

VT SCM2 Západní Čechy 21. 8. - 25. 8. 2019 / skupina Z. Panýrková

21. 8. 2019 - dopoledne

11:30 zahájení VT SCM2

Skupina Panýrková: Holub, Fait, Filip, Sladký, Dvorská, Chocholatá, Sedláčková, Šrailová, Vacková

Voda	Sucho
0'	0'

21. 8. 2019 - odpoledne 15:30-17:30

600(200K+100Z),400(150K+50P),200(100K+100M),	1200	Voda	Sucho
2x300(25M+25K) is 4'45''(5'),2x200(50Mn+50Kn) is 4',2x100M is 1'45'',	2400		
2x300(25Z+25K) is 4'45''(5'),2x200(50Zn+50Kn) is 4',2x100Z is 1'45'',	3600		
2x300(25P+25K) is 4'45''(5'),2x200(50Pn+50Kn) is 4',2x100P is 1'50'',	4800		
600(50scull+50lib),	5400		
300+200+100K i 10''	6000	6000	6000

22. 8. 2019 - dopoledne 6:00-7:30

300(50K+50Z),4x100PZ i 10'',300(50K+50P),	1000	Voda	Sucho
1500(300K hypox3,5,7 po100+200PZcv),	2500		
8x25 1.25Mn↓, 2.25PZ max pl is 45'',	2700		
15x100Kpa (šn) is 1'25''(1'30''),	4200		
8x50 1.50MnZ, 2.50PZn is 1'	4600		
	4600		

22. 8. 2019 - odpoledne 14:00-15:00

400lib,400PZ Štaf. Pořadí,200n lib,	1000	Voda	Sucho
6x300(25HZ max+275K) is 4'45''(5'),	2800		
200scull šn,	3000		
6x100(25HZn max+75Kn) is 2',	3600		
200scull šn,	3800		
	3800	8400	14400

23. 8. 2019 - dopoledne 9:30-11:00

6x100K/Z pl is 1'40'',2x200Kn pl is 3'30'',4x100KKD3-4-3-2 is 1'40''(1'45''),	1400	Voda	Sucho
1500K is 22'(24')+800K is 12'(13')+400K is 6'(6'15'')+200K is 3'+100K,	4400		
300+200+100Z pl i 10''	5000		
	5000		

23. 8. 2019 - odpoledne 15:00-16:00

8x100lib po2 is 2'-1'40''-1'30''-1'20'',	800	Voda	Sucho
4x(50Pcv is 1'10''+100(75P technika+obrátky! + 25lib) is 2'),	1400		
2x200Pn/Pnz i 20'',	1800		
4x(50Pcv is 1'10''+200(150P technika+obrátky! + 50lib) is 4'),	2800		
400lib pl	3200		
	3200	8200	22600

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24. 8. 2019 - dopoledne 8:00-10:00

400lib,4x150(100PZ+50n lib) i 10'',	1000	Voda	Sucho
5x100PZ is 1'45'',100lib,	1600		
5x200(100PZ+100K) is 3'15''(3'30''),200lib,	2800		
5x300(200PZ+100K) is 4'45''(5'),300lib,	4600		
5x400(300PZ+100K) is 6'30''(6'45''),400lib	7000		
7000			

24. 8. 2019 - odpoledne 14:00-15:00

400lib,8x25 1.↓, 2.PZ 15! sprint is 45'',	600	Voda	Sucho
400(25scull+25K),	1000		
4x50(25Mn↓+25Z)pl is 1'10'',400K hypox3,5 po50,	1600		
4x50(25HZn max +25n lib) is 1'10'',400Krpa,	2200		
4x50(15Mn↓ max +35Z)pl is 1'10'',400(100Z+100K),	2800		
4x50(0 pozice- 25HZ max +25lib) is 1'10'',400Krapl šn	3400	10400	33000

25. 8. 2019 - dopoledne 6:30-8:30

400K+300PZ+200Z+100PZ,		Voda	Sucho
9x400 3xKpa is 5'30''(6'), 3x75K+25PZ is 5'45''(6'15''), 3xKn pl is 7',			
12x50 2xZ is 55'', 1xP is 1'05'',			
12x100 4xKpa is 1'25''(1'30''), 4x25 ↓+75PZ bez M is 1'45''(1'50''),			
4xZn pl is 1'45'',6x50lib is 55''	6700		

25. 8. 2019 - odpoledne

9:00 ukončení VT SCM2		Voda	Sucho
		6700	39700

celkem voda m	39700
celkem voda min	
celkem sucho min	