

VT SCM2 Západní Čechy 5. - 11. 2. 2023 / skupina Z. Panýrková

5. 2. 2023 - dopoledne

12:00 zahájení VT

Voda	Sucho
0'	0'

Skupina Panýrková: Horvát Jakub, Anderle Jakub, Růžička Jakub, Česalová Laura, Ottová Sára, Šimsová Johanka, Klapáčová Sára, Roslerová Natálie, Bezpalcová Iveta Kopejtková Barbora, Humlová Anna, Kabátová Viktorie, Sommerová Stella

5. 2. 2023 - odpoledne 16:00-18:00

1300(100PZ-100lib-200Z-100lib-300P-100lib-400K i 10''),	1300	Voda	Sucho
200Kn,8x50(25Mn↓ max+25Mn záda)pl is 1'15'',	1900	120'	60'
4x200K is 2'50''-3x200K is 2'45''-2x200K is 2'40''-4x50Z is 1',			
3x200K is 2'45''-2x200K is 2'40''-4x50Z is 1',			
2x200K is 2'40''-4x50Z is 1',	5700		
300 lib	6 000	6000	6 000

6. 2. 2023 - dopoledne 6:00-8:30

400lib,4x150(100PZ+50PZn) i 10'',8x50(25scull+25Kr) i 10'',	1400	Voda	Sucho
4x(200Kn is 4'+3x50HZn 1-3∇ is 1'),	2800	150'	60'
3x(3x50HZ max is 1'+100PZ max is 2'+3x50K max is 1'+200K lehce is 4'),			
12x50Z pl is 50'',	5200		
2x400Kpapl is 6'-2x300Kpa is 4'30''-2x200K is 3',	7300		
200lib	7 300		

6. 2. 2023 - odpoledne 13:30-15:30

1000(200lib+50K,P,Z,M i 10''),	1000	Voda	Sucho
5x200PZ (vždy 1zp nohy/lib výběr) is 3'30'',	2000	120'	0
3000K(1500K is 24'-800K is 13'-400K is 6'-200K is 3'-100K),	5000		
3x400 1.400Z, 2.400Zpa, 3.400Zpl i 20''	6200		
	6200	13 500	19 500

7. 2. 2023 - dopoledne 8:30-11:00

500(100lib+25PZ),	500	Voda	Sucho
32x50(2xK+2xKn)pl is 50'',3x200PZcv i 15'',28x50(2xZ+2xZn)pl is 55'',	4100	150'	
3x200PZcv i 15'',20x50(2xM+2xP) is 1',	5700		
600Kpa šn délka záběru!,	6300		
8x200(2xPZ+2xZ+2xP+2xK) is 3'15''-3'15''-3'45''-3',	7900		
100lib	8000		

7. 2. 2023 - odpoledne 16:00-18:00

900(50-100-150 Z,P,K),5x200PZ is 3'15'',	1900	Voda	Sucho
600(50n-100souhra-50cv Z,K,P,Z,K),	2500	120'	60'
4x100K max is 1'30''+100lib,4x100K max is 1'30''+100lib,	3500		
400K max+100lib,4x100K max is 1'30''+100lib,	4500		
400 po50 Zcv,Pcv,	4900		
1000K pl (25max-175souhra),200lib	6100	14100	33 600

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8. 2. 2023 - dopoledne 6:00-8:30

400(100K+100PZ),	400	Voda	Sucho
3x400PZ po100-50-25 is 6'45'',100lib,	1700	150'	60'
800K is 12'+2x400K is 6'+ 4x200K 3'+ 8x100K 1'30" + 16x50K 45" ,	5700		
400lib pomůcky,	6100		
2x300PZ,Z i 20''+2x200PZ,Z i 15''+2x100PZ,Z i 10''	7300		
	7300		

8. 2. 2023 - odpoledne 14:00-16:00

200lib,18x50K po6 is 55''-50''-45'',400n lib,	1500	Voda	Sucho
4x50PZ (15max -35lehce) is 1',500K šn,4x50(15Mn ↓-35Z)pl is 1',500(50Z+50P),		120'	
4x50PZ (25max -25lehce) is 1',500kpa šn,4x50(25Mn ↓-25lib)pl is 1',500(50Z+50K),			
3x200Z 1-37 is 3'15'' ,300lib			
	5200	12500	46 100

9. 2. 2023 - dopoledne 8:30-11:00

800(400K,Z po50-200Z-200P),8x100Kpa prvních a posledních 15m hypox is 1'30'',		Voda	Sucho
8x100k is 1'20''(1'25''),200lib,	2600	150'	
8x(400K is (6')+100HZ max+50lib) is 9',	7000		
400lib pomůcky	7400		
	7400		

9. 2. 2023 - odpoledne 16:00-18:00

400lib,8x50 po1 Zcv,Z i 10'',200K hypox5,8x50 po1 Pcv,P i 10'',200K hypox5,		Voda	Sucho
100M is 1'40''+200(100M+100Z) is 3'20''+		120'	60'
300(100M+100Z+100P) is 5'+400(100M+100Z+100P+100K),	2600		
400(25scull+25Kr) šn,	3000		
800Kpa-7x100K is 1'25''-600Kpa-5x100K is 1'25''-400Kpa-3x100K is 1'25'')-			
200Kpa-100K start max! ,200lib	6800	14200	60 300

10. 2. 2023 - dopoledne 6:00-8:30

500lib,800(200K-100PZ-200K-100PZ-200K),	1300	Voda	Sucho
16x50M,Z,P,K 4x15+35lib-4xcv-4x25+25lib-4xn is 1',	2100	150'	60'
4x500K is 7' (7'30''), 200lib,	4300		
8x200K stup. po sériích 1-4 is 3',5-7 is 2'50'',8 MAX ,200lib,	6100		
12x100 1-6 HZn is 2',7-12 PZ is 1'45'',200lib	7500		
	7500		

10. 2. 2023 - odpoledne 14:00-16:00

400lib,200n lib,8x50PZ 1.souhra, 2.n i 10'',	1000	Voda	Sucho
6x100K 1-37 is 1'30'',4x200K NS is 3'15'' ,	2400	120'	
6x100HZ ne K 75+25 sprint is 2',8x200Kpapl (šn) is 2'45'',	4600		
6x100HZ ne k 50souhra+50cv is 2',	5200		
400lib	5600		
	5600	13100	73 400

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11. 2. 2023 - dopoledne 7:45-9:05

400lib,	400	Voda	Sucho
10x50K šn is 45'',8x50(25Mn↓+ 25PZ)pl is 1'10'',	1300	80	0
2x(400K is 6'+200Z is 3'15''+ 100PZ max +100lib),	2900		
2x(200Kn is 4'+100Zn is 2'+ 100HZn max +100lib),	3900		
400lib pomůcky	4300		
	4300		

11. 2. 2023 - odpoledne

10:00 ukončení VT		Voda	Sucho
		4300	77 700

		Voda	Sucho

		Voda	Sucho

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