

VT SCM2 Západní Čechy 3. - 9. 11. 2019 / skupina L.Luhový

3. 11. 2019 - dopoledne

12:00 zahájení VT

Voda	Sucho
0'	0'

Skupina Luhový: Marek, Štafurik, Suda, Drahoš, Hlaváč, Růžička, Kracíková, Harmašová, Lelková, Šimová, Řezníčková, Mikulíková

3. 11. 2019 - odpoledne 14:00-16:00

5x200K,PZcv,Kn,PZcv,K i 10'',	1000	Voda	Sucho
8x(100PZ is 1'45''+1. <u>50Hzn max</u> , 2. <u>25Hzn max</u> +25n lib is 1'15''),	2200	120'	60'
500(100Hzcv+100scull),	2700		
20x50K/Hz max 4+ <u>1</u> -3+ <u>2</u> -2+ <u>3</u> -1+ <u>4</u> is 1',200lib,	3900		
8x150Kpa hypox3,5,3 po is 2'20'',	5100		
10x100Hz <u>5a10 max</u> is 2',200lib	6300	6300	6300

4. 11. 2019 - dopoledne 8:30-11:00

4x(200lib,2x50PZcv,1x50PZn i 10''),	1400	Voda	Sucho
16x50PZ,K po4 is 55'',45'',200lib,	2400	120'	0'
8x400K TOP Ø is 6' ,200lib,	5800		
8x200 1.200PZ, 2.200Z is 3'15''	7400		
	7400		

4. 11. 2019 - odpoledne 15:30-17:30

400lib,4x50cv lib 10'',4x50scull šn i 10'',4x50n lib i 10'', <u>4x50K 1-4</u> is 1',	1200	Voda	Sucho
Test 1. 10x100K TOPØ is 2' ,400lib pl,	2600	120'	50'
800K is 12'-2x400K/Z is 6'/6'30''-4x200K/Z is 3'/3'15''-8x100K/Z is 1'30''/1'40'',			
400lib pl	6200		
	6200	13600	19900

5. 11. 2019 - dopoledne 6:00-8:30

400lib,2x200PZn i 10'',4x50(25↓+25PZ sprint) is 1'15'',200lib,	1200	Voda	Sucho
100K+200K+300K+400K is 1'30''-3'-4'30''+50lib,		140'	60'
100Kn+200Kn+300Kn+400Kn pl is 1'30''-3'-4'30''+50lib,400(75Z+25Mnz),	3700		
100K+200K+300K is 1'25''-2'50''+50lib,100Kn+200Kn+300Kn pl is 1'25''-2'50''+50lib,			
400(75Z+25Zn),100K+200K is 1'20''+50lib,100Kn+200Kn pl is 1'20''+50lib,400(75Z+25Pnz),			
100K start max +50lib, 100Kn pl max +50lib,400lib	7200		

5. 11. 2019 - odpoledne 14:00-16:00

4x100(50K+50PZ obr) is 1'45'',4x100KKD3-4-3-2 is 1'40'',4x50Hzcv is 1'10'',	1200	Voda	Sucho
4x50Hzn is 1'10'',		120'	0'
16x200Hz 1. 200 max , 2. 100 /100, 3. 50 /150, 4.200K lehce is 4',200lib,	4600		
400(50Mn bok+50Mnz)pl,	5000		
16x50Kpa šn is 45'',200lib	6000		
	6000	13200	33100

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6. 11. 2019 - dopoledne 8:30-11:00

300lib,30x50(4x50K is 45''+1x50M,1x50Z is 1'),200n lib,	2000	Voda	Sucho
1500K max is 24'+ 15x100K po57 mezi 1' pauza is 1'30'',	5000	140'	0'
600(100lib+100scull+100Z),	5600		
15x50Kn 1. 50 , 2. 35 +15, 3. 25 +25, 4. 15 +35, 5.50 lehce is 1'15'',	6350		
600(100lib+100scull+100P),	6950		
250lib	7200		

6. 11. 2019 - odpoledne 16:00-18:00

400lib,4x100K is 1'30'',400Hzn,4x100Z is 1'40'',400Hzn 25 +75,	2000	Voda	Sucho
8x150(25M+25Z+25P+75K hypox5) is 2'30'',	3200	110'	60'
Test2 6x100Hzn is 3' ,	3800		
8x100(25Z+25P+50K hypox7) is 1'45'',	4600		
6x100Hz(75+ 25)pl is 2',	5200		
8x50K hypox9 is 1'	5600	12800	45900

7. 11. 2019 - dopoledne 6:00-8:30

400(50K+50Z),4x100PZ is 1'40'',400(50K+50P),8x50PZ is 55'',	1600	Voda	Sucho
9x300 1.300Zpl, 2.300K technika-délka záběru is 4'30'', 3.3x100K 1-37 is 1'30'' po+1',	3200	140'	60'
8x200 1.200Zpl, 2.200PZpl is 3'15'',	5900		
7x100(25Kn streamline+50K+25Kn streamline) šn is 1'45'',	6600		
6x50 1.50Mcv, 2.50Zcv, 3.50Pcv is 1'05'',	6900		
4x100(25↓+75lib) i 30''	7300		

7. 11. 2019 - odpoledne 14:00-16:00

2x400(200lib+200Mn rotace po50 pl),	800	Voda	Sucho
8x50 1.50K, 2.50Z 15 ↓ is 1',4x100Hzn 1. 25 , 2. 50 , 3. 75 , 4. 100 max is 2'15'',	3200	120'	0'
8x50 1.50K, 2.50Hzcv is 1',4x400(4x50Hz max is 1'+200K is 4'),	3600		
8x50 1.50K, 2.50P is 1',4x100Hz start 1. 100 , 2. 75 , 3. 50 , 4. 25 max is 3',	4400		
4x400Kpa šn is 5'30'',400lib	6400	13700	59600
	6400		

8. 11. 2019 - dopoledne 8:30-11:00

400lib,4x100K is 1'30'',400n lib,8x50K 1-47 1',	1200	Voda	Sucho
4x400(400K is 6'+400Kn is 8'),200lib,4x300(25lib sprint +75ZS+200Z) is 5',	4200	150'	0'
4x200(200K is 3'+200Kn is 4'),200lib,4x100(25lib sprint +75ZS) is 2'30'',	5600		
2x(6x50Z is 50''+6x100K is 1'20''+100lib),	7600		
200lib	7900		
	7900		

8. 11. 2019 - odpoledne 16:00-18:00

600lib,	600	Voda	Sucho
2x(200K is 3'+4x25PZ is 30''),2x(4x100K is 1'20''+100Z is 1'40''),	2200	120'	60'
4x50Hzcv i 10'',4x 25Mn↓ pl max is 45'',	2500		
4x50Hzn i 10'',4x 25Hz pl max is 30'',200lib,	3000		
Test3 Step test 7x200Hz 2-2-2-1 is 5' ,	4400		
6x100lib pomůcky i 10''	5000	12900	72500

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9. 11. 2019 - dopoledne 6:30-8:30

400K,300PZ,200Z,100PZ i 10'',	1000	Voda	Sucho
32x50(4xM,4xPZ,4xZ,4xPZ,4xP,4xPZ,4xK,4xPZ)pl is 50''/45'',	2600	120'	0'
300(50scull+50Kn) šn,	2900		
12x100(3x100PZ is 1'40''+2x100K is 1'40''+ 1x100PZ max is 3'),	4100		
300(50n lib+50r lib),	4400		
6x200(100Mcv,Zcv,Pcv+100K) is 3'30''	5600		

9. 11. 2019 - odpoledne

9:00 ukončení VT		Voda	Sucho
		5600	78100

		Voda	Sucho

		Voda	Sucho

