.00 | |
| | 200m: | 3:36.52 58.96 | 400m: | 7:35.70 1:00.25 | 600m: | 11:19.31 57.28 | 800m: | 14:57.85 50.82 | |
| 8. | MINAROVÍ, Juraj | | 08 | PK Žabka adca | | | | 15:37.13 | 105 |
| | 50m: | 49.81 49.81 | 250m: | 4:51.05 1:01.21 | 450m: | 8:53.60 1:02.57 | 650m: | 12:53.75 59.40 | |
| | 100m: | 1:48.41 58.60 | 300m: | 5:51.71 1:00.66 | 500m: | 9:52.67 59.07 | 700m: | 13:52.20 58.45 | |
| | 150m: | 2:48.62 1:00.21 | 350m: | 6:53.61 1:01.90 | 550m: | 9:52.71 0.04 | 750m: | 14:48.52 56.32 | |
| | 200m: | 3:49.84 1:01.22 | 400m: | 7:51.03 57.42 | 600m: | 11:54.35 2:01.64 | 800m: | 15:37.13 48.61 | |
| 12 ro . | | | | | | | | | |
| 1. | ERNÁK, Adam | | 07 | PKMA | | | | 10:58.00 | 306 |
| | 50m: | 36.03 36.03 | 250m: | 3:20.65 42.08 | 450m: | 6:08.61 41.86 | 650m: | 8:55.93 41.90 | |
| | 100m: | 1:16.50 40.47 | 300m: | 4:02.93 42.28 | 500m: | 6:49.86 41.25 | 700m: | 9:37.07 41.14 | |
| | 150m: | 1:57.47 40.97 | 350m: | 4:44.28 41.35 | 550m: | 7:32.11 42.25 | 750m: | 10:17.72 40.65 | |
| | 200m: | 2:38.57 41.10 | 400m: | 5:26.75 42.47 | 600m: | 8:14.03 41.92 | 800m: | 10:58.00 40.28 | |
| 2. | MATÁK, Alex | | 07 | PK Žabka adca | | | | 11:15.72 | 282 |
| | 50m: | 38.04 38.04 | 250m: | 3:28.65 43.50 | 450m: | 6:22.32 43.10 | 650m: | 9:14.22 42.78 | |
| | 100m: | 1:19.65 41.61 | 300m: | 4:11.69 43.04 | 500m: | 7:05.37 43.05 | 700m: | 9:55.90 41.68 | |
| | 150m: | 2:01.97 42.32 | 350m: | 4:55.54 43.85 | 550m: | 7:48.25 42.88 | 750m: | 10:37.69 41.79 | |
| | 200m: | 2:45.15 43.18 | 400m: | 5:39.22 43.68 | 600m: | 8:31.44 43.19 | 800m: | 11:15.72 38.03 | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 5, žiaci, 800m vo ný spôsob, 12 ro .

| por. | | | Ro . | | | | | | | as | body |
|------|---------------------|---------------|-------|---------------|-------|-------|----------|-------|-------|-----------------|-------|
| 3. | MIKOLÁŠ, Patrik | | 07 | PKMA | | | | | | 11:27.25 | 268 |
| | 50m: | 37.53 37.53 | 250m: | 3:29.53 | 43.42 | 450m: | 6:24.50 | 43.94 | 650m: | 9:19.61 | 43.86 |
| | 100m: | 1:19.78 42.25 | 300m: | 4:12.93 | 43.40 | 500m: | 7:08.50 | 44.00 | 700m: | 10:03.21 | 43.60 |
| | 150m: | 2:03.03 43.25 | 350m: | 4:56.86 | 43.93 | 550m: | 7:52.06 | 43.56 | 750m: | 10:46.28 | 43.07 |
| | 200m: | 2:46.11 43.08 | 400m: | 5:40.56 | 43.70 | 600m: | 8:35.75 | 43.69 | 800m: | 11:27.25 | 40.97 |
| 4. | STRANIANEK, Juraj | | 07 | Nereus Žilina | | | | | | 11:44.78 | 249 |
| | 50m: | 38.28 38.28 | 250m: | 3:34.50 | 44.61 | 450m: | 6:35.78 | 46.10 | 650m: | 9:37.31 | 45.42 |
| | 100m: | 1:21.43 43.15 | 300m: | 4:19.39 | 44.89 | 500m: | 7:21.28 | 45.50 | 700m: | 10:22.01 | 44.70 |
| | 150m: | 2:05.53 44.10 | 350m: | 5:04.39 | 45.00 | 550m: | 8:06.53 | 45.25 | 750m: | 11:04.78 | 42.77 |
| | 200m: | 2:49.89 44.36 | 400m: | 5:49.68 | 45.29 | 600m: | 8:51.89 | 45.36 | 800m: | 11:44.78 | 40.00 |
| 5. | CIGÁNIK, Marián | | 07 | Nereus Žilina | | | | | | 12:41.23 | 197 |
| | 50m: | 41.74 41.74 | 250m: | 3:55.78 | 49.11 | 450m: | 7:11.09 | 47.67 | 650m: | 10:23.57 | 47.90 |
| | 100m: | 1:29.07 47.33 | 300m: | 4:45.57 | 49.79 | 500m: | 7:59.17 | 48.08 | 700m: | 11:11.53 | 47.96 |
| | 150m: | 2:18.24 49.17 | 350m: | 5:33.78 | 48.21 | 550m: | 8:47.64 | 48.47 | 750m: | 11:58.09 | 46.56 |
| | 200m: | 3:06.67 48.43 | 400m: | 6:23.42 | 49.64 | 600m: | 9:35.67 | 48.03 | 800m: | 12:41.23 | 43.14 |
| 6. | HANCKO, Dominik | | 07 | Po Ružomberok | | | | | | 12:49.64 | 191 |
| | 50m: | 40.33 40.33 | 250m: | 3:55.63 | 50.56 | 450m: | 7:14.50 | 50.34 | 650m: | 10:30.63 | 48.81 |
| | 100m: | 1:27.86 47.53 | 300m: | 4:44.59 | 48.96 | 500m: | 8:03.80 | 49.30 | 700m: | 11:19.15 | 48.52 |
| | 150m: | 2:16.71 48.85 | 350m: | 5:34.95 | 50.36 | 550m: | 8:52.59 | 48.79 | 750m: | 12:06.50 | 47.35 |
| | 200m: | 3:05.07 48.36 | 400m: | 6:24.16 | 49.21 | 600m: | 9:41.82 | 49.23 | 800m: | 12:49.64 | 43.14 |
| 7. | MACHÁ , Kvido | | 07 | Nereus Žilina | | | | | | 13:10.58 | 176 |
| | 50m: | 42.06 42.06 | 250m: | 3:57.86 | 50.16 | 450m: | 7:19.70 | 50.31 | 650m: | 10:44.26 | 51.50 |
| | 100m: | 1:28.76 46.70 | 300m: | 4:48.09 | 50.23 | 500m: | 8:10.09 | 50.39 | 700m: | 11:34.80 | 50.54 |
| | 150m: | 2:17.86 49.10 | 350m: | 5:38.51 | 50.42 | 550m: | 9:01.58 | 51.49 | 750m: | 12:25.32 | 50.52 |
| | 200m: | 3:07.70 49.84 | 400m: | 6:29.39 | 50.88 | 600m: | 9:52.76 | 51.18 | 800m: | 13:10.58 | 45.26 |
| 8. | KOR OK, Jozef | | 07 | Nereus Žilina | | | | | | 13:14.21 | 174 |
| | 50m: | 43.94 43.94 | 250m: | 4:04.58 | 50.83 | 450m: | 7:28.59 | 51.81 | 650m: | 10:50.20 | 51.30 |
| | 100m: | 1:32.99 49.05 | 300m: | 4:55.20 | 50.62 | 500m: | 8:18.30 | 49.71 | 700m: | 11:40.79 | 50.59 |
| | 150m: | 2:23.77 50.78 | 350m: | 5:45.52 | 50.32 | 550m: | 9:09.04 | 50.74 | 750m: | 12:30.15 | 49.36 |
| | 200m: | 3:13.75 49.98 | 400m: | 6:36.78 | 51.26 | 600m: | 9:58.90 | 49.86 | 800m: | 13:14.21 | 44.06 |
| 9. | MANGA, Vladimír | | 07 | Nereus Žilina | | | | | | 13:32.85 | 162 |
| | 50m: | 45.74 45.74 | 250m: | 4:10.49 | 51.14 | 450m: | 7:39.52 | 52.00 | 650m: | 11:06.06 | 50.81 |
| | 100m: | 1:37.31 51.57 | 300m: | 5:02.20 | 51.71 | 500m: | 8:31.85 | 52.33 | 700m: | 11:56.20 | 50.14 |
| | 150m: | 2:28.60 51.29 | 350m: | 5:55.13 | 52.93 | 550m: | 9:22.35 | 50.50 | 750m: | 12:47.49 | 51.29 |
| | 200m: | 3:19.35 50.75 | 400m: | 6:47.52 | 52.39 | 600m: | 10:15.25 | 52.90 | 800m: | 13:32.85 | 45.36 |
| 10. | MYROSHNYCHENKO, Yan | | 07 | Nereus Žilina | | | | | | 13:38.10 | 159 |
| | 50m: | 42.31 42.31 | 250m: | 4:04.85 | 51.86 | 450m: | 7:31.10 | 52.15 | 650m: | 11:04.27 | 54.28 |
| | 100m: | 1:31.27 48.96 | 300m: | 4:55.81 | 50.96 | 500m: | 8:23.35 | 52.25 | 700m: | 11:57.38 | 53.11 |
| | 150m: | 2:22.49 51.22 | 350m: | 5:48.85 | 53.04 | 550m: | 9:17.10 | 53.75 | 750m: | 12:50.10 | 52.72 |
| | 200m: | 3:12.99 50.50 | 400m: | 6:38.95 | 50.10 | 600m: | 10:09.99 | 52.89 | 800m: | 13:38.10 | 48.00 |
| 11. | ALBERT, Michal | | 07 | PKMA | | | | | | 14:28.28 | 133 |
| | 50m: | 48.09 48.09 | 250m: | 4:29.49 | 56.75 | 450m: | 8:09.34 | 55.81 | 650m: | 11:53.42 | 55.85 |
| | 100m: | 1:42.24 54.15 | 300m: | 5:24.96 | 55.47 | 500m: | 9:03.64 | 54.30 | 700m: | 12:47.09 | 53.67 |
| | 150m: | 2:37.59 55.35 | 350m: | 6:17.67 | 52.71 | 550m: | 10:00.42 | 56.78 | 750m: | 13:40.57 | 53.48 |
| | 200m: | 3:32.74 55.15 | 400m: | 7:13.53 | 55.86 | 600m: | 10:57.57 | 57.15 | 800m: | 14:28.28 | 47.71 |

13 ro .

| | | | | | | | | | | | |
|----|--------------------|---------------|-------|---------|-------|-------|---------|-------|-------|-----------------|-------|
| 1. | REICH, Richard | | 06 | PKMA | | | | | | 10:25.50 | 356 |
| | 50m: | 33.32 33.32 | 250m: | 3:08.43 | 39.40 | 450m: | 5:48.28 | 40.28 | 650m: | 8:28.50 | 39.75 |
| | 100m: | 1:10.43 37.11 | 300m: | 3:48.53 | 40.10 | 500m: | 6:28.11 | 39.83 | 700m: | 9:08.78 | 40.28 |
| | 150m: | 1:49.03 38.60 | 350m: | 4:28.25 | 39.72 | 550m: | 7:08.61 | 40.50 | 750m: | 9:48.07 | 39.29 |
| | 200m: | 2:29.03 40.00 | 400m: | 5:08.00 | 39.75 | 600m: | 7:48.75 | 40.14 | 800m: | 10:25.50 | 37.43 |
| 2. | BRHLÍK, Hugo Marko | | 06 | TRUMB | | | | | | 10:44.09 | 326 |
| | 50m: | 36.73 36.73 | 250m: | 3:21.89 | 40.76 | 450m: | 6:04.57 | 41.41 | 650m: | 8:47.82 | 39.22 |
| | 100m: | 1:16.77 40.04 | 300m: | 4:02.73 | 40.84 | 500m: | 6:45.92 | 41.35 | 700m: | 9:27.92 | 40.10 |
| | 150m: | 1:59.22 42.45 | 350m: | 4:43.01 | 40.28 | 550m: | 7:27.77 | 41.85 | 750m: | 10:08.70 | 40.78 |
| | 200m: | 2:41.13 41.91 | 400m: | 5:23.16 | 40.15 | 600m: | 8:08.60 | 40.83 | 800m: | 10:44.09 | 35.39 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 5, žiaci, 800m vo ný spôsob, 13 ro .

| por. | | | Ro . | | | | | | | as | body |
|------|-------------------|---------------|-------|----------------|-------|-------|----------|-------|-------|-----------------|-------|
| 3. | PORVAZNÍK, Jakub | | 06 | TT Dolný Kubín | | | | | | 11:21.08 | 275 |
| | 50m: | 36.62 36.62 | 250m: | 3:23.47 | 42.57 | 450m: | 6:18.50 | 43.35 | 650m: | 9:13.69 | 43.29 |
| | 100m: | 1:17.15 40.53 | 300m: | 4:06.55 | 43.08 | 500m: | 7:02.47 | 43.97 | 700m: | 9:57.22 | 43.53 |
| | 150m: | 1:58.94 41.79 | 350m: | 4:50.47 | 43.92 | 550m: | 7:46.58 | 44.11 | 750m: | 10:40.12 | 42.90 |
| | 200m: | 2:40.90 41.96 | 400m: | 5:35.15 | 44.68 | 600m: | 8:30.40 | 43.82 | 800m: | 11:21.08 | 40.96 |
| 4. | ILKANI , Tomáš | | 06 | TRUMB | | | | | | 11:42.21 | 251 |
| | 50m: | 40.96 40.96 | 250m: | 3:40.81 | 44.97 | 450m: | 6:37.07 | 44.26 | 650m: | 9:33.67 | 44.21 |
| | 100m: | 1:25.78 44.82 | 300m: | 4:24.42 | 43.61 | 500m: | 7:21.21 | 44.14 | 700m: | 10:17.89 | 44.22 |
| | 150m: | 2:11.09 45.31 | 350m: | 5:08.57 | 44.15 | 550m: | 8:05.07 | 43.86 | 750m: | 11:01.59 | 43.70 |
| | 200m: | 2:55.84 44.75 | 400m: | 5:52.81 | 44.24 | 600m: | 8:49.46 | 44.39 | 800m: | 11:42.21 | 40.62 |
| 5. | BUKOVÝ, Leo | | 06 | Po Ružomberok | | | | | | 11:58.24 | 235 |
| | 50m: | 39.07 39.07 | 250m: | 3:40.42 | 46.25 | 450m: | 6:45.24 | 45.69 | 650m: | 9:48.09 | 45.78 |
| | 100m: | 1:22.81 43.74 | 300m: | 4:26.74 | 46.32 | 500m: | 7:30.84 | 45.60 | 700m: | 10:34.42 | 46.33 |
| | 150m: | 2:07.81 45.00 | 350m: | 5:13.34 | 46.60 | 550m: | 8:16.53 | 45.69 | 750m: | 11:18.67 | 44.25 |
| | 200m: | 2:54.17 46.36 | 400m: | 5:59.55 | 46.21 | 600m: | 9:02.31 | 45.78 | 800m: | 11:58.24 | 39.57 |
| 6. | MLYNÁRIK, Jakub | | 06 | SWIMW | | | | | | 12:55.40 | 187 |
| | 50m: | 39.72 39.72 | 250m: | 3:49.79 | 48.80 | 450m: | 7:09.22 | 50.11 | 650m: | 10:29.16 | 49.68 |
| | 100m: | 1:25.18 45.46 | 300m: | 4:38.61 | 48.82 | 500m: | 7:58.70 | 49.48 | 700m: | 11:17.08 | 47.92 |
| | 150m: | 2:13.20 48.02 | 350m: | 5:29.13 | 50.52 | 550m: | 8:49.01 | 50.31 | 750m: | 12:06.73 | 49.65 |
| | 200m: | 3:00.99 47.79 | 400m: | 6:19.11 | 49.98 | 600m: | 9:39.48 | 50.47 | 800m: | 12:55.40 | 48.67 |
| 7. | ŠUŠKA, Matej | | 06 | Nereus Žilina | | | | | | 12:59.48 | 184 |
| | 50m: | 40.38 40.38 | 250m: | 3:52.31 | 39.47 | 450m: | 7:12.38 | 50.22 | 650m: | 10:34.06 | 51.43 |
| | 100m: | 1:26.09 45.71 | 300m: | 4:41.95 | 49.64 | 500m: | 8:02.31 | 49.93 | 700m: | 11:24.06 | 50.00 |
| | 150m: | 2:13.70 47.61 | 350m: | 5:31.46 | 49.51 | 550m: | 8:52.84 | 50.53 | 750m: | 12:13.63 | 49.57 |
| | 200m: | 3:12.84 59.14 | 400m: | 6:22.16 | 50.70 | 600m: | 9:42.63 | 49.79 | 800m: | 12:59.48 | 45.85 |
| 8. | SIHE SKÝ, Jakub | | 06 | SWIMW | | | | | | 13:18.81 | 171 |
| | 50m: | 44.09 44.09 | 250m: | 4:06.09 | 51.40 | 450m: | 7:29.44 | 50.97 | 650m: | 10:51.51 | 50.57 |
| | 100m: | 1:33.51 49.42 | 300m: | 4:56.69 | 50.60 | 500m: | 8:20.62 | 51.18 | 700m: | 11:41.97 | 50.46 |
| | 150m: | 2:23.97 50.46 | 350m: | 5:47.59 | 50.90 | 550m: | 9:10.91 | 50.29 | 750m: | 12:29.94 | 47.97 |
| | 200m: | 3:14.69 50.72 | 400m: | 6:38.47 | 50.88 | 600m: | 10:00.94 | 50.03 | 800m: | 13:18.81 | 48.87 |
| 9. | FONDATI, Bruno | | 06 | Nereus Žilina | | | | | | 13:29.38 | 164 |
| | 50m: | 41.88 41.88 | 250m: | 4:06.45 | 52.04 | 450m: | 7:29.78 | 49.69 | 650m: | 11:00.13 | 54.18 |
| | 100m: | 1:32.78 50.90 | 300m: | 4:55.56 | 49.11 | 500m: | 8:21.80 | 52.02 | 700m: | 11:51.09 | 50.96 |
| | 150m: | 2:23.23 50.45 | 350m: | 5:48.73 | 53.17 | 550m: | 9:14.34 | 52.54 | 750m: | 12:39.03 | 47.94 |
| | 200m: | 3:14.41 51.18 | 400m: | 6:40.09 | 51.36 | 600m: | 10:05.95 | 51.61 | 800m: | 13:29.38 | 50.35 |
| 10. | ADAMOVE, Jakub | | 06 | PK Žabka adca | | | | | | 13:37.46 | 159 |
| | 50m: | 41.45 41.45 | 250m: | 4:05.37 | 52.06 | 450m: | 7:33.18 | 51.56 | 650m: | 11:06.71 | 54.16 |
| | 100m: | 1:29.92 48.47 | 300m: | 4:56.67 | 51.30 | 500m: | 8:26.69 | 53.51 | 700m: | 11:59.43 | 52.72 |
| | 150m: | 2:21.10 51.18 | 350m: | 5:48.54 | 51.87 | 550m: | 9:19.96 | 53.27 | 750m: | 12:50.16 | 50.73 |
| | 200m: | 3:13.31 52.21 | 400m: | 6:41.62 | 53.08 | 600m: | 10:12.55 | 52.59 | 800m: | 13:37.46 | 47.30 |
| 11. | MICHALICA, Michal | | 06 | MPKDK | | | | | | 14:09.81 | 142 |
| | 50m: | 42.42 42.42 | 250m: | 4:11.03 | 54.43 | 450m: | 7:50.10 | 55.50 | 650m: | 11:30.35 | 54.58 |
| | 100m: | 1:31.13 48.71 | 300m: | 5:05.63 | 54.60 | 500m: | 8:45.56 | 55.46 | 700m: | 12:24.85 | 54.50 |
| | 150m: | 2:23.10 51.97 | 350m: | 5:58.81 | 53.18 | 550m: | 9:41.81 | 56.25 | 750m: | 13:16.85 | 52.00 |
| | 200m: | 3:16.60 53.50 | 400m: | 6:54.60 | 55.79 | 600m: | 10:35.77 | 53.96 | 800m: | 14:09.81 | 52.96 |

14 ro .

| | | | | | | | | | | | |
|----|----------------------|---------------|-------|---------|-------|-------|---------|-------|-------|-----------------|-------|
| 1. | PAULÍNY, Šimon | | 05 | TRUMB | | | | | | 9:45.45 | 434 |
| | 50m: | 33.66 33.66 | 250m: | 3:01.99 | 37.83 | 450m: | 5:32.65 | 37.29 | 650m: | 7:59.86 | 36.39 |
| | 100m: | 1:10.15 36.49 | 300m: | 3:39.54 | 37.55 | 500m: | 6:09.65 | 37.00 | 700m: | 8:36.05 | 36.19 |
| | 150m: | 1:46.94 36.79 | 350m: | 4:17.63 | 38.09 | 550m: | 6:46.49 | 36.84 | 750m: | 9:11.86 | 35.81 |
| | 200m: | 2:24.16 37.22 | 400m: | 4:55.36 | 37.73 | 600m: | 7:23.47 | 36.98 | 800m: | 9:45.45 | 33.59 |
| 2. | MEDVECKÝ, Maximilián | | 05 | ŠKDBB | | | | | | 10:28.53 | 351 |
| | 50m: | 35.36 35.36 | 250m: | 3:10.18 | 39.40 | 450m: | 5:49.21 | 40.35 | 650m: | 8:29.53 | 40.22 |
| | 100m: | 1:13.43 38.07 | 300m: | 3:49.28 | 39.10 | 500m: | 6:28.78 | 39.57 | 700m: | 9:09.50 | 39.97 |
| | 150m: | 1:52.11 38.68 | 350m: | 4:29.14 | 39.86 | 550m: | 7:09.53 | 40.75 | 750m: | 9:49.78 | 40.28 |
| | 200m: | 2:30.78 38.67 | 400m: | 5:08.86 | 39.72 | 600m: | 7:49.31 | 39.78 | 800m: | 10:28.53 | 38.75 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 5, žiaci, 800m vo ný spôsob, 14 ro .

| por. | | | Ro . | | | | | as | body |
|------|-----------------------|---------------|-------|---------------|-------|---------------|-------|-----------------|------|
| 3. | BE UŠ, Tadeáš | | 05 | Po Ružomberok | | | | 10:45.81 | 323 |
| | 50m: | 33.95 33.95 | 250m: | 3:15.84 41.72 | 450m: | 6:04.02 41.93 | 650m: | 8:48.74 39.82 | |
| | 100m: | 1:12.24 38.29 | 300m: | 3:58.52 42.68 | 500m: | 6:46.81 42.79 | 700m: | 9:29.81 41.07 | |
| | 150m: | 1:53.02 40.78 | 350m: | 4:40.42 41.90 | 550m: | 7:28.27 41.46 | 750m: | | |
| | 200m: | 2:34.12 41.10 | 400m: | 5:22.09 41.67 | 600m: | 8:08.92 40.65 | 800m: | 10:45.81 | |
| 4. | MIŠKUF, Martin Eduard | | 05 | PKMA | | | | 10:46.43 | 322 |
| | 50m: | 37.26 37.26 | 250m: | 3:21.71 41.65 | 450m: | 6:07.31 41.47 | 650m: | 8:51.20 41.00 | |
| | 100m: | 1:17.57 40.31 | 300m: | 4:02.32 40.61 | 500m: | 6:48.68 41.37 | 700m: | 9:31.53 40.33 | |
| | 150m: | 1:57.91 40.34 | 350m: | 4:44.17 41.85 | 550m: | 7:29.57 40.89 | 750m: | 10:10.55 39.02 | |
| | 200m: | 2:40.06 42.15 | 400m: | 5:25.84 41.67 | 600m: | 8:10.20 40.63 | 800m: | 10:46.43 35.88 | |
| 5. | MIKOLÁŠ, Rastislav | | 05 | PKMA | | | | 10:59.82 | 303 |
| | 50m: | 36.72 36.72 | 250m: | 3:21.43 41.96 | 450m: | 6:09.22 42.15 | 650m: | 8:57.32 41.47 | |
| | 100m: | 1:17.04 40.32 | 300m: | 4:03.07 41.64 | 500m: | 6:51.12 41.90 | 700m: | 9:30.65 33.33 | |
| | 150m: | 1:58.00 40.96 | 350m: | 4:44.96 41.89 | 550m: | 7:33.00 41.88 | 750m: | 10:20.07 49.42 | |
| | 200m: | 2:39.47 41.47 | 400m: | 5:27.07 42.11 | 600m: | 8:15.85 42.85 | 800m: | 10:59.82 39.75 | |
| 6. | OCHABA, Dalibor | | 05 | Po Ružomberok | | | | 11:22.22 | 274 |
| | 50m: | 35.97 35.97 | 250m: | 3:25.44 43.65 | 450m: | 6:19.57 43.10 | 650m: | 9:16.19 45.03 | |
| | 100m: | 1:16.44 40.47 | 300m: | 4:09.02 43.58 | 500m: | 7:03.79 44.22 | 700m: | 9:58.87 42.68 | |
| | 150m: | 1:59.09 42.65 | 350m: | 4:53.05 44.03 | 550m: | 7:47.47 43.68 | 750m: | 10:40.91 42.04 | |
| | 200m: | 2:41.79 42.70 | 400m: | 5:36.47 43.42 | 600m: | 8:31.16 43.69 | 800m: | 11:22.22 41.31 | |
| 7. | HRAŠKO, Jakub | | 05 | SWIMW | | | | 11:39.25 | 255 |
| | 50m: | 37.03 37.03 | 250m: | 3:28.46 44.25 | 450m: | 6:29.06 45.10 | 650m: | 9:27.96 44.43 | |
| | 100m: | 1:17.68 40.65 | 300m: | 4:13.31 44.85 | 500m: | 7:13.31 44.25 | 700m: | 10:12.89 44.93 | |
| | 150m: | 2:00.56 42.88 | 350m: | 4:58.46 45.15 | 550m: | 7:58.39 45.08 | 750m: | 10:57.31 44.42 | |
| | 200m: | 2:44.21 43.65 | 400m: | 5:43.96 45.50 | 600m: | 8:43.53 45.14 | 800m: | 11:39.25 41.94 | |
| 8. | TENGLER, Marek | | 05 | PKRS | | | | 11:52.15 | 241 |
| | 50m: | 38.97 38.97 | 250m: | 3:35.47 45.07 | 450m: | 6:37.50 45.42 | 650m: | 9:39.97 45.75 | |
| | 100m: | 1:21.72 42.75 | 300m: | 4:21.00 45.53 | 500m: | 7:23.75 46.25 | 700m: | 10:25.47 45.50 | |
| | 150m: | 2:05.87 44.15 | 350m: | 5:06.40 45.40 | 550m: | 8:09.00 45.25 | 750m: | 11:09.97 44.50 | |
| | 200m: | 2:50.40 44.53 | 400m: | 5:52.08 45.68 | 600m: | 8:54.22 45.22 | 800m: | 11:52.15 42.18 | |
| 9. | CHOVANEC, Samuel | | 05 | Nereus Žilina | | | | 11:57.06 | 236 |
| | 50m: | 39.66 39.66 | 250m: | 3:38.20 45.64 | 450m: | 6:43.03 46.72 | 650m: | 9:46.59 44.96 | |
| | 100m: | 1:23.45 43.79 | 300m: | 4:23.09 44.89 | 500m: | 7:29.28 46.25 | 700m: | 10:31.95 45.36 | |
| | 150m: | 2:08.13 44.68 | 350m: | 5:09.06 45.97 | 550m: | 8:15.13 45.85 | 750m: | 11:16.80 44.85 | |
| | 200m: | 2:52.56 44.43 | 400m: | 5:56.31 47.25 | 600m: | 9:01.63 46.50 | 800m: | 11:57.06 40.26 | |
| 10. | TENGLER, Martin | | 05 | PKRS | | | | 12:45.10 | 194 |
| | 50m: | 39.87 39.87 | 250m: | 3:49.99 48.64 | 450m: | 7:08.10 50.07 | 650m: | 10:25.35 49.65 | |
| | 100m: | 1:25.20 45.33 | 300m: | 4:39.35 49.36 | 500m: | 7:56.95 48.85 | 700m: | 11:13.99 48.64 | |
| | 150m: | 2:12.70 47.50 | 350m: | 5:28.49 49.14 | 550m: | 8:46.20 49.25 | 750m: | 12:00.31 46.32 | |
| | 200m: | 3:01.35 48.65 | 400m: | 6:18.03 49.54 | 600m: | 9:35.70 49.50 | 800m: | 12:45.10 44.79 | |

15 - 16 ro .

| | | | | | | | | | |
|----|---------------|---------------|-------|---------------|-------|---------------|-------|-----------------|-----|
| 1. | LIZÁK, Filip | | 04 | MPKDK | | | | 9:32.55 | 464 |
| | 50m: | 31.61 31.61 | 250m: | 2:54.38 36.45 | 450m: | 5:21.01 36.86 | 650m: | 7:45.81 36.17 | |
| | 100m: | 1:06.39 34.78 | 300m: | 3:30.82 36.44 | 500m: | 5:57.29 36.28 | 700m: | 8:22.45 36.64 | |
| | 150m: | 1:41.98 35.59 | 350m: | 4:07.44 36.62 | 550m: | 6:33.42 36.13 | 750m: | 8:58.31 35.86 | |
| | 200m: | 2:17.93 35.95 | 400m: | 4:44.15 36.71 | 600m: | 7:09.64 36.22 | 800m: | 9:32.55 34.24 | |
| 2. | VILUDA, Jakub | | 04 | PKMA | | | | 9:39.75 | 447 |
| | 50m: | 32.85 32.85 | 250m: | 2:58.76 36.42 | 450m: | 5:26.53 35.90 | 650m: | 7:54.50 36.07 | |
| | 100m: | 1:08.69 35.84 | 300m: | 3:36.24 37.48 | 500m: | 6:03.99 37.46 | 700m: | 8:30.48 35.98 | |
| | 150m: | 1:45.38 36.69 | 350m: | 4:13.39 37.15 | 550m: | 6:40.84 36.85 | 750m: | 9:06.58 36.10 | |
| | 200m: | 2:22.34 36.96 | 400m: | 4:50.63 37.24 | 600m: | 7:18.43 37.59 | 800m: | 9:39.75 33.17 | |
| 3. | PÚ EK, Šimon | | 04 | PKMA | | | | 10:08.57 | 386 |
| | 50m: | 33.51 33.51 | 250m: | 3:06.48 39.12 | 450m: | 5:42.26 39.00 | 650m: | 8:18.85 39.65 | |
| | 100m: | 1:10.13 36.62 | 300m: | 3:45.73 39.25 | 500m: | 6:21.36 39.10 | 700m: | 8:56.67 37.82 | |
| | 150m: | 1:48.67 38.54 | 350m: | 4:24.26 38.53 | 550m: | 7:01.10 39.74 | 750m: | 9:33.39 36.72 | |
| | 200m: | 2:27.36 38.69 | 400m: | 5:03.26 39.00 | 600m: | 7:39.20 38.10 | 800m: | 10:08.57 35.18 | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 5, žiaci, 800m vo ný spôsob, 15 - 16 ro .

| por. | | | Ro . | | | as | | | body |
|------|------------------|---------|-------|---------------|---------|-------|-----------------|----------|-------|
| 4. | TIŠ AN, Tibor | | 03 | Po Ružomberok | | | 10:11.71 | | 380 |
| | 50m: | 33.25 | 33.25 | 250m: | 3:03.96 | 39.04 | 450m: | 5:40.89 | 39.64 |
| | 100m: | 1:09.92 | 36.67 | 300m: | 3:43.35 | 39.39 | 500m: | 6:21.42 | 40.53 |
| | 150m: | 1:47.52 | 37.60 | 350m: | 4:21.82 | 38.47 | 550m: | 7:01.64 | 40.22 |
| | 200m: | 2:24.92 | 37.40 | 400m: | 5:01.25 | 39.43 | 600m: | 7:40.67 | 39.03 |
| | | | | | | | 650m: | 8:19.10 | 38.43 |
| | | | | | | | 700m: | 8:57.67 | 38.57 |
| | | | | | | | 750m: | 9:35.60 | 37.93 |
| | | | | | | | 800m: | 10:11.71 | 36.11 |
| 5. | KNAPEC, Matúš | | 03 | Nereus Žilina | | | 10:12.11 | | 380 |
| | 50m: | 33.57 | 33.57 | 250m: | 3:06.42 | 38.53 | 450m: | 5:44.64 | 39.53 |
| | 100m: | 1:10.67 | 37.10 | 300m: | 3:45.32 | 38.90 | 500m: | 6:24.26 | 39.62 |
| | 150m: | 1:49.07 | 38.40 | 350m: | 4:24.61 | 39.29 | 550m: | 7:04.73 | 40.47 |
| | 200m: | 2:27.89 | 38.82 | 400m: | 5:05.11 | 40.50 | 600m: | 7:43.51 | 38.78 |
| | | | | | | | 650m: | 8:23.36 | 39.85 |
| | | | | | | | 700m: | 9:00.95 | 37.59 |
| | | | | | | | 750m: | 9:37.70 | 36.75 |
| | | | | | | | 800m: | 10:12.11 | 34.41 |
| 6. | MESÁROŠ, Matej | | 03 | MPKDK | | | 10:22.42 | | 361 |
| | 50m: | 33.45 | 33.45 | 250m: | 3:09.89 | 33.75 | 450m: | 5:49.34 | 39.10 |
| | 100m: | 1:11.53 | 38.08 | 300m: | 3:49.96 | 40.07 | 500m: | 6:29.14 | 39.80 |
| | 150m: | 1:50.59 | 39.06 | 350m: | 4:30.21 | 40.25 | 550m: | 7:08.17 | 39.03 |
| | 200m: | 2:36.14 | 45.55 | 400m: | 5:10.24 | 40.03 | 600m: | 7:48.03 | 39.86 |
| | | | | | | | 650m: | 8:26.99 | 38.96 |
| | | | | | | | 700m: | 9:06.78 | 39.79 |
| | | | | | | | 750m: | 9:45.07 | 38.29 |
| | | | | | | | 800m: | 10:22.42 | 37.35 |
| 7. | PALOVI , Marek | | 03 | PKMA | | | 10:54.81 | | 310 |
| | 50m: | 36.60 | 36.60 | 250m: | 3:19.85 | 41.00 | 450m: | 6:06.63 | 42.03 |
| | 100m: | 1:16.60 | 40.00 | 300m: | 4:01.31 | 41.46 | 500m: | 6:48.99 | 42.36 |
| | 150m: | 1:57.38 | 40.78 | 350m: | 4:43.60 | 42.29 | 550m: | 7:29.99 | 41.00 |
| | 200m: | 2:38.85 | 41.47 | 400m: | 5:24.60 | 41.00 | 600m: | 8:12.56 | 42.57 |
| | | | | | | | 650m: | 8:54.56 | 42.00 |
| | | | | | | | 700m: | 9:35.99 | 41.43 |
| | | | | | | | 750m: | 10:18.13 | 42.14 |
| | | | | | | | 800m: | 10:54.81 | 36.68 |
| 8. | SIHE SKÝ, Matej | | 03 | SWIMW | | | 12:38.75 | | 199 |
| | 50m: | 42.02 | 42.02 | 250m: | 3:56.23 | 49.25 | 450m: | 7:11.77 | 48.38 |
| | 100m: | 1:29.05 | 47.03 | 300m: | 4:45.77 | 49.54 | 500m: | 7:58.84 | 47.07 |
| | 150m: | 2:17.84 | 48.79 | 350m: | 5:34.01 | 48.24 | 550m: | 8:47.05 | 48.21 |
| | 200m: | 3:06.98 | 49.14 | 400m: | 6:23.39 | 49.38 | 600m: | 9:35.65 | 48.60 |
| | | | | | | | 650m: | 10:23.33 | 47.68 |
| | | | | | | | 700m: | 11:11.49 | 48.16 |
| | | | | | | | 750m: | 11:57.80 | 46.31 |
| | | | | | | | 800m: | 12:38.75 | 40.95 |
| 9. | MLYNÁRIK, Andrej | | 04 | SWIMW | | | 12:46.61 | | 193 |
| | 50m: | 38.06 | 38.06 | 250m: | 3:49.06 | 49.71 | 450m: | 7:06.04 | 49.13 |
| | 100m: | 1:22.79 | 44.73 | 300m: | 4:37.11 | 48.05 | 500m: | 7:55.56 | 49.52 |
| | 150m: | 2:10.32 | 47.53 | 350m: | 5:27.56 | 50.45 | 550m: | 8:45.39 | 49.83 |
| | 200m: | 2:59.35 | 49.03 | 400m: | 6:16.91 | 49.35 | 600m: | 9:34.60 | 49.21 |
| | | | | | | | 650m: | 10:24.15 | 49.55 |
| | | | | | | | 700m: | 11:13.01 | 48.86 |
| | | | | | | | 750m: | 12:02.10 | 49.09 |
| | | | | | | | 800m: | 12:46.61 | 44.51 |

17 - 18 ro .

| | | | | | | | | | |
|----|---------------|---------|-------|-----------------|---------|-------|-----------------|----------|-------|
| 1. | STRNAD, Jakub | | 01 | PK TENAX Žilina | | | 9:37.73 | | 452 |
| | 50m: | 31.73 | 31.73 | 250m: | 2:54.16 | 36.33 | 450m: | 5:21.76 | 37.45 |
| | 100m: | 1:06.41 | 34.68 | 300m: | 3:30.87 | 36.71 | 500m: | 5:58.16 | 36.40 |
| | 150m: | 1:41.91 | 35.50 | 350m: | 4:07.44 | 36.57 | 550m: | 6:35.06 | 36.90 |
| | 200m: | 2:17.83 | 35.92 | 400m: | 4:44.31 | 36.87 | 600m: | 7:12.37 | 37.31 |
| | | | | | | | 650m: | 7:48.91 | 36.54 |
| | | | | | | | 700m: | 8:25.91 | 37.00 |
| | | | | | | | 750m: | 9:02.02 | 36.11 |
| | | | | | | | 800m: | 9:37.73 | 35.71 |
| 2. | BARTO, Aurel | | 01 | TRUMB | | | 10:00.25 | | 403 |
| | 50m: | 33.44 | 33.44 | 250m: | 3:03.76 | 37.59 | 450m: | 5:37.15 | 38.43 |
| | 100m: | 1:10.90 | 37.46 | 300m: | 3:42.34 | 38.58 | 500m: | 6:15.91 | 38.76 |
| | 150m: | 1:48.71 | 37.81 | 350m: | 4:20.42 | 38.08 | 550m: | 6:53.61 | 37.70 |
| | 200m: | 2:26.17 | 37.46 | 400m: | 4:58.72 | 38.30 | 600m: | 7:32.18 | 38.57 |
| | | | | | | | 650m: | 8:10.41 | 38.23 |
| | | | | | | | 700m: | 8:48.45 | 38.04 |
| | | | | | | | 750m: | 9:25.59 | 37.14 |
| | | | | | | | 800m: | 10:00.25 | 34.66 |
| 3. | ULICKÝ, Matej | | 02 | SWIMW | | | 13:44.20 | | 155 |
| | 50m: | 41.95 | 41.95 | 250m: | 4:08.88 | 52.82 | 450m: | 7:40.19 | 53.35 |
| | 100m: | 1:31.09 | 49.14 | 300m: | 5:01.09 | 52.21 | 500m: | 8:33.91 | 53.72 |
| | 150m: | 2:23.41 | 52.32 | 350m: | 5:53.56 | 52.47 | 550m: | 9:26.63 | 52.72 |
| | 200m: | 3:16.06 | 52.65 | 400m: | 6:46.84 | 53.28 | 600m: | 10:19.13 | 52.50 |
| | | | | | | | 650m: | 11:11.13 | 52.00 |
| | | | | | | | 700m: | 12:03.34 | 52.21 |
| | | | | | | | 750m: | 12:55.91 | 52.57 |
| | | | | | | | 800m: | 13:44.20 | 48.29 |

19 ro . a st.

| | | | | | | | | | |
|----|-----------------|---------|-------|---------------|---------|-------|-----------------|----------|-------|
| 1. | MICHlíK, Daniel | | 00 | Nereus Žilina | | | 10:01.17 | | 401 |
| | 50m: | 31.56 | 31.56 | 250m: | 2:57.25 | 37.15 | 450m: | 5:29.87 | 38.77 |
| | 100m: | 1:06.92 | 35.36 | 300m: | 3:34.49 | 37.24 | 500m: | 6:09.35 | 39.48 |
| | 150m: | 1:43.42 | 36.50 | 350m: | 4:12.63 | 38.14 | 550m: | 6:47.99 | 38.64 |
| | 200m: | 2:20.10 | 36.68 | 400m: | 4:51.10 | 38.47 | 600m: | 7:27.35 | 39.36 |
| | | | | | | | 650m: | 8:07.49 | 40.14 |
| | | | | | | | 700m: | 8:47.20 | 39.71 |
| | | | | | | | 750m: | 9:24.56 | 37.36 |
| | | | | | | | 800m: | 10:01.17 | 36.61 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6
16.3.2019

ženy, 800m vo ný spôsob

10 ro . a st.
Výsledky

bodovanie: FINA 2018

| por. | Ro . | as | body |
|----------------|---------------------------|-----------------------|------------------------|
| 10 ro . | | | |
| 1. | MEGELOVÁ, Stela | 09 FLIPPER Brezno | 10:37.72 424 |
| | 50m: 4:08.23 4:08.23 | 250m: 3:18.65 40.61 | 450m: 6:00.37 40.08 |
| | 100m: 1:17.49 | 300m: 3:59.29 40.64 | 500m: 6:40.87 40.50 |
| | 150m: 1:57.54 40.05 | 350m: 4:40.50 41.21 | 550m: 7:21.72 40.85 |
| | 200m: 2:38.04 40.50 | 400m: 5:20.29 39.79 | 600m: 8:01.97 40.25 |
| | | | 650m: 8:42.39 40.42 |
| | | | 700m: 9:22.43 40.04 |
| | | | 750m: 10:02.47 40.04 |
| | | | 800m: 10:37.72 35.25 |
| 2. | HAVIAROVÁ, Sophie | 09 PKMA | 13:12.66 221 |
| | 50m: 41.91 41.91 | 250m: 4:01.98 51.50 | 450m: 7:27.70 51.25 |
| | 100m: 1:30.38 48.47 | 300m: 4:53.34 51.36 | 500m: 8:17.38 49.68 |
| | 150m: 2:20.31 49.93 | 350m: 5:43.63 50.29 | 550m: 9:09.63 52.25 |
| | 200m: 3:10.48 50.17 | 400m: 6:36.45 52.82 | 600m: 9:59.38 49.75 |
| | | | 650m: 10:48.48 49.10 |
| | | | 700m: 11:38.73 50.25 |
| | | | 750m: 12:28.91 50.18 |
| | | | 800m: 13:12.66 43.75 |
| 3. | HLIVJÁKOVÁ, Markéta Marta | 09 Nereus Žilina | 13:21.94 213 |
| | 50m: 43.72 43.72 | 250m: 4:08.44 51.97 | 450m: 7:33.62 51.00 |
| | 100m: 1:34.19 50.47 | 300m: 4:59.51 51.07 | 500m: 8:24.55 50.93 |
| | 150m: 2:25.51 51.32 | 350m: 5:51.51 52.00 | 550m: 9:16.87 52.32 |
| | 200m: 3:16.47 50.96 | 400m: 6:42.62 51.11 | 600m: 10:08.47 51.60 |
| | | | 650m: 10:59.66 51.19 |
| | | | 700m: 11:48.62 48.96 |
| | | | 750m: 12:34.37 45.75 |
| | | | 800m: 13:21.94 47.57 |
| 4. | GOMOLOVÁ, Nela | 09 PKMA | 14:51.71 155 |
| | 50m: 46.38 46.38 | 250m: 4:30.65 56.24 | 450m: 8:17.16 58.22 |
| | 100m: 1:41.23 54.85 | 300m: 5:27.31 56.66 | 500m: 9:12.13 54.97 |
| | 150m: 2:37.59 56.36 | 350m: 6:23.19 55.88 | 550m: 10:09.59 57.46 |
| | 200m: 3:34.41 56.82 | 400m: 7:18.94 55.75 | 600m: 11:05.34 55.75 |
| | | | 650m: 12:01.54 56.20 |
| | | | 700m: 12:58.84 57.30 |
| | | | 750m: 13:56.66 57.82 |
| | | | 800m: 14:51.71 55.05 |
| 5. | ZELNÍKOVÁ, Natália | 09 PKMA | 15:16.69 142 |
| | 50m: 48.00 48.00 | 250m: 4:35.35 58.62 | 450m: 8:31.79 56.62 |
| | 100m: 1:41.74 53.74 | 300m: 5:30.37 55.02 | 500m: 9:31.54 59.75 |
| | 150m: 2:38.42 56.68 | 350m: 6:32.75 1:02.38 | 550m: 10:31.00 59.46 |
| | 200m: 3:36.73 58.31 | 400m: 7:35.17 1:02.42 | 600m: 11:29.65 58.65 |
| | | | 650m: 12:28.75 59.10 |
| | | | 700m: 13:25.68 56.93 |
| | | | 750m: 14:23.13 57.45 |
| | | | 800m: 15:16.69 53.56 |
| 6. | NOVÁKOVÁ, Liliana | 09 Po Ružomberok | 15:29.43 137 |
| | 50m: 43.28 43.28 | 250m: 4:29.43 56.50 | 450m: 8:25.16 55.98 |
| | 100m: 1:38.95 55.67 | 300m: 5:29.49 1:00.06 | 500m: 9:25.97 1:00.81 |
| | 150m: 2:35.72 56.77 | 350m: 6:28.99 59.50 | 550m: 10:28.05 1:02.08 |
| | 200m: 3:32.93 57.21 | 400m: 7:29.18 1:00.19 | 600m: 11:26.72 58.67 |
| | | | 650m: 12:28.96 1:02.24 |
| | | | 700m: 13:31.42 1:02.46 |
| | | | 750m: 14:31.08 59.66 |
| | | | 800m: 15:29.43 58.35 |
| 7. | ŠTEFÚNOVÁ, Nina | 09 Nereus Žilina | 15:44.22 130 |
| | 50m: 47.87 47.87 | 250m: 4:40.58 1:01.75 | 450m: 8:43.97 1:01.25 |
| | 100m: 1:43.77 55.90 | 300m: 5:39.72 59.14 | 500m: 9:45.69 1:01.72 |
| | 150m: 2:40.94 57.17 | 350m: 6:41.25 1:01.53 | 550m: 10:45.65 59.96 |
| | 200m: 3:38.83 57.89 | 400m: 7:42.72 1:01.47 | 600m: 11:46.62 1:00.97 |
| | | | 650m: 12:46.67 1:00.05 |
| | | | 700m: 13:46.50 59.83 |
| | | | 750m: 14:45.69 59.19 |
| | | | 800m: 15:44.22 58.53 |
| 11 ro . | | | |
| 1. | VETRÁKOVÁ, Karolína | 08 MPKPD | 10:50.32 400 |
| | 50m: 34.89 34.89 | 250m: 3:16.67 41.87 | 450m: 6:03.54 41.87 |
| | 100m: 1:13.73 38.84 | 300m: 3:58.67 42.00 | 500m: 6:45.45 41.91 |
| | 150m: 1:53.80 40.07 | 350m: 4:40.16 41.49 | 550m: 7:27.05 41.60 |
| | 200m: 2:34.80 41.00 | 400m: 5:21.67 41.51 | 600m: 8:09.11 42.06 |
| | | | 650m: 8:51.20 42.09 |
| | | | 700m: 9:32.20 41.00 |
| | | | 750m: 10:12.30 40.10 |
| | | | 800m: 10:50.32 38.02 |
| 2. | TUREKOVÁ, Rebeka | 08 Nereus Žilina | 11:01.09 381 |
| | 50m: 37.73 37.73 | 250m: 3:25.03 42.69 | 450m: 6:15.73 42.57 |
| | 100m: 1:18.53 40.80 | 300m: 4:07.59 42.56 | 500m: 6:58.23 42.50 |
| | 150m: 2:00.48 41.95 | 350m: 4:50.23 42.64 | 550m: 7:41.13 42.90 |
| | 200m: 2:42.34 41.86 | 400m: 5:33.16 42.93 | 600m: 8:23.48 42.35 |
| | | | 650m: 9:05.63 42.15 |
| | | | 700m: 9:46.63 41.00 |
| | | | 750m: 10:24.31 37.68 |
| | | | 800m: 11:01.09 36.78 |
| 3. | PEKNUŠOVÁ, Sophia | 08 Nereus Žilina | 11:04.41 375 |
| | 50m: 35.87 35.87 | 250m: 3:21.87 42.68 | 450m: 6:10.06 41.75 |
| | 100m: 1:16.41 40.54 | 300m: 4:03.76 41.89 | 500m: 6:53.16 43.10 |
| | 150m: 1:57.91 41.50 | 350m: 4:45.34 41.58 | 550m: 7:36.56 43.40 |
| | 200m: 2:39.19 41.28 | 400m: 5:28.31 42.97 | 600m: 8:19.48 42.92 |
| | | | 650m: 9:02.41 42.93 |
| | | | 700m: 9:44.73 42.32 |
| | | | 750m: 10:24.16 39.43 |
| | | | 800m: 11:04.41 40.25 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6, žia ky, 800m vo ný spôsob, 11 ro .

| por. | | | Ro . | | | | | | | as | body |
|------|------------------------|---------------|-------|----------------|-------|-------|----------|-------|-------|-----------------|-------|
| 4. | NOVOTNÁ, Natália | | 08 | PKMA | | | | | | 11:14.52 | 358 |
| | 50m: | 38.25 38.25 | 250m: | 3:28.70 | 43.45 | 450m: | 6:18.27 | 41.92 | 650m: | 9:07.63 | 42.28 |
| | 100m: | 1:20.45 42.20 | 300m: | 4:11.10 | 42.40 | 500m: | 7:00.81 | 42.54 | 700m: | 9:50.25 | 42.62 |
| | 150m: | 2:02.63 42.18 | 350m: | 4:53.17 | 42.07 | 550m: | 7:43.31 | 42.50 | 750m: | 10:33.52 | 43.27 |
| | 200m: | 2:45.25 42.62 | 400m: | 5:36.35 | 43.18 | 600m: | 8:25.35 | 42.04 | 800m: | 11:14.52 | 41.00 |
| 5. | ŠOTTNIKOVÁ , Aneta | | 08 | Nereus Žilina | | | | | | 11:49.02 | 308 |
| | 50m: | 39.34 39.34 | 250m: | 3:37.80 | 44.82 | 450m: | 6:38.55 | 45.19 | 650m: | 9:38.62 | 45.11 |
| | 100m: | 1:23.71 44.37 | 300m: | 4:22.72 | 44.92 | 500m: | 7:24.07 | 45.52 | 700m: | 10:23.40 | 44.78 |
| | 150m: | 2:08.19 44.48 | 350m: | 5:08.04 | 45.32 | 550m: | 8:08.84 | 44.77 | 750m: | 11:07.10 | 43.70 |
| | 200m: | 2:52.98 44.79 | 400m: | 5:53.36 | 45.32 | 600m: | 8:53.51 | 44.67 | 800m: | 11:49.02 | 41.92 |
| 6. | URBANOVÁ, Linda | | 08 | MPKDK | | | | | | 12:11.83 | 280 |
| | 50m: | 39.89 39.89 | 250m: | 3:44.43 | 46.57 | 450m: | 6:50.72 | 46.40 | 650m: | 9:56.88 | 46.94 |
| | 100m: | 1:25.71 45.82 | 300m: | 4:30.95 | 46.52 | 500m: | 7:37.68 | 46.96 | 700m: | 10:43.43 | 46.55 |
| | 150m: | 2:11.18 45.47 | 350m: | 5:17.51 | 46.56 | 550m: | 8:23.59 | 45.91 | 750m: | 11:28.93 | 45.50 |
| | 200m: | 2:57.86 46.68 | 400m: | 6:04.32 | 46.81 | 600m: | 9:09.94 | 46.35 | 800m: | 12:11.83 | 42.90 |
| 7. | SPIŠÁKOVÁ, Lucia | | 08 | PKMA | | | | | | 12:30.20 | 260 |
| | 50m: | 42.20 42.20 | 250m: | 3:51.53 | 47.62 | 450m: | 7:03.66 | 47.53 | 650m: | 10:14.95 | 46.82 |
| | 100m: | 1:28.73 46.53 | 300m: | 4:39.73 | 48.20 | 500m: | 7:52.13 | 48.47 | 700m: | 11:02.56 | 47.61 |
| | 150m: | 2:16.28 47.55 | 350m: | 5:27.70 | 47.97 | 550m: | 8:40.16 | 48.03 | 750m: | 11:48.38 | 45.82 |
| | 200m: | 3:03.91 47.63 | 400m: | 6:16.13 | 48.43 | 600m: | 9:28.13 | 47.97 | 800m: | 12:30.20 | 41.82 |
| 8. | STRANIANKOVÁ, Lívia | | 08 | Nereus Žilina | | | | | | 12:52.02 | 239 |
| | 50m: | 43.62 43.62 | 250m: | 3:57.72 | 49.10 | 450m: | 7:13.44 | 48.75 | 650m: | 10:29.55 | 48.76 |
| | 100m: | 1:31.16 47.54 | 300m: | 4:46.87 | 49.15 | 500m: | 8:02.76 | 49.32 | 700m: | 11:18.47 | 48.92 |
| | 150m: | 2:19.97 48.81 | 350m: | 5:35.94 | 49.07 | 550m: | 8:51.30 | 48.54 | 750m: | 12:07.44 | 48.97 |
| | 200m: | 3:08.62 48.65 | 400m: | 6:24.69 | 48.75 | 600m: | 9:40.79 | 49.49 | 800m: | 12:52.02 | 44.58 |
| 9. | PORVAZNIKOVA, Michaela | | 08 | TT Dolný Kubín | | | | | | 13:15.49 | 218 |
| | 50m: | 42.30 42.30 | 250m: | 4:04.16 | 50.96 | 450m: | 7:29.52 | 51.44 | 650m: | 10:52.09 | 49.99 |
| | 100m: | 1:30.89 48.59 | 300m: | 4:54.20 | 50.04 | 500m: | 8:20.99 | 51.47 | 700m: | 11:41.01 | 48.92 |
| | 150m: | 2:21.69 50.80 | 350m: | 5:45.88 | 51.68 | 550m: | 9:11.48 | 50.49 | 750m: | 12:26.46 | 45.45 |
| | 200m: | 3:13.20 51.51 | 400m: | 6:38.08 | 52.20 | 600m: | 10:02.10 | 50.62 | 800m: | 13:15.49 | 49.03 |
| 10. | CIMRÁKOVÁ, Barbora | | 08 | Nereus Žilina | | | | | | 13:21.26 | 214 |
| | 50m: | 44.52 44.52 | 250m: | 4:10.40 | 51.48 | 450m: | 7:37.85 | 52.22 | 650m: | 10:59.94 | 50.09 |
| | 100m: | 1:35.70 51.18 | 300m: | 5:02.77 | 52.37 | 500m: | 8:29.37 | 51.52 | 700m: | 11:48.21 | 48.27 |
| | 150m: | 2:27.56 51.86 | 350m: | 5:55.01 | 52.24 | 550m: | 9:20.04 | 50.67 | 750m: | 12:36.48 | 48.27 |
| | 200m: | 3:18.92 51.36 | 400m: | 6:45.63 | 50.62 | 600m: | 10:09.85 | 49.81 | 800m: | 13:21.26 | 44.78 |
| 11. | SMOLEKOVÁ, Ella | | 08 | Po Ružomberok | | | | | | 13:32.95 | 204 |
| | 50m: | 44.77 44.77 | 250m: | 4:12.27 | 52.78 | 450m: | 7:43.10 | 52.72 | 650m: | 11:09.85 | 51.68 |
| | 100m: | 1:35.20 50.43 | 300m: | 5:04.70 | 52.43 | 500m: | 8:34.92 | 51.82 | 700m: | 12:00.20 | 50.35 |
| | 150m: | 2:27.49 52.29 | 350m: | 5:57.52 | 52.82 | 550m: | 9:26.27 | 51.35 | 750m: | 12:50.20 | 50.00 |
| | 200m: | 3:19.49 52.00 | 400m: | 6:50.38 | 52.86 | 600m: | 10:18.17 | 51.90 | 800m: | 13:32.95 | 42.75 |
| 12. | MIKULAJOVÁ, Nina | | 08 | MPKDK | | | | | | 13:55.71 | 188 |
| | 50m: | 45.34 45.34 | 250m: | 4:15.94 | 52.93 | 450m: | 7:48.14 | 53.62 | 650m: | 11:20.74 | 52.73 |
| | 100m: | 1:37.20 51.86 | 300m: | 5:08.67 | 52.73 | 500m: | 8:40.92 | 52.78 | 700m: | 12:13.76 | 53.02 |
| | 150m: | 2:30.38 53.18 | 350m: | 6:01.91 | 53.24 | 550m: | 9:34.57 | 53.65 | 750m: | 13:06.24 | 52.48 |
| | 200m: | 3:23.01 52.63 | 400m: | 6:54.52 | 52.61 | 600m: | 10:28.01 | 53.44 | 800m: | 13:55.71 | 49.47 |
| 13. | KUPKOVÁ, Karolína | | 08 | Nereus Žilina | | | | | | 13:57.44 | 187 |
| | 50m: | 45.47 45.47 | 250m: | 4:18.30 | 54.25 | 450m: | 7:53.44 | 53.18 | 650m: | 11:25.34 | 53.37 |
| | 100m: | 1:37.62 52.15 | 300m: | 5:12.09 | 53.79 | 500m: | 8:45.97 | 52.53 | 700m: | 12:16.69 | 51.35 |
| | 150m: | 2:30.62 53.00 | 350m: | 6:06.62 | 54.53 | 550m: | 9:38.37 | 52.40 | 750m: | 13:08.22 | 51.53 |
| | 200m: | 3:24.05 53.43 | 400m: | 7:00.26 | 53.64 | 600m: | 10:31.97 | 53.60 | 800m: | 13:57.44 | 49.22 |
| 14. | KME OVÁ, Nina | | 08 | PKMA | | | | | | 13:58.30 | 186 |
| | 50m: | 42.05 42.05 | 250m: | 4:10.37 | 53.90 | 450m: | 7:46.72 | 53.75 | 650m: | 11:21.19 | 52.72 |
| | 100m: | 1:30.75 48.70 | 300m: | 5:03.75 | 53.38 | 500m: | 8:41.22 | 54.50 | 700m: | 12:13.50 | 52.31 |
| | 150m: | 2:22.90 52.15 | 350m: | 5:59.50 | 55.75 | 550m: | 9:35.33 | 54.11 | 750m: | 13:06.79 | 53.29 |
| | 200m: | 3:16.47 53.57 | 400m: | 6:52.97 | 53.47 | 600m: | 10:28.47 | 53.14 | 800m: | 13:58.30 | 51.51 |
| 15. | ASNOCHOVÁ, Jitka | | 08 | Nereus Žilina | | | | | | 14:02.87 | 183 |
| | 50m: | 48.91 48.91 | 250m: | 4:23.94 | 53.50 | 450m: | 7:58.16 | 52.82 | 650m: | 11:31.69 | 51.93 |
| | 100m: | 1:42.12 53.21 | 300m: | 5:17.79 | 53.85 | 500m: | 8:51.72 | 53.56 | 700m: | 12:25.22 | 53.53 |
| | 150m: | 2:36.69 54.57 | 350m: | 6:10.74 | 52.95 | 550m: | 9:45.26 | 53.54 | 750m: | 13:17.59 | 52.37 |
| | 200m: | 3:30.44 53.75 | 400m: | 7:05.34 | 54.60 | 600m: | 10:39.76 | 54.50 | 800m: | 14:02.87 | 45.28 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6, žia ky, 800m vo ný spôsob, 11 ro .

| por. | Ro . | as | body |
|------|-----------------------|-----------------------|------------------------|
| 16. | DOROCIÁKOVÁ, Karolína | 08 Nereus Žilina | 14:08.02 180 |
| | 50m: 49.44 49.44 | 250m: 4:26.22 54.00 | 450m: 7:59.87 53.03 |
| | 100m: 1:43.94 54.50 | 300m: 5:19.26 53.04 | 500m: 8:53.69 53.82 |
| | 150m: 2:37.76 53.82 | 350m: 6:12.69 53.43 | 550m: 9:48.94 55.25 |
| | 200m: 3:32.22 54.46 | 400m: 7:06.84 54.15 | 600m: 10:42.34 53.40 |
| | | | 650m: 11:36.51 54.17 |
| | | | 700m: 12:29.62 53.11 |
| | | | 750m: 13:20.81 51.19 |
| | | | 800m: 14:08.02 47.21 |
| 17. | SZABÓOVÁ, Juliana | 08 Po Ružomberok | 14:24.06 170 |
| | 50m: 45.46 45.46 | 250m: 4:25.28 56.25 | 450m: 8:06.53 55.75 |
| | 100m: 1:38.18 52.72 | 300m: 5:20.11 54.83 | 500m: 9:02.11 55.58 |
| | 150m: 2:32.68 54.50 | 350m: 6:14.71 54.60 | 550m: 9:57.50 55.39 |
| | 200m: 3:29.03 56.35 | 400m: 7:10.78 56.07 | 600m: 10:52.89 55.39 |
| | | | 650m: 11:47.14 54.25 |
| | | | 700m: 12:41.36 54.22 |
| | | | 750m: 13:35.36 54.00 |
| | | | 800m: 14:24.06 48.70 |
| 18. | LEGEMZOVÁ, Sofia | 08 MPKDK | 15:43.69 131 |
| | 50m: 47.17 47.17 | 250m: 4:44.28 59.72 | 450m: 8:42.55 58.37 |
| | 100m: 1:45.63 58.46 | 300m: 5:44.36 1:00.08 | 500m: 9:40.62 58.07 |
| | 150m: 2:43.74 58.11 | 350m: 6:42.44 58.08 | 550m: 10:42.23 1:01.61 |
| | 200m: 3:44.56 1:00.82 | 400m: 7:44.18 1:01.74 | 600m: 11:43.70 1:01.47 |
| | | | 650m: 12:42.40 58.70 |
| | | | 700m: 13:42.75 1:00.35 |
| | | | 750m: 14:41.70 58.95 |
| | | | 800m: 15:43.69 1:01.99 |
| 19. | LAJGÚTOVÁ, Ema | 08 PKRS | 16:16.19 118 |
| | 50m: 54.69 54.69 | 250m: 5:03.84 1:01.65 | 450m: 9:11.94 1:02.43 |
| | 100m: 1:56.09 1:01.40 | 300m: 6:05.94 1:02.10 | 500m: 10:14.84 1:02.90 |
| | 150m: 2:58.76 1:02.67 | 350m: 7:08.34 1:02.40 | 550m: 11:17.30 1:02.46 |
| | 200m: 4:02.19 1:03.43 | 400m: 8:09.51 1:01.17 | 600m: 12:20.62 1:03.32 |
| | | | 650m: 13:22.62 1:02.00 |
| | | | 700m: 14:22.69 1:00.07 |
| | | | 750m: 15:22.16 59.47 |
| | | | 800m: 16:16.19 54.03 |

12 ro .

| | | | |
|----|--------------------------|---------------------|------------------------|
| 1. | PIECKOVÁ, Laura | 07 MPKDK | 10:43.07 414 |
| | 50m: 36.57 36.57 | 250m: 3:16.92 40.78 | 450m: 6:00.74 40.78 |
| | 100m: 1:15.89 39.32 | 300m: 3:57.71 40.79 | 500m: 6:41.59 40.85 |
| | 150m: 1:55.95 40.06 | 350m: 4:39.07 41.36 | 550m: 7:22.59 41.00 |
| | 200m: 2:36.14 40.19 | 400m: 5:19.96 40.89 | 600m: 8:03.64 41.05 |
| | | | 650m: 8:44.21 40.57 |
| | | | 700m: 9:24.42 40.21 |
| | | | 750m: 10:04.57 40.15 |
| | | | 800m: 10:43.07 38.50 |
| 2. | MOSKÁ OVÁ, Margaréta | 07 MPKDK | 10:46.75 407 |
| | 50m: 35.72 35.72 | 250m: 3:19.90 40.50 | 450m: 6:03.95 40.98 |
| | 100m: 1:16.47 40.75 | 300m: 4:01.19 41.29 | 500m: 6:44.30 40.35 |
| | 150m: 1:57.69 41.22 | 350m: 4:42.19 41.00 | 550m: 7:25.25 40.95 |
| | 200m: 2:39.40 41.71 | 400m: 5:22.97 40.78 | 600m: 8:03.64 41.05 |
| | | | 650m: 8:47.30 41.00 |
| | | | 700m: 9:28.30 41.00 |
| | | | 750m: 10:08.44 40.14 |
| | | | 800m: 10:46.75 38.31 |
| 3. | JURIGOVÁ, Simona | 07 DELMM | 10:48.98 402 |
| | 50m: 35.78 35.78 | 250m: 3:16.63 40.84 | 450m: 6:01.27 40.88 |
| | 100m: 1:14.54 38.76 | 300m: 3:59.43 42.80 | 500m: 6:42.37 41.10 |
| | 150m: 1:55.17 40.63 | 350m: 4:39.15 39.72 | 550m: 7:23.16 40.79 |
| | 200m: 2:35.79 40.62 | 400m: 5:20.39 41.24 | 600m: 8:05.08 41.92 |
| | | | 650m: 8:46.02 40.94 |
| | | | 700m: 9:28.40 42.38 |
| | | | 750m: 10:09.16 40.76 |
| | | | 800m: 10:48.98 39.82 |
| 4. | MIKULÁŠOVÁ, Eva | 07 TT Dolný Kubín | 11:24.72 343 |
| | 50m: 36.50 36.50 | 250m: 3:27.93 43.85 | 450m: 6:23.86 44.21 |
| | 100m: 1:18.00 41.50 | 300m: 4:11.61 43.68 | 500m: 7:08.00 44.14 |
| | 150m: 2:00.78 42.78 | 350m: 4:55.40 43.79 | 550m: 7:51.93 43.93 |
| | 200m: 2:44.08 43.30 | 400m: 5:39.65 44.25 | 600m: 8:35.50 43.57 |
| | | | 650m: 9:19.22 43.72 |
| | | | 700m: 10:02.28 43.06 |
| | | | 750m: 10:45.11 42.83 |
| | | | 800m: 11:24.72 39.61 |
| 5. | KUDLA OVÁ, Petra | 07 PKMA | 11:47.01 311 |
| | 50m: 39.17 39.17 | 250m: 3:37.62 44.94 | 450m: 6:38.01 45.30 |
| | 100m: 1:22.98 43.81 | 300m: 4:22.91 45.29 | 500m: 7:22.76 44.75 |
| | 150m: 2:07.80 44.82 | 350m: 5:07.78 44.87 | 550m: 8:07.54 44.78 |
| | 200m: 2:52.68 44.88 | 400m: 5:52.71 44.93 | 600m: 8:52.38 44.84 |
| | | | 650m: 8:37.32 41.19 |
| | | | 700m: 10:22.31 1:44.99 |
| | | | 750m: 11:05.82 43.51 |
| | | | 800m: 11:47.01 41.19 |
| 6. | MICHALIDESOVÁ, Alexandra | 07 PKMA | 11:50.76 306 |
| | 50m: 39.37 39.37 | 250m: 3:38.69 45.60 | 450m: 6:38.76 45.14 |
| | 100m: 1:23.59 44.22 | 300m: 4:23.97 45.28 | 500m: 7:23.79 45.03 |
| | 150m: 2:08.37 44.78 | 350m: 5:08.44 44.47 | 550m: 8:08.90 45.11 |
| | 200m: 2:53.09 44.72 | 400m: 5:53.62 45.18 | 600m: 8:53.97 45.07 |
| | | | 650m: 9:38.78 44.81 |
| | | | 700m: 10:23.72 44.94 |
| | | | 750m: 11:08.94 45.22 |
| | | | 800m: 11:50.76 41.82 |
| 7. | PAGÁ OVÁ, Tereza | 07 Nereus Žilina | 12:19.53 272 |
| | 50m: 41.50 41.50 | 250m: 3:47.37 47.39 | 450m: 6:55.94 47.03 |
| | 100m: 1:26.50 45.00 | 300m: 4:34.55 47.18 | 500m: 7:42.55 46.61 |
| | 150m: 2:13.08 46.58 | 350m: 5:21.80 47.25 | 550m: 8:29.75 47.20 |
| | 200m: 2:59.98 46.90 | 400m: 6:08.91 47.11 | 600m: 9:15.93 46.18 |
| | | | 650m: 10:02.87 46.94 |
| | | | 700m: 10:49.32 46.45 |
| | | | 750m: 11:35.72 46.40 |
| | | | 800m: 12:19.53 43.81 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6, žia ky, 800m vo ný spôsob, 12 ro .

| por. | | | Ro . | | | as | | | body |
|------|----------------------|---------------|-------|---------------|-------|-----------------|-------|----------------|------|
| 8. | GABAJOVÁ, Emma Mária | | 07 | Nereus Žilina | | 12:31.14 | | | 259 |
| | 50m: | 41.67 41.67 | 250m: | 3:50.08 48.17 | 450m: | 6:59.00 47.03 | 650m: | 10:11.88 48.16 | |
| | 100m: | 1:26.81 45.14 | 300m: | 4:37.12 47.04 | 500m: | 7:47.05 48.05 | 700m: | 10:59.56 47.68 | |
| | 150m: | 2:13.90 47.09 | 350m: | 5:24.62 47.50 | 550m: | 8:34.91 47.86 | 750m: | 11:46.42 46.86 | |
| | 200m: | 3:01.91 48.01 | 400m: | 6:11.97 47.35 | 600m: | 9:23.72 48.81 | 800m: | 12:31.14 44.72 | |
| 9. | HUN ÍKOVÁ, Ema | | 07 | PKMA | | 12:41.02 | | | 249 |
| | 50m: | 37.76 37.76 | 250m: | 3:47.98 47.82 | 450m: | 7:01.01 49.03 | 650m: | 10:16.41 49.00 | |
| | 100m: | 1:23.06 45.30 | 300m: | 4:35.94 47.96 | 500m: | 7:50.63 49.62 | 700m: | 11:06.13 49.72 | |
| | 150m: | 2:11.41 48.35 | 350m: | 5:23.91 47.97 | 550m: | 8:39.41 48.78 | 750m: | 11:55.09 48.96 | |
| | 200m: | 3:00.16 48.75 | 400m: | 6:11.98 48.07 | 600m: | 9:27.41 48.00 | 800m: | 12:41.02 45.93 | |
| 10. | KAPINOVÁ, So a | | 07 | Po Ružomberok | | 13:09.26 | | | 224 |
| | 50m: | 39.70 39.70 | 250m: | 3:55.39 49.59 | 450m: | 7:20.98 52.06 | 650m: | 10:42.13 49.46 | |
| | 100m: | 1:27.36 47.66 | 300m: | 4:46.70 51.31 | 500m: | 8:11.98 51.00 | 700m: | 11:31.09 48.96 | |
| | 150m: | 2:17.46 50.10 | 350m: | 5:38.98 52.28 | 550m: | 9:02.75 50.77 | 750m: | 12:22.61 51.52 | |
| | 200m: | 3:05.80 48.34 | 400m: | 6:28.92 49.94 | 600m: | 9:52.67 49.92 | 800m: | 13:09.26 46.65 | |
| 11. | ŠTILCOVÁ, Ema | | 07 | PKMA | | 13:21.36 | | | 214 |
| | 50m: | 44.91 44.91 | 250m: | 4:09.72 51.54 | 450m: | 7:33.05 51.44 | 650m: | 10:56.78 50.03 | |
| | 100m: | 1:35.40 50.49 | 300m: | 5:00.13 50.41 | 500m: | 8:24.39 51.34 | 700m: | 11:46.18 49.40 | |
| | 150m: | 2:27.10 51.70 | 350m: | 5:51.21 51.08 | 550m: | 9:15.76 51.37 | 750m: | 12:36.42 50.24 | |
| | 200m: | 3:18.18 51.08 | 400m: | 6:41.61 50.40 | 600m: | 10:06.75 50.99 | 800m: | 13:21.36 44.94 | |
| 12. | HAZUCHOVÁ, Zoja | | 07 | MPKDK | | 13:29.13 | | | 207 |
| | 50m: | 44.41 44.41 | 250m: | 4:06.91 51.35 | 450m: | 7:32.59 51.43 | 650m: | 10:58.44 51.71 | |
| | 100m: | 1:33.59 49.18 | 300m: | 4:57.94 51.03 | 500m: | 8:23.66 51.07 | 700m: | 11:49.23 50.79 | |
| | 150m: | 2:24.31 50.72 | 350m: | 5:50.06 52.12 | 550m: | 9:15.44 51.78 | 750m: | 12:40.91 51.68 | |
| | 200m: | 3:15.56 51.25 | 400m: | 6:41.16 51.10 | 600m: | 10:06.73 51.29 | 800m: | 13:29.13 48.22 | |
| 13. | VALÁŠKOVÁ, Alexandra | | 07 | Nereus Žilina | | 13:35.95 | | | 202 |
| | 50m: | 44.32 44.32 | 250m: | 4:11.39 51.94 | 450m: | 7:43.64 52.69 | 650m: | 11:09.39 50.69 | |
| | 100m: | 1:35.20 50.88 | 300m: | 5:05.45 54.06 | 500m: | 8:34.01 50.37 | 700m: | 11:59.64 50.25 | |
| | 150m: | 2:26.76 51.56 | 350m: | 5:57.95 52.50 | 550m: | 9:27.09 53.08 | 750m: | 12:51.39 51.75 | |
| | 200m: | 3:19.45 52.69 | 400m: | 6:50.95 53.00 | 600m: | 10:18.70 51.61 | 800m: | 13:35.95 44.56 | |
| 14. | ZÁTHURECKÁ, Nina | | 07 | Nereus Žilina | | 13:39.34 | | | 200 |
| | 50m: | 42.50 42.50 | 250m: | 4:01.77 51.47 | 450m: | 7:35.55 53.38 | 650m: | 11:07.91 53.38 | |
| | 100m: | 1:29.76 47.26 | 300m: | 4:54.54 52.77 | 500m: | 8:28.20 52.65 | 700m: | 12:01.12 53.21 | |
| | 150m: | 2:18.74 48.98 | 350m: | 5:48.54 54.00 | 550m: | 9:20.73 52.53 | 750m: | 12:51.95 50.83 | |
| | 200m: | 3:10.30 51.56 | 400m: | 6:42.17 53.63 | 600m: | 10:14.53 53.80 | 800m: | 13:39.34 47.39 | |
| 15. | KU EROVÁ, Tereza | | 07 | SWIMW | | 13:49.33 | | | 193 |
| | 50m: | 46.36 46.36 | 250m: | 4:14.68 52.25 | 450m: | 7:44.72 53.47 | 650m: | 11:18.22 53.25 | |
| | 100m: | 1:38.00 51.64 | 300m: | 5:06.50 51.82 | 500m: | 8:37.97 53.25 | 700m: | 12:11.50 53.28 | |
| | 150m: | 2:30.00 52.00 | 350m: | 5:58.75 52.25 | 550m: | 9:31.97 54.00 | 750m: | 13:03.75 52.25 | |
| | 200m: | 3:22.43 52.43 | 400m: | 6:51.25 52.50 | 600m: | 10:24.97 53.00 | 800m: | 13:49.33 45.58 | |
| 16. | LIETAVOVÁ, Linda | | 07 | SWIMW | | 14:03.93 | | | 183 |
| | 50m: | 43.43 43.43 | 250m: | 4:15.81 53.31 | 450m: | 7:49.53 53.78 | 650m: | 11:26.26 53.33 | |
| | 100m: | 1:34.36 50.93 | 300m: | 5:09.39 53.58 | 500m: | 8:43.81 54.28 | 700m: | 12:19.81 53.55 | |
| | 150m: | 2:27.71 53.35 | 350m: | 6:02.56 53.17 | 550m: | 9:38.28 54.47 | 750m: | 13:13.43 53.62 | |
| | 200m: | 3:22.50 54.79 | 400m: | 6:55.75 53.19 | 600m: | 10:32.93 54.65 | 800m: | 14:03.93 50.50 | |
| 17. | ZBRANKOVÁ, Eliška | | 07 | Nereus Žilina | | 14:06.51 | | | 181 |
| | 50m: | 43.84 43.84 | 250m: | 4:12.44 54.00 | 450m: | 7:51.51 55.00 | 650m: | 11:28.09 53.43 | |
| | 100m: | 1:34.13 50.29 | 300m: | 5:06.94 54.50 | 500m: | 8:46.66 55.15 | 700m: | 12:23.59 55.50 | |
| | 150m: | 2:25.73 51.60 | 350m: | 6:01.41 54.47 | 550m: | 9:40.31 53.65 | 750m: | 13:16.63 53.04 | |
| | 200m: | 3:18.44 52.71 | 400m: | 6:56.51 55.10 | 600m: | 10:34.66 54.35 | 800m: | 14:06.51 49.88 | |
| 18. | MARUNIAKOVÁ, Tereza | | 07 | MPKDK | | 14:41.75 | | | 160 |
| | 50m: | 47.11 47.11 | 250m: | 4:28.53 56.35 | 450m: | 8:14.53 56.00 | 650m: | 12:02.22 56.22 | |
| | 100m: | 1:41.50 54.39 | 300m: | 5:24.75 56.22 | 500m: | 9:10.15 55.62 | 700m: | 12:59.25 57.03 | |
| | 150m: | 2:35.75 54.25 | 350m: | 6:20.73 55.98 | 550m: | 10:08.15 58.00 | 750m: | 13:54.15 54.90 | |
| | 200m: | 3:32.18 56.43 | 400m: | 7:18.53 57.80 | 600m: | 11:06.00 57.85 | 800m: | 14:41.75 47.60 | |
| 19. | TIMKANI OVÁ, Lucia | | 07 | Nereus Žilina | | 14:59.94 | | | 151 |
| | 50m: | 48.30 48.30 | 250m: | 4:36.55 58.61 | 450m: | 8:26.05 56.36 | 650m: | 12:18.01 57.86 | |
| | 100m: | 1:43.55 55.25 | 300m: | 5:32.33 55.78 | 500m: | 9:24.40 58.35 | 700m: | 13:14.37 56.36 | |
| | 150m: | 2:40.65 57.10 | 350m: | 6:30.65 58.32 | 550m: | 10:21.96 57.56 | 750m: | 14:11.72 57.35 | |
| | 200m: | 3:37.94 57.29 | 400m: | 7:29.69 59.04 | 600m: | 11:20.15 58.19 | 800m: | 14:59.94 48.22 | |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6, ženy, 800m vo ný spôsob

13 ro .

| | | | | | |
|-----|-----------------------|---------------|-----------------|-----------------|-------|
| 1. | GRUCHA ÁKOVÁ, Laura | 06 | PKMA | 10:10.72 | 483 |
| | 50m: 36.12 36.12 | 250m: 3:11.97 | 39.00 | 450m: 5:47.22 | 38.50 |
| | 100m: 1:15.05 38.93 | 300m: 3:51.00 | 39.03 | 500m: 6:25.50 | 38.28 |
| | 150m: 1:53.79 38.74 | 350m: 4:29.83 | 38.83 | 550m: 7:04.00 | 38.50 |
| | 200m: 2:32.97 39.18 | 400m: 5:08.72 | 38.89 | 600m: 7:42.50 | 38.50 |
| | | | | 650m: 8:20.47 | 37.97 |
| | | | | 700m: 8:58.33 | 37.86 |
| | | | | 750m: 9:35.87 | 37.54 |
| | | | | 800m: 10:10.72 | 34.85 |
| 2. | PALOVI OVÁ, Alica | 06 | PKMA | 10:24.04 | 453 |
| | 50m: 36.46 36.46 | 250m: 3:14.07 | 39.56 | 450m: 5:51.29 | 39.01 |
| | 100m: 1:15.77 39.31 | 300m: 3:53.62 | 39.55 | 500m: 6:29.92 | 38.63 |
| | 150m: 1:55.06 39.29 | 350m: 4:32.94 | 39.32 | 550m: 7:08.86 | 38.94 |
| | 200m: 2:34.51 39.45 | 400m: 5:12.28 | 39.34 | 600m: 7:48.42 | 39.56 |
| | | | | 650m: 8:27.82 | 39.40 |
| | | | | 700m: 9:07.36 | 39.54 |
| | | | | 750m: 9:46.19 | 38.83 |
| | | | | 800m: 10:24.04 | 37.85 |
| 3. | HRN ÁROVÁ, Alexandra | 06 | PK TENAX Žilina | 10:27.10 | 446 |
| | 50m: 36.34 36.34 | 250m: 3:14.17 | 39.22 | 450m: 5:51.70 | 39.60 |
| | 100m: 1:15.77 39.43 | 300m: 3:53.17 | 39.00 | 500m: 6:30.85 | 39.15 |
| | 150m: 1:55.45 39.68 | 350m: 4:32.95 | 39.78 | 550m: 7:12.25 | 41.40 |
| | 200m: 2:34.95 39.50 | 400m: 5:12.10 | 39.15 | 600m: 7:52.42 | 40.17 |
| | | | | 650m: 8:32.49 | 40.07 |
| | | | | 700m: 9:12.17 | 39.68 |
| | | | | 750m: 9:50.87 | 38.70 |
| | | | | 800m: 10:27.10 | 36.23 |
| 4. | MAREKOVÁ, Dominika | 06 | Nereus Žilina | 11:42.47 | 317 |
| | 50m: 37.91 37.91 | 250m: 3:32.94 | 44.42 | 450m: 6:31.64 | 44.56 |
| | 100m: 1:20.73 42.82 | 300m: 4:18.38 | 45.44 | 500m: 7:16.88 | 45.24 |
| | 150m: 2:04.11 43.38 | 350m: 5:02.90 | 44.52 | 550m: 8:01.73 | 44.85 |
| | 200m: 2:48.52 44.41 | 400m: 5:47.08 | 44.18 | 600m: 8:46.51 | 44.78 |
| | | | | 650m: 9:31.02 | 44.51 |
| | | | | 700m: 10:16.94 | 45.92 |
| | | | | 750m: 11:02.03 | 45.09 |
| | | | | 800m: 11:42.47 | 40.44 |
| 5. | KAVCOVÁ, Alexandra | 06 | Nereus Žilina | 12:00.11 | 294 |
| | 50m: 39.61 39.61 | 250m: 3:37.50 | 45.50 | 450m: 6:39.86 | 45.58 |
| | 100m: 1:23.00 43.39 | 300m: 4:22.65 | 45.15 | 500m: 7:26.33 | 46.47 |
| | 150m: 2:07.38 44.38 | 350m: 5:08.08 | 45.43 | 550m: 8:12.86 | 46.53 |
| | 200m: 2:52.00 44.62 | 400m: 5:54.28 | 46.20 | 600m: 8:59.61 | 46.75 |
| | | | | 650m: 9:46.53 | 46.92 |
| | | | | 700m: 10:32.49 | 45.96 |
| | | | | 750m: 11:17.72 | 45.23 |
| | | | | 800m: 12:00.11 | 42.39 |
| 6. | KONŠTIAKOVÁ, Sophie | 06 | TT Dolný Kubín | 12:07.62 | 285 |
| | 50m: 39.97 39.97 | 250m: 3:45.47 | 47.45 | 450m: 6:51.37 | 46.90 |
| | 100m: 1:24.94 44.97 | 300m: 4:31.12 | 45.65 | 500m: 7:37.61 | 46.24 |
| | 150m: 2:11.09 46.15 | 350m: 5:17.87 | 46.75 | 550m: 8:24.16 | 46.55 |
| | 200m: 2:58.02 46.93 | 400m: 6:04.47 | 46.60 | 600m: 9:09.94 | 45.78 |
| | | | | 650m: 9:56.87 | 46.93 |
| | | | | 700m: 10:43.19 | 46.32 |
| | | | | 750m: 11:28.76 | 45.57 |
| | | | | 800m: 12:07.62 | 38.86 |
| 7. | NOVÁKOVÁ, Jasmína | 06 | Po Ružomberok | 12:10.40 | 282 |
| | 50m: 37.65 37.65 | 250m: 3:38.94 | 46.18 | 450m: 6:47.54 | 47.57 |
| | 100m: 1:20.76 43.11 | 300m: 4:25.62 | 46.68 | 500m: 7:33.94 | 46.40 |
| | 150m: 2:06.12 45.36 | 350m: 5:13.12 | 47.50 | 550m: 8:20.59 | 46.65 |
| | 200m: 2:52.76 46.64 | 400m: 5:59.97 | 46.85 | 600m: 9:07.22 | 46.63 |
| | | | | 650m: 9:54.26 | 47.04 |
| | | | | 700m: 10:41.72 | 47.46 |
| | | | | 750m: 11:27.69 | 45.97 |
| | | | | 800m: 12:10.40 | 42.71 |
| 8. | CIMRÁKOVÁ, Alica | 06 | Nereus Žilina | 12:26.22 | 265 |
| | 50m: 40.00 40.00 | 250m: 3:46.75 | 47.10 | 450m: 6:56.18 | 46.90 |
| | 100m: 1:25.97 45.97 | 300m: 4:33.93 | 47.18 | 500m: 7:43.90 | 47.72 |
| | 150m: 2:13.08 47.11 | 350m: 5:21.03 | 47.10 | 550m: 8:32.03 | 48.13 |
| | 200m: 2:59.65 46.57 | 400m: 6:09.28 | 48.25 | 600m: 9:19.93 | 47.90 |
| | | | | 650m: 10:07.08 | 47.15 |
| | | | | 700m: 10:54.25 | 47.17 |
| | | | | 750m: 11:41.65 | 47.40 |
| | | | | 800m: 12:26.22 | 44.57 |
| 9. | KASÁKOVÁ, Nina | 06 | Nereus Žilina | 12:37.20 | 253 |
| | 50m: 40.48 40.48 | 250m: 3:45.73 | 47.28 | 450m: 6:52.73 | 42.75 |
| | 100m: 1:25.20 44.72 | 300m: 4:33.63 | 47.90 | 500m: 7:45.88 | 53.15 |
| | 150m: 2:11.70 46.50 | 350m: 5:21.13 | 47.50 | 550m: 8:34.66 | 48.78 |
| | 200m: 2:58.45 46.75 | 400m: 6:09.98 | 48.85 | 600m: 9:23.45 | 48.79 |
| | | | | 650m: 10:12.73 | 49.28 |
| | | | | 700m: 11:00.88 | 48.15 |
| | | | | 750m: 11:50.56 | 49.68 |
| | | | | 800m: 12:37.20 | 46.64 |
| 10. | TAR ÁKOVÁ, So a | 06 | MPKDK | 12:41.94 | 248 |
| | 50m: 41.16 41.16 | 250m: 3:52.48 | 48.04 | 450m: 7:06.59 | 48.43 |
| | 100m: 1:27.83 46.67 | 300m: 4:40.48 | 48.00 | 500m: 7:55.34 | 48.75 |
| | 150m: 2:15.73 47.90 | 350m: 5:29.69 | 49.21 | 550m: 8:44.16 | 48.82 |
| | 200m: 3:04.44 48.71 | 400m: 6:18.16 | 48.47 | 600m: 9:32.87 | 48.71 |
| | | | | 650m: 10:21.62 | 48.75 |
| | | | | 700m: 11:10.65 | 49.03 |
| | | | | 750m: 11:59.51 | 48.86 |
| | | | | 800m: 12:41.94 | 42.43 |
| 11. | SKO DOPOLOVÁ, Terézia | 06 | Nereus Žilina | 13:17.06 | 217 |
| | 50m: 41.06 41.06 | 250m: 4:00.41 | 50.93 | 450m: 7:21.51 | 51.42 |
| | 100m: 1:27.98 46.92 | 300m: 4:50.38 | 49.97 | 500m: 8:13.38 | 51.87 |
| | 150m: 2:18.26 50.28 | 350m: 5:40.41 | 50.03 | 550m: 9:04.91 | 51.53 |
| | 200m: 3:09.48 51.22 | 400m: 6:30.09 | 49.68 | 600m: 9:56.81 | 51.90 |
| | | | | 650m: 10:48.41 | 51.60 |
| | | | | 700m: 11:39.16 | 50.75 |
| | | | | 750m: 12:30.02 | 50.86 |
| | | | | 800m: 13:17.06 | 47.04 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6, žia ky, 800m vo ný spôsob, 13 ro .

| por. | | | Ro . | | | | | | | as | body | |
|------|--------------------|---------|-------|---------------|---------|---------|-------|----------|---------|-----------------|----------|---------|
| 12. | GOMOLOVÁ, Ema | | 06 | PKMA | | | | | | 13:48.16 | 193 | |
| | 50m: | 43.22 | 43.22 | 250m: | 4:10.59 | 52.25 | 450m: | 7:40.19 | 51.68 | 650m: | 11:12.87 | 52.50 |
| | 100m: | 1:34.69 | 51.47 | 300m: | 5:03.72 | 53.13 | 500m: | 8:32.97 | 52.78 | 700m: | 12:05.55 | 52.68 |
| | 150m: | 2:26.79 | 52.10 | 350m: | 5:55.91 | 52.19 | 550m: | 9:26.05 | 53.08 | 750m: | 12:59.69 | 54.14 |
| | 200m: | 3:18.34 | 51.55 | 400m: | 6:48.51 | 52.60 | 600m: | 10:20.37 | 54.32 | 800m: | 13:48.16 | 48.47 |
| 13. | URBANOVÁ, Viktória | | 06 | Po Ružomberok | | | | | | 13:59.18 | 186 | |
| | 50m: | 44.93 | 44.93 | 250m: | 4:11.64 | 52.53 | 450m: | 7:45.46 | 53.10 | 650m: | 11:21.78 | 54.82 |
| | 100m: | 1:36.14 | 51.21 | 300m: | 5:04.96 | 53.32 | 500m: | 8:39.75 | 54.29 | 700m: | 12:14.03 | 52.25 |
| | 150m: | 2:27.64 | 51.50 | 350m: | 5:57.89 | 52.93 | 550m: | 9:34.43 | 54.68 | 750m: | 13:09.53 | 55.50 |
| | 200m: | 3:19.11 | 51.47 | 400m: | 6:52.36 | 54.47 | 600m: | 10:26.96 | 52.53 | 800m: | 13:59.18 | 49.65 |
| 14. | SZÁNTÓOVÁ, Sofia | | 06 | PKRS | | | | | | 15:46.31 | 129 | |
| | 50m: | 47.19 | 47.19 | 250m: | 4:42.14 | 58.74 | 450m: | 8:46.51 | 1:00.34 | 650m: | 12:54.65 | 1:02.14 |
| | 100m: | 1:45.23 | 58.04 | 300m: | 5:44.49 | 1:02.35 | 500m: | 9:46.98 | 1:00.47 | 700m: | 13:55.98 | 1:01.33 |
| | 150m: | 2:44.56 | 59.33 | 350m: | 6:44.61 | 1:00.12 | 550m: | 10:49.82 | 1:02.84 | 750m: | 14:56.03 | 1:00.05 |
| | 200m: | 3:43.40 | 58.84 | 400m: | 7:46.17 | 1:01.56 | 600m: | 11:52.51 | 1:02.69 | 800m: | 15:46.31 | 50.28 |

14 - 15 ro .

| | | | | | | | | | | | | |
|----|-----------------------|---------|-------|-----------------|---------|-------|-------|---------|-------|-----------------|----------|-------|
| 1. | MIŽÚROVÁ, Jana | | 04 | PKMA | | | | | | 9:24.64 | 611 | |
| | 50m: | 32.29 | 32.29 | 250m: | 2:52.06 | 35.03 | 450m: | 5:14.33 | 35.51 | 650m: | 7:38.85 | 37.03 |
| | 100m: | 1:06.97 | 34.68 | 300m: | 3:27.51 | 35.45 | 500m: | 5:50.08 | 35.75 | 700m: | 8:14.18 | 35.33 |
| | 150m: | 1:41.91 | 34.94 | 350m: | 4:03.06 | 35.55 | 550m: | 6:25.96 | 35.88 | 750m: | 8:50.63 | 36.45 |
| | 200m: | 2:17.03 | 35.12 | 400m: | 4:38.82 | 35.76 | 600m: | 7:01.82 | 35.86 | 800m: | 9:24.64 | 34.01 |
| 2. | HODO OVÁ, Nina | | 04 | TT Dolný Kubín | | | | | | 9:28.87 | 598 | |
| | 50m: | 30.76 | 30.76 | 250m: | 2:49.51 | 35.64 | 450m: | 5:12.81 | 35.87 | 650m: | 7:40.02 | 37.33 |
| | 100m: | 1:04.09 | 33.33 | 300m: | 3:25.34 | 35.83 | 500m: | 5:49.16 | 36.35 | 700m: | 8:16.98 | 36.96 |
| | 150m: | 1:38.69 | 34.60 | 350m: | 4:00.91 | 35.57 | 550m: | 6:26.19 | 37.03 | 750m: | 8:53.87 | 36.89 |
| | 200m: | 2:13.87 | 35.18 | 400m: | 4:36.94 | 36.03 | 600m: | 7:02.69 | 36.50 | 800m: | 9:28.87 | 35.00 |
| 3. | MAJDOVÁ, Šarka | | 04 | TT Dolný Kubín | | | | | | 10:00.29 | 509 | |
| | 50m: | 33.61 | 33.61 | 250m: | 3:02.61 | 37.39 | 450m: | 5:35.94 | 38.50 | 650m: | 8:08.40 | 38.21 |
| | 100m: | 1:10.04 | 36.43 | 300m: | 3:40.79 | 38.18 | 500m: | 6:14.19 | 38.25 | 700m: | 8:46.40 | 38.00 |
| | 150m: | 1:47.44 | 37.40 | 350m: | 4:19.29 | 38.50 | 550m: | 6:52.34 | 38.15 | 750m: | 9:23.40 | 37.00 |
| | 200m: | 2:25.22 | 37.78 | 400m: | 4:57.44 | 38.15 | 600m: | 7:30.19 | 37.85 | 800m: | 10:00.29 | 36.89 |
| 4. | MACHAJOVÁ, Tatiana | | 04 | TT Dolný Kubín | | | | | | 10:30.33 | 439 | |
| | 50m: | 36.15 | 36.15 | 250m: | 3:15.79 | 40.30 | 450m: | 5:55.37 | 39.76 | 650m: | 8:35.10 | 40.06 |
| | 100m: | 1:15.23 | 39.08 | 300m: | 3:55.56 | 39.77 | 500m: | 6:34.97 | 39.60 | 700m: | 9:14.36 | 39.26 |
| | 150m: | 1:55.08 | 39.85 | 350m: | 4:35.55 | 39.99 | 550m: | 7:15.00 | 40.03 | 750m: | 9:53.51 | 39.15 |
| | 200m: | 2:35.49 | 40.41 | 400m: | 5:15.61 | 40.06 | 600m: | 7:55.04 | 40.04 | 800m: | 10:30.33 | 36.82 |
| 5. | SVR KOVÁ, Kristína | | 04 | PK TENAX Žilina | | | | | | 10:31.64 | 437 | |
| | 50m: | 35.81 | 35.81 | 250m: | 3:13.46 | 39.47 | 450m: | 5:55.07 | 40.83 | 650m: | 8:35.21 | 40.37 |
| | 100m: | 1:14.81 | 39.00 | 300m: | 3:53.78 | 40.32 | 500m: | 6:35.57 | 40.50 | 700m: | 9:13.96 | 38.75 |
| | 150m: | 1:54.71 | 39.90 | 350m: | 4:33.64 | 39.86 | 550m: | 7:15.28 | 39.71 | 750m: | 9:54.31 | 40.35 |
| | 200m: | 2:33.99 | 39.28 | 400m: | 5:14.24 | 40.60 | 600m: | 7:54.84 | 39.56 | 800m: | 10:31.64 | 37.33 |
| 6. | HANÁKOVÁ, Ema | | 05 | PK TENAX Žilina | | | | | | 10:39.89 | 420 | |
| | 50m: | 35.26 | 35.26 | 250m: | 3:15.48 | 40.39 | 450m: | 5:57.22 | 40.49 | 650m: | 8:40.09 | 40.64 |
| | 100m: | 1:14.57 | 39.31 | 300m: | 3:56.20 | 40.72 | 500m: | 6:37.98 | 40.76 | 700m: | 9:20.51 | 40.42 |
| | 150m: | 1:54.86 | 40.29 | 350m: | 4:36.22 | 40.02 | 550m: | 7:18.54 | 40.56 | 750m: | 10:01.36 | 40.85 |
| | 200m: | 2:35.09 | 40.23 | 400m: | 5:16.73 | 40.51 | 600m: | 7:59.45 | 40.91 | 800m: | 10:39.89 | 38.53 |
| 7. | FOLTÍNOVÁ, Kristína | | 04 | MPKDK | | | | | | 10:43.19 | 413 | |
| | 50m: | 36.33 | 36.33 | 250m: | 3:16.37 | 40.29 | 450m: | 5:58.00 | 40.53 | 650m: | 8:41.90 | 41.35 |
| | 100m: | 1:16.15 | 39.82 | 300m: | 3:56.37 | 40.00 | 500m: | 6:39.22 | 41.22 | 700m: | 9:22.83 | 40.93 |
| | 150m: | 1:56.37 | 40.22 | 350m: | 4:36.62 | 40.25 | 550m: | 7:20.00 | 40.78 | 750m: | | |
| | 200m: | 2:36.08 | 39.71 | 400m: | 5:17.47 | 40.85 | 600m: | 8:00.55 | 40.55 | 800m: | 10:43.19 | |
| 8. | DZURILLOVÁ, Alexandra | | 05 | PK TENAX Žilina | | | | | | 10:46.16 | 408 | |
| | 50m: | 36.03 | 36.03 | 250m: | 3:16.68 | 40.54 | 450m: | 5:58.64 | 40.86 | 650m: | 8:44.56 | 41.50 |
| | 100m: | 1:15.14 | 39.11 | 300m: | 3:57.00 | 40.32 | 500m: | 6:40.06 | 41.42 | 700m: | 9:26.39 | 41.83 |
| | 150m: | 1:55.46 | 40.32 | 350m: | 4:37.50 | 40.50 | 550m: | 7:21.31 | 41.25 | 750m: | 10:07.18 | 40.79 |
| | 200m: | 2:36.14 | 40.68 | 400m: | 5:17.78 | 40.28 | 600m: | 8:03.06 | 41.75 | 800m: | 10:46.16 | 38.98 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6, žia ky, 800m vo ný spôsob, 14 - 15 ro .

| por. | | | Ro . | | | as | | | body | | |
|------|-----------------------|---------------|-------|-----------------|-------|-------|-----------------|-------|-------|----------|----------|
| 9. | KLINEROVÁ, Zuzana | | 04 | PKMA | | | 10:47.99 | | 404 | | |
| | 50m: | 36.63 36.63 | 250m: | 3:21.03 | 41.26 | 450m: | 6:05.56 | 40.53 | 650m: | 8:49.85 | 41.33 |
| | 100m: | 1:17.35 40.72 | 300m: | 4:02.27 | 41.24 | 500m: | 6:46.77 | 41.21 | 700m: | 9:31.16 | 41.31 |
| | 150m: | 1:58.52 41.17 | 350m: | 4:43.63 | 41.36 | 550m: | 7:27.42 | 40.65 | 750m: | 10:10.10 | 38.94 |
| | 200m: | 2:39.77 41.25 | 400m: | 5:25.03 | 41.40 | 600m: | 8:08.52 | 41.10 | 800m: | 10:47.99 | 37.89 |
| 10. | KUBOVÁ, Karolína | | 05 | DELMM | | | 10:49.10 | | 402 | | |
| | 50m: | 36.60 36.60 | 250m: | 3:19.18 | 41.20 | 450m: | 6:06.36 | 42.22 | 650m: | 8:52.53 | 41.49 |
| | 100m: | 1:16.53 39.93 | 300m: | 4:00.68 | 41.50 | 500m: | 6:49.08 | 42.72 | 700m: | 9:32.95 | 40.42 |
| | 150m: | 1:57.53 41.00 | 350m: | 4:42.61 | 41.93 | 550m: | 7:29.78 | 40.70 | 750m: | 10:13.21 | 51:59.22 |
| | 200m: | 2:37.98 40.45 | 400m: | 5:24.14 | 41.53 | 600m: | 8:11.04 | 41.26 | 800m: | 10:49.10 | |
| 11. | ŠTAUDINGEROVÁ, Petra | | 05 | PK TENAX Žilina | | | 10:49.58 | | 401 | | |
| | 50m: | 37.80 37.80 | 250m: | 3:19.73 | 40.72 | 450m: | 6:03.89 | 41.28 | 650m: | 8:49.16 | 41.52 |
| | 100m: | 1:17.73 39.93 | 300m: | 4:00.16 | 40.43 | 500m: | 6:45.22 | 41.33 | 700m: | 9:31.20 | 42.04 |
| | 150m: | 1:58.41 40.68 | 350m: | 4:41.54 | 41.38 | 550m: | 7:26.54 | 41.32 | 750m: | 10:11.86 | 40.66 |
| | 200m: | 2:39.01 40.60 | 400m: | 5:22.61 | 41.07 | 600m: | 8:07.64 | 41.10 | 800m: | 10:49.58 | 37.72 |
| 12. | JANKOVI OVÁ, Dominika | | 04 | Nereus Žilina | | | 10:59.98 | | 383 | | |
| | 50m: | 35.86 35.86 | 250m: | 3:21.39 | 41.57 | 450m: | 6:09.20 | 41.90 | 650m: | 9:01.98 | 42.68 |
| | 100m: | 1:16.70 40.84 | 300m: | 4:03.16 | 41.77 | 500m: | 6:52.86 | 43.66 | 700m: | 9:45.07 | 43.09 |
| | 150m: | 1:58.20 41.50 | 350m: | 4:44.98 | 41.82 | 550m: | 7:35.98 | 43.12 | 750m: | 10:23.06 | 37.99 |
| | 200m: | 2:39.82 41.62 | 400m: | 5:27.30 | 42.32 | 600m: | 8:19.30 | 43.32 | 800m: | 10:59.98 | 36.92 |
| 13. | ONDRLOVÁ, Miriam | | 04 | PKMA | | | 11:07.85 | | 369 | | |
| | 50m: | 37.06 37.06 | 250m: | 3:20.10 | 41.75 | 450m: | 6:10.74 | 43.23 | 650m: | 9:03.57 | 42.94 |
| | 100m: | 1:17.37 40.31 | 300m: | 4:02.51 | 42.41 | 500m: | 6:54.35 | 43.61 | 700m: | 9:46.52 | 42.95 |
| | 150m: | 1:57.59 40.22 | 350m: | 4:44.98 | 42.47 | 550m: | 7:37.96 | 43.61 | 750m: | 10:29.55 | 43.03 |
| | 200m: | 2:38.35 40.76 | 400m: | 5:27.51 | 42.53 | 600m: | 8:20.63 | 42.67 | 800m: | 11:07.85 | 38.30 |
| 14. | DULÍKOVÁ, Klára | | 04 | MPKDK | | | 11:11.95 | | 363 | | |
| | 50m: | 37.63 37.63 | 250m: | 3:25.25 | 42.12 | 450m: | 6:15.38 | 42.28 | 650m: | 9:06.49 | 43.04 |
| | 100m: | 1:18.81 41.18 | 300m: | 4:07.60 | 42.35 | 500m: | 6:58.20 | 42.82 | 700m: | 9:48.85 | 42.36 |
| | 150m: | 2:00.85 42.04 | 350m: | 4:50.35 | 42.75 | 550m: | 7:41.10 | 42.90 | 750m: | 10:31.35 | 42.50 |
| | 200m: | 2:43.13 42.28 | 400m: | 5:33.10 | 42.75 | 600m: | 8:23.45 | 42.35 | 800m: | 11:11.95 | 40.60 |
| 15. | LABUDOVÁ, ubomíra | | 05 | Nereus Žilina | | | 11:24.68 | | 343 | | |
| | 50m: | 36.69 36.69 | 250m: | 3:27.62 | 44.44 | 450m: | 6:23.19 | 43.75 | 650m: | 9:19.30 | 45.07 |
| | 100m: | 1:17.34 40.65 | 300m: | 4:11.52 | 43.90 | 500m: | 7:07.70 | 44.51 | 700m: | 10:02.34 | 43.04 |
| | 150m: | 1:59.92 42.58 | 350m: | 4:55.55 | 44.03 | 550m: | 7:50.74 | 43.04 | 750m: | 10:45.22 | 42.88 |
| | 200m: | 2:43.18 43.26 | 400m: | 5:39.44 | 43.89 | 600m: | 8:34.23 | 43.49 | 800m: | 11:24.68 | 39.46 |
| 16. | MONÍKOVÁ, Zuzana | | 04 | DELMM | | | 11:27.36 | | 339 | | |
| | 50m: | 35.83 35.83 | 250m: | 3:26.15 | 43.37 | 450m: | 6:22.08 | 44.47 | 650m: | 9:18.50 | 44.22 |
| | 100m: | 1:16.75 40.92 | 300m: | 4:09.65 | 43.50 | 500m: | 7:05.90 | 43.82 | 700m: | 10:02.33 | 43.83 |
| | 150m: | 1:59.58 42.83 | 350m: | 4:53.50 | 43.85 | 550m: | 7:50.03 | 44.13 | 750m: | 10:45.90 | 43.57 |
| | 200m: | 2:42.78 43.20 | 400m: | 5:37.61 | 44.11 | 600m: | 8:34.28 | 44.25 | 800m: | 11:27.36 | 41.46 |
| 17. | ONDRUŠKOVÁ, Sára | | 04 | PKMA | | | 11:28.94 | | 336 | | |
| | 50m: | 35.75 35.75 | 250m: | 3:23.03 | 42.75 | 450m: | 6:21.28 | 45.31 | 650m: | 9:19.81 | 45.00 |
| | 100m: | 1:16.01 40.26 | 300m: | 4:07.61 | 44.58 | 500m: | 7:05.61 | 44.33 | 700m: | 10:05.76 | 45.95 |
| | 150m: | 1:57.71 41.70 | 350m: | 4:52.11 | 44.50 | 550m: | 7:50.11 | 44.50 | 750m: | 10:50.06 | 44.30 |
| | 200m: | 2:40.28 42.57 | 400m: | 5:35.97 | 43.86 | 600m: | 8:34.81 | 44.70 | 800m: | 11:28.94 | 38.88 |
| 18. | MARJAKOVÁ, Nikola | | 04 | PK Žabka adca | | | 11:41.01 | | 319 | | |
| | 50m: | 38.86 38.86 | 250m: | 3:34.54 | 45.13 | 450m: | 6:31.82 | 44.12 | 650m: | 9:29.89 | 44.69 |
| | 100m: | 1:21.54 42.68 | 300m: | 4:18.45 | 43.91 | 500m: | 7:16.39 | 44.57 | 700m: | 10:15.29 | 45.40 |
| | 150m: | 2:04.67 43.13 | 350m: | 5:03.06 | 44.61 | 550m: | 8:01.20 | 44.81 | 750m: | 10:59.73 | 44.44 |
| | 200m: | 2:49.41 44.74 | 400m: | 5:47.70 | 44.64 | 600m: | 8:45.20 | 44.00 | 800m: | 11:41.01 | 41.28 |
| 19. | ROHÁROVÁ, Rebecca | | 05 | TRUMB | | | 12:04.13 | | 290 | | |
| | 50m: | 39.70 39.70 | 250m: | 3:39.31 | 46.00 | 450m: | 6:44.67 | 46.42 | 650m: | 9:49.81 | 45.71 |
| | 100m: | 1:23.10 43.40 | 300m: | 4:25.45 | 46.14 | 500m: | 7:31.35 | 46.68 | 700m: | 10:35.25 | 45.44 |
| | 150m: | 2:08.10 45.00 | 350m: | 5:11.85 | 46.40 | 550m: | 8:17.63 | 46.28 | 750m: | 11:21.17 | 45.92 |
| | 200m: | 2:53.31 45.21 | 400m: | 5:58.25 | 46.40 | 600m: | 9:04.10 | 46.47 | 800m: | 12:04.13 | 42.96 |
| 20. | ARNECKÁ, Stella | | 05 | Nereus Žilina | | | 12:04.72 | | 289 | | |
| | 50m: | 38.69 38.69 | 250m: | 3:38.65 | 45.58 | 450m: | 6:40.54 | 46.00 | 650m: | 9:49.25 | 48.78 |
| | 100m: | 1:22.50 43.81 | 300m: | 4:23.97 | 45.32 | 500m: | 7:26.19 | 45.65 | 700m: | 10:36.00 | 46.75 |
| | 150m: | 2:08.19 45.69 | 350m: | 5:09.22 | 45.25 | 550m: | 8:12.82 | 46.63 | 750m: | 11:22.12 | 46.12 |
| | 200m: | 2:53.07 44.88 | 400m: | 5:54.54 | 45.32 | 600m: | 9:00.47 | 47.65 | 800m: | 12:04.72 | 42.60 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6, žia ky, 800m vo ný spôsob, 14 - 15 ro .

| por. | Ro . | as | body |
|--------------|-----------------------|---------------------|----------------------|
| 21. | TESÁROVÁ, Katarína | 04 TRUMB | 12:13.06 279 |
| | 50m: 40.13 40.13 | 250m: 3:45.41 47.03 | 450m: 6:51.91 46.85 |
| | 100m: 1:25.06 44.93 | 300m: 4:32.06 46.65 | 500m: 7:38.44 46.53 |
| | 150m: 2:11.41 46.35 | 350m: 5:18.69 46.63 | 550m: 8:25.31 46.87 |
| | 200m: 2:58.38 46.97 | 400m: 6:05.06 46.37 | 600m: 9:10.94 45.63 |
| | | | 650m: 9:57.73 46.79 |
| | | | 700m: 10:44.13 46.40 |
| | | | 750m: 11:29.69 45.56 |
| | | | 800m: 12:13.06 43.37 |
| 22. | SCHEREROVÁ, Emma | 05 PKMA | 13:02.15 230 |
| | 50m: 43.19 43.19 | 250m: 3:57.54 48.64 | 450m: 7:18.50 51.13 |
| | 100m: 1:30.47 47.28 | 300m: 4:47.72 50.18 | 500m: 8:08.44 49.94 |
| | 150m: 2:19.57 49.10 | 350m: 5:37.90 50.18 | 550m: 8:59.07 50.63 |
| | 200m: 3:08.90 49.33 | 400m: 6:27.37 49.47 | 600m: 9:47.04 47.97 |
| | | | 650m: 10:36.90 49.86 |
| | | | 700m: 11:26.25 49.35 |
| | | | 750m: 12:13.75 47.50 |
| | | | 800m: 13:02.15 48.40 |
| choroba | MANGA, Nela | 05 Nereus Žilina | |
| 16 - 17 ro . | | | |
| 1. | MIŠÍKOVÁ, Alexandra | 03 PKMA | 9:23.86 614 |
| | 50m: 32.20 32.20 | 250m: 2:52.86 35.50 | 450m: 5:15.82 35.66 |
| | 100m: 1:06.61 34.41 | 300m: 3:28.73 35.87 | 500m: 5:51.64 35.82 |
| | 150m: 1:41.73 35.12 | 350m: 4:04.32 35.59 | 550m: 6:27.82 36.18 |
| | 200m: 2:17.36 35.63 | 400m: 4:40.16 35.84 | 600m: 7:03.48 35.66 |
| | | | 650m: 7:39.26 35.78 |
| | | | 700m: 8:15.07 35.81 |
| | | | 750m: 8:50.09 35.02 |
| | | | 800m: 9:23.86 33.77 |
| 2. | MARUŠÁKOVÁ, Emma | 03 PK TENAX Žilina | 9:37.67 571 |
| | 50m: 32.20 32.20 | 250m: 2:56.27 35.92 | 450m: 5:22.49 36.93 |
| | 100m: 1:07.60 35.40 | 300m: 3:32.67 36.40 | 500m: 5:59.27 36.78 |
| | 150m: 1:44.20 36.60 | 350m: 4:09.13 36.46 | 550m: 6:35.85 36.58 |
| | 200m: 2:20.35 36.15 | 400m: 4:45.56 36.43 | 600m: 7:13.35 37.50 |
| | | | 650m: 7:50.42 37.07 |
| | | | 700m: 8:27.20 36.78 |
| | | | 750m: 9:04.10 36.90 |
| | | | 800m: 9:37.67 33.57 |
| 3. | SEIDLOVÁ, Alica | 03 Nereus Žilina | 10:08.84 488 |
| | 50m: 35.11 35.11 | 250m: 3:09.52 38.27 | 450m: 5:42.99 38.51 |
| | 100m: 1:13.70 38.59 | 300m: 3:47.84 38.32 | 500m: 6:21.52 38.53 |
| | 150m: 1:52.20 38.50 | 350m: 4:25.97 38.13 | 550m: 7:00.34 38.82 |
| | 200m: 2:31.25 39.05 | 400m: 5:04.48 38.51 | 600m: 7:38.93 38.59 |
| | | | 650m: 8:17.38 38.45 |
| | | | 700m: 8:56.06 38.68 |
| | | | 750m: 9:33.45 37.39 |
| | | | 800m: 10:08.84 35.39 |
| 4. | PAULÍNYOVÁ, Ema | 02 TRUMB | 10:10.69 483 |
| | 50m: 35.22 35.22 | 250m: 3:09.12 38.72 | 450m: 5:44.40 38.65 |
| | 100m: 1:13.55 38.33 | 300m: 3:48.44 39.32 | 500m: 6:22.83 38.43 |
| | 150m: 1:51.87 38.32 | 350m: 4:27.30 38.86 | 550m: 7:01.58 38.75 |
| | 200m: 2:30.40 38.53 | 400m: 5:05.75 38.45 | 600m: 7:40.05 38.47 |
| | | | 650m: 8:18.79 38.74 |
| | | | 700m: 8:57.00 38.21 |
| | | | 750m: 9:34.83 37.83 |
| | | | 800m: 10:10.69 35.86 |
| 5. | MESÁROŠOVÁ, Martina | 03 MPKDK | 10:24.99 451 |
| | 50m: 35.86 35.86 | 250m: 3:12.40 39.76 | 450m: 5:50.09 39.60 |
| | 100m: 1:14.71 38.85 | 300m: 3:51.91 39.51 | 500m: 6:29.45 39.36 |
| | 150m: 1:53.66 38.95 | 350m: 4:31.25 39.34 | 550m: 7:09.36 39.91 |
| | 200m: 2:32.64 38.98 | 400m: 5:10.49 39.24 | 600m: 7:48.63 39.27 |
| | | | 650m: 8:28.35 39.72 |
| | | | 700m: 9:07.91 39.56 |
| | | | 750m: 9:47.12 39.21 |
| | | | 800m: 10:24.99 37.87 |
| 6. | ŠEFRANKOVÁ, Sára | 03 Po Ružomberok | 10:28.18 444 |
| | 50m: 32.61 32.61 | 250m: 3:04.43 39.40 | 450m: 5:47.00 40.42 |
| | 100m: 1:08.50 35.89 | 300m: 3:44.78 40.35 | 500m: 6:27.68 40.68 |
| | 150m: 1:46.53 38.03 | 350m: 4:25.33 40.55 | 550m: 7:07.58 39.90 |
| | 200m: 2:25.03 38.50 | 400m: 5:06.58 41.25 | 600m: 7:48.75 41.17 |
| | | | 650m: 8:29.25 40.50 |
| | | | 700m: 9:09.75 40.50 |
| | | | 750m: 9:49.86 40.11 |
| | | | 800m: 10:28.18 38.32 |
| 7. | MICHALI KOVÁ, Zuzana | 02 Nereus Žilina | 10:34.64 430 |
| | 50m: 33.71 33.71 | 250m: 3:06.06 40.20 | 450m: 5:51.71 41.75 |
| | 100m: 1:10.06 36.35 | 300m: 3:47.36 41.30 | 500m: 6:32.78 41.07 |
| | 150m: 1:47.46 37.40 | 350m: 4:28.78 41.42 | 550m: 7:14.04 41.26 |
| | 200m: 2:25.86 38.40 | 400m: 5:09.96 41.18 | 600m: 7:55.39 41.35 |
| | | | 650m: 8:36.28 40.89 |
| | | | 700m: 9:15.96 39.68 |
| | | | 750m: 9:55.26 39.30 |
| | | | 800m: 10:34.64 39.38 |
| 8. | LEPIŠOVÁ, Klára | 02 PK TENAX Žilina | 10:47.98 404 |
| | 50m: 36.13 36.13 | 250m: 3:19.51 41.67 | 450m: 6:04.38 41.00 |
| | 100m: 1:15.16 39.03 | 300m: 4:00.06 40.55 | 500m: 6:46.34 41.96 |
| | 150m: 1:56.23 41.07 | 350m: 4:41.34 41.28 | 550m: 7:26.48 40.14 |
| | 200m: 2:37.84 41.61 | 400m: 5:23.38 42.04 | 600m: 8:06.63 40.15 |
| | | | 650m: 8:47.81 41.18 |
| | | | 700m: 9:29.26 41.45 |
| | | | 750m: 10:09.66 40.40 |
| | | | 800m: 10:47.98 38.32 |
| 9. | PIATRIKOVÁ, Margaréta | 02 TRUMB | 10:58.57 385 |
| | 50m: 35.61 35.61 | 250m: 3:21.09 41.58 | 450m: 6:08.39 42.28 |
| | 100m: 1:16.26 40.65 | 300m: 4:02.95 41.86 | 500m: 6:49.64 41.25 |
| | 150m: 1:57.80 41.54 | 350m: 4:45.26 42.31 | 550m: 7:31.45 41.81 |
| | 200m: 2:39.51 41.71 | 400m: 5:26.11 40.85 | 600m: 8:13.80 42.35 |
| | | | 650m: 8:56.07 42.27 |
| | | | 700m: 9:37.41 41.34 |
| | | | 750m: 10:18.61 41.20 |
| | | | 800m: 10:58.57 39.96 |

Jarné M SSO - dlhé trate
Dolný Kubín, 16.3.2019

disciplína 6, ženy, 800m vo ný spôsob, 16 - 17 ro .

| por. | | | Ro . | | | | | | | as | body |
|------|----------------------|---------------|-------|-----------------|-------|-------|---------|-------|-------|-----------------|-------|
| 10. | DZURILLOVÁ, Eva | | 02 | PK TENAX Žilina | | | | | | 11:05.22 | 374 |
| | 50m: | 37.22 37.22 | 250m: | 3:25.22 | 42.78 | 450m: | 6:14.58 | 41.75 | 650m: | 9:04.47 | 42.14 |
| | 100m: | 1:18.25 41.03 | 300m: | 4:07.97 | 42.75 | 500m: | 6:56.30 | 41.72 | 700m: | 9:45.79 | 41.32 |
| | 150m: | 2:00.22 41.97 | 350m: | 4:50.15 | 42.18 | 550m: | 7:39.19 | 42.89 | 750m: | 10:27.22 | 41.43 |
| | 200m: | 2:42.44 42.22 | 400m: | 5:32.83 | 42.68 | 600m: | 8:22.33 | 43.14 | 800m: | 11:05.22 | 38.00 |
| 11. | ELLÁROVÁ, Veronika | | 02 | TRUMB | | | | | | 11:07.53 | 370 |
| | 50m: | 37.31 37.31 | 250m: | 3:24.74 | 42.35 | 450m: | 6:14.14 | 41.72 | 650m: | 9:04.74 | 42.28 |
| | 100m: | 1:18.31 41.00 | 300m: | 4:06.99 | 42.25 | 500m: | 6:56.67 | 42.53 | 700m: | 9:46.99 | 42.25 |
| | 150m: | 2:00.34 42.03 | 350m: | 4:44.31 | 37.32 | 550m: | 7:39.64 | 42.97 | 750m: | 10:28.46 | 41.47 |
| | 200m: | 2:42.39 42.05 | 400m: | 5:32.42 | 48.11 | 600m: | 8:22.46 | 42.82 | 800m: | 11:07.53 | 39.07 |
| 12. | HAZUCHOVÁ, Líza | | 02 | TRUMB | | | | | | 11:08.25 | 369 |
| | 50m: | 36.85 36.85 | 250m: | 3:21.14 | 42.33 | 450m: | 6:12.03 | 43.14 | 650m: | 9:03.86 | 42.11 |
| | 100m: | 1:16.46 39.61 | 300m: | 4:03.69 | 42.55 | 500m: | 6:55.11 | 43.08 | 700m: | 9:46.28 | 42.42 |
| | 150m: | 1:57.31 40.85 | 350m: | 4:46.11 | 42.42 | 550m: | 7:38.21 | 43.10 | 750m: | 10:29.78 | 43.50 |
| | 200m: | 2:38.81 41.50 | 400m: | 5:28.89 | 42.78 | 600m: | 8:21.75 | 43.54 | 800m: | 11:08.25 | 38.47 |
| 13. | HANULÍKOVÁ, Veronika | | 02 | Nereus Žilina | | | | | | 11:55.11 | 301 |
| | 50m: | 37.75 37.75 | 250m: | 3:29.25 | 45.00 | 450m: | 6:33.11 | 46.86 | 650m: | 9:40.97 | 47.50 |
| | 100m: | 1:18.65 40.90 | 300m: | 4:13.82 | 44.57 | 500m: | 7:19.43 | 46.32 | 700m: | 10:28.47 | 47.50 |
| | 150m: | 2:01.25 42.60 | 350m: | 4:59.75 | 45.93 | 550m: | 8:06.75 | 47.32 | 750m: | 11:13.75 | 45.28 |
| | 200m: | 2:44.25 43.00 | 400m: | 5:46.25 | 46.50 | 600m: | 8:53.47 | 46.72 | 800m: | 11:55.11 | 41.36 |

18 ro . a st.

| | | | | | | | | | | | |
|----|--------------------|---------------|-------|---------|---------|-------|----------|---------|-------|-----------------|---------|
| 1. | REPKOVÁ, Kristína | | 99 | PKRS | | | | | | 11:14.87 | 358 |
| | 50m: | 38.75 38.75 | 250m: | 3:26.58 | 42.58 | 450m: | 6:15.47 | 42.22 | 650m: | 9:06.40 | 43.28 |
| | 100m: | 1:19.50 40.75 | 300m: | 4:08.72 | 42.14 | 500m: | 6:57.83 | 42.36 | 700m: | 9:49.69 | 43.29 |
| | 150m: | 2:01.65 42.15 | 350m: | 4:51.08 | 42.36 | 550m: | 7:40.47 | 42.64 | 750m: | 10:33.08 | 43.39 |
| | 200m: | 2:44.00 42.35 | 400m: | 5:33.25 | 42.17 | 600m: | 8:23.12 | 42.65 | 800m: | 11:14.87 | 41.79 |
| 2. | KOBELOVÁ, Veronika | | 01 | SWIMW | | | | | | 15:43.92 | 130 |
| | 50m: | 49.03 49.03 | 250m: | 4:40.56 | 59.57 | 450m: | 8:44.28 | 1:00.19 | 650m: | 12:50.34 | 1:00.95 |
| | 100m: | 1:44.67 55.64 | 300m: | 5:41.78 | 1:01.22 | 500m: | 9:45.06 | 1:00.78 | 700m: | 13:50.53 | 1:00.19 |
| | 150m: | 2:41.96 57.29 | 350m: | 6:43.21 | 1:01.43 | 550m: | 10:46.56 | 1:01.50 | 750m: | 14:50.99 | 1:00.46 |
| | 200m: | 3:40.99 59.03 | 400m: | 7:44.09 | 1:00.88 | 600m: | 11:49.39 | 1:02.83 | 800m: | 15:43.92 | 52.93 |