

LACTATE PROTOCOL - SWIMMING

FR	free (kraul)	swimming camp of Czech junior team - Olomouc (CZE)					
BC	back (znak)						
BR	breast (prsá)	PB	personal best (osobní rekord)	HR	heart rate (tepová frekvence) 10"		
FL	fly (motýl)	GT	given time (určený čas)	FR	frequency rate (frekvence záběrů) dle stopek		
IM	(in.medley) polohovka	AT	attained time (dosažený čas)	CS	count stroke (počet záběrů) - poslední 50m		

NOLL	David	1999	fly	200m	test:	8x200 best stroke with start		
date:	24.9.2016	(25)	PB (25)	2:02,70	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:27,2	2:34,9	2,0	5,9		37,3	26	19
2. (+20%)	2:27,2	2:37,5				38,1	27	18
3. (+15%)	2:21,1	2:32,0				39,4	29	20
4. (+15%)	2:21,1	2:32,3		8,3		42,0	29	19
5. (+10%)	2:15,0	2:32,8				42,1	32	20
6. (+10%)	2:15,0	2:34,5		10,0		42,0	28	26
7. max	x	2:31,8				43,0	30	20
8. max	x	2:31,1		10	6	42,6	31	19

SVOBODA	Kristián	2000	fly	200m	test:	8x200 best stroke with start		
date:	24.9.2016	(25)	PB (25)	2:03,46	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:28,2	2:25,9				50,0	27	25
2. (+20%)	2:28,2	2:27,6				49,1	24	25
3. (+15%)	2:22,0	2:23,8				50,5	26	24
4. (+15%)	2:22,0	2:22,5				50,5	24	26
5. (+10%)	2:15,8	2:18,2				52,3	28	29
6. (+10%)	2:15,8	2:23,6				50,5	28	28
7. max	x	2:23,8				50,5	26	28
8. max	x	2:19,2				51,4	30	30

GEMOV	Ondřej	1999	fly	200m	test:	8x200 best stroke with start		
date:	24.9.2016	(25)	PB (25)	2:01,60	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:25,9	2:31,1	3,5	4,8		50,9	24	23
2. (+20%)	2:25,9	2:30,0				51,8	26	23
3. (+15%)	2:19,8	2:23,0				50,9	29	24
4. (+15%)	2:19,8	2:23,5		7,3		51,4	27	24
5. (+10%)	2:13,8	2:22,8				53,4	29	24
6. (+10%)	2:13,8	2:20,5		9,9		50,9	32	22
7. max	x	2:21,5				53,4	32	25
8. max	x	2:21,0		9,9	7,8	51,5	30	28

CERMAK	Václav	2000	fly	200m	test:	8x200 best stroke with start		
date:	24.9.2016	(25)	PB (25)	2:10,34	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:36,4	2:27,1	1,7	5,6		44,0	20	22
2. (+20%)	2:36,4	2:33,7				42,3	23	20
3. (+15%)	2:29,9	2:29,5				44,6	25	22
4. (+15%)	2:29,9	2:24,1		7,1		46,7	26	22
5. (+10%)	2:23,4	2:24,4				44,6	29	23
6. (+10%)	2:23,4	2:21,6		8,1		48,0	29	24
7. max	x	2:20,5				45,0	33	24
8. max	x	2:18,3		12,4	8,1	48,7	35	25

LACTATE PROTOCOL - SWIMMING

FR	free (kraul)	swimming camp of Czech junior team - Olomouc (CZE)					
BC	back (znak)						
BR	breast (prsá)	PB	personal best (osobní rekord)	HR	heart rate (tepová frekvence) 10"		
FL	fly (motýl)	GT	given time (určený čas)	FR	frequency rate (frekvence záběrů) dle stopek		
IM	(in.medley) polohovka	AT	attained time (dosažený čas)	CS	count stroke (počet záběrů) - poslední 50m		

NOLL	David	1999	fly	200m	test:	8x200 best stroke with start		
date:	4.3.2017	(25)	PB (25)	2:01,34	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:25,6	x						
2. (+20%)	2:25,6	x						
3. (+15%)	2:19,5	x						
4. (+15%)	2:19,5	x						
5. (+10%)	2:13,5	x						
6. (+10%)	2:13,5	x						
7. max	x	x						
8. max	x	x						

SVOBODA	Kristián	2000	fly	200m	test:	8x200 best stroke with start		
date:	4.3.2017	(25)	PB (25)	2:02,20	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:26,6	2:31,8				44,6	25	17
2. (+20%)	2:26,6	2:25,8				44,8	27	19
3. (+15%)	2:20,5	2:21,8				47,8	28	24
4. (+15%)	2:20,5	2:22,1				49,0	28	24
5. (+10%)	2:14,4	2:21,4				40,0	30	30
6. (+10%)	2:14,4	2:22,4				48,2	28	28
7. max	x	2:20,2				49,7	28	24
8. max	x	2:17,6				49,4	30	30

GEMOV	Ondřej	1999	fly	200m	test:	8x200 best stroke with start		
date:	4.3.2017	(25)	PB (25)	1:59,38	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:23,3	2:24,9				48,6	29	24
2. (+20%)	2:23,3	2:25,4				49,9	28	24
3. (+15%)	2:17,3	2:21,8				51,1	29	25
4. (+15%)	2:17,3	2:23,0				51,1	29	23
5. (+10%)	2:11,3	2:21,8				50,9	30	25
6. (+10%)	2:11,3	2:21,0				50,1	30	25
7. max	x	2:19,9				52,4	30	24
8. max	x	2:17,0				52,4	31	24

CERMAK	Václav	2000	fly	200m	test:	8x200 best stroke with start		
date:	4.3.2017	(25)	PB (25)	2:04,62	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:29,5	2:27,8				41,7	22	22
2. (+20%)	2:29,5	2:27,4				42,5	23	21
3. (+15%)	2:23,3	2:20,8				43,4	25	22
4. (+15%)	2:23,3	2:20,6				43,3	28	22
5. (+10%)	2:17,1	2:16,7				48,0	28	23
6. (+10%)	2:17,1	2:18,0				46,5	30	23
7. max	x	2:15,0				49,4	33	24
8. max	x	2:16,2				49,0	34	26

LACTATE PROTOCOL - SWIMMING

swimming camp of Czech junior team - Olomouc (CZE)

FR free (kraul) **PB** personal best (osobní rekord) **HR** heart rate (tepová frekvence) 10"
BC back (znak) **GT** given time (určený čas) **FR** frequency rate (frekvence záběrů) dle stopke
BR breast (prsá) **AT** attained time (dosažený čas) **CS** count stroke (počet záběrů) - poslední 50m
FL fly (motýl)
IM (in.medley) polohovka

SÍMANOVÁ	Klára	2000	fly	200m	test:	8x200 best stroke with start
date:	24.9.2016	(25)	PB (25)	2:15,60	in. start:	FR+BC+FL+IM = 5'; BR = 5'30
	GT	AT	pre-lactate	lactate	post-lactate	FR HR CS
1. (+20%)	2:42,7	2:30,2	1,6			43,0 25 22
2. (+20%)	2:42,7	2:28,7		5,3		42,3 23 22
3. (+15%)	2:35,9	2:29,6				42,0 24 22
4. (+15%)	2:35,9	2:26,2		7,2		43,3 27 24
5. (+10%)	2:29,2	2:25,3				44,6 28 25
6. (+10%)	2:29,2	2:26,6		8,0		43,3 30 27
7. max	x	2:26,9				44,6 32 37
8. max	x	2:24,2		10,5	9,0	46,5 34 26

STEMBEROVÁ	Kristýna	2000	fly	200m	test:	8x200 best stroke with start
date:	24.9.2016	(25)	PB (25)	2:17,11	in. start:	FR+BC+FL+IM = 5'; BR = 5'30
	GT	AT	pre-lactate	lactate	post-lactate	FR HR CS
1. (+20%)	2:44,5	2:37,9	1,3			36,0 25 17
2. (+20%)	2:44,5	2:39,1		9,0		35,2 26 17
3. (+15%)	2:37,7	2:33,8				38,8 26 18
4. (+15%)	2:37,7	2:33,7		10,8		38,5 27 18
5. (+10%)	2:30,8	2:33,6				41,7 28 18
6. (+10%)	2:30,8	2:33,2		11,0		40,7 28 20
7. max	x	2:32,8				43,3 29 20
8. max	x	2:36,3		13,2	9,9	41,1 30 21

SVOBODOVÁ	Michaela	2001	fly	200m	test:	8x200 best stroke with start
date:	24.9.2016	(25)	PB (25)	2:28,69	in. start:	FR+BC+FL+IM = 5'; BR = 5'30
	GT	AT	pre-lactate	lactate	post-lactate	FR HR CS
1. (+20%)	2:58,4	2:53,3	1,5			37,9 24 24
2. (+20%)	2:58,4	2:57,3		5,6		38,5 25 23
3. (+15%)	2:51,0	2:51,4				40,4 27 24
4. (+15%)	2:51,0	2:56,2		5,8		39,5 26 23
5. (+10%)	2:43,6	2:43,8				42,7 30 24
6. (+10%)	2:43,6	2:47,6		10,0		41,7 31 25
7. max	x	2:44,4				43,4 32 24
8. max	x	2:49,6		10,6	7,4	40,1 34 25

MATOSKOVA	Kateřina	2001	back	200m	test:	8x200 best stroke with start
date:	24.9.2016	(25)	PB (25)	2:18,40	in. start:	FR+BC+FL+IM = 5'; BR = 5'30
	GT	AT	pre-lactate	lactate	post-lactate	FR HR CS
1. (+20%)	2:46,1	2:42,6	1,4			28,2 20 28
2. (+20%)	2:46,1	2:44,7		1,4		28,4 21 28
3. (+15%)	2:39,2	2:39,6				30,1 23 31
4. (+15%)	2:39,2	2:38,0		2,4		30,5 24 33
5. (+10%)	2:32,2	2:31,7				34,9 29 36
6. (+10%)	2:32,2	2:33,8		5,8		33,7 30 36
7. max	x	2:30,9				36,6 33 40
8. max	x	2:30,1		11,5	10,1	37,5 40 40

LACTATE PROTOCOL - SWIMMING

swimming camp of Czech junior team - Olomouc (CZE)

FR free (kraul) **PB** personal best (osobní rekord) **HR** heart rate (tepová frekvence) 10"
BC back (znak) **GT** given time (určený čas) **FR** frequency rate (frekvence záběrů) dle stopke
BR breast (prsá) **AT** attained time (dosažený čas) **CS** count stroke (počet záběrů) - poslední 50m
FL fly (motýl)
IM (in.medley) polohovka

SÍMANOVÁ	Klára	2000	fly	200m	test:	8x200 best stroke with start
date:	4.3.2017	(25)	PB (25)	2:14,27	in. start:	FR+BC+FL+IM = 5'; BR = 5'30
	GT	AT	pre-lactate	lactate	post-lactate	FR HR CS
1. (+20%)	2:41,1	2:35,1				40,4 25 24
2. (+20%)	2:41,1	2:36,1				41,2 24 21
3. (+15%)	2:34,4	2:31,8				42,8 26 22
4. (+15%)	2:34,4	2:53,4				40,9 27 23
5. (+10%)	2:27,7	2:34,3				40,7 27 23
6. (+10%)	2:27,7	2:34,4				42,5 26 24
7. max	x	2:37,4				40,6 28 23
8. max	x	2:38,0				40,3 29 24

STEMBEROVÁ	Kristýna	2000	fly	200m	test:	8x200 best stroke with start
date:	4.3.2017	(25)	PB (25)	2:17,11	in. start:	FR+BC+FL+IM = 5'; BR = 5'30
	GT	AT	pre-lactate	lactate	post-lactate	FR HR CS
1. (+20%)	2:44,5	2:40,6				32,4 28 18
2. (+20%)	2:44,5	2:38,9				32,9 27 17
3. (+15%)	2:37,7	2:35,5				37,5 28 18
4. (+15%)	2:37,7	2:36,4				38,0 29 19
5. (+10%)	2:30,8	2:33,3				37,2 29 19
6. (+10%)	2:30,8	2:35,4				41,1 29 17
7. max	x	2:33,6				39,3 31 20
8. max	x	2:33,0				40,9 31 20

SVOBODOVÁ	Michaela	2001	fly	200m	test:	8x200 best stroke with start
date:	x	(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30
	GT	AT	pre-lactate	lactate	post-lactate	FR HR CS
1. (+20%)	0:00,0					
2. (+20%)	0:00,0					
3. (+15%)	0:00,0					
4. (+15%)	0:00,0					
5. (+10%)	0:00,0					
6. (+10%)	0:00,0					
7. max	x					
8. max	x					

MATOSKOVA	Kateřina	2001	back	200m	test:	8x200 best stroke with start
date:	4.3.2017	(25)	PB (25)	2:15,07	in. start:	FR+BC+FL+IM = 5'; BR = 5'30
	GT	AT	pre-lactate	lactate	post-lactate	FR HR CS
1. (+20%)	2:42,1	2:40,5				35,6 23 36
2. (+20%)	2:42,1	2:39,8				31,9 24 34
3. (+15%)	2:35,3	2:33,7				36,0 26 35
4. (+15%)	2:35,3	2:34,7				36,8 27 35
5. (+10%)	2:28,6	2:33,1				36,8 29 36
6. (+10%)	2:28,6	2:33,6				37,9 33 38
7. max	x	2:33,3				37,4 34 41
8. max	x	2:34,5				38,1 34 45

LACTATE PROTOCOL - SWIMMING

FR free (kraul)	swimming camp of Czech junior team - Olomouc (CZE)			
BC back (znak)				
BR breast (prsá)	PB personal best (osobní rekord)	HR heart rate (tepová frekvence) 10"	FR frequency rate (frekvence záběrů) dle stopke	
FL fly (motýl)	GT given time (určený čas)	FR frequency rate (frekvence záběrů) dle stopke	CS count stroke (počet záběrů) - poslední 50m	
IM (in.medley) polohovka	AT attained time (dosažený čas)			

LUĐVIK	Tomáš	1999	back	200m	test:	8x200 best stroke with start		
date:	24.9.2016	(25)	PB (25)	1:58,16	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:21,8	2:21,3	1,1			31,3	25	26
2. (+20%)	2:21,8	2:20,9		2,4		30,1	27	27
3. (+15%)	2:15,9	2:14,4				34,5	30	28
4. (+15%)	2:15,9	2:13,5		4,8		33,2	29	28
5. (+10%)	2:10,0	2:09,2				37,1	32	29
6. (+10%)	2:10,0	2:11,0		8,2		35,2	31	29
7. max	x	2:14,6				35,0	31	29
8. max	x	2:10,1		11,0	7,6	36,9	31	30

JANIČKOVA	Barbora	2000	back	200m	test:	8x200 best stroke with start		
date:	24.9.2016	(25)	PB (25)	2:12,54	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:39,0	2:38,7	1,8			26,4	27	25
2. (+20%)	2:39,0	2:38,7		3,2		23,0	28	24
3. (+15%)	2:32,4	2:32,0				27,4	29	27
4. (+15%)	2:32,4	2:28,8		6,7		26,7	32	28
5. (+10%)	2:25,8	2:27,6				30,6	35	28
6. (+10%)	2:25,8	2:26,8		9,4		30,2	35	28
7. max	x	2:30,6				30,7	37	31
8. max	x	2:28,1		11,1	8,2	33,3	39	31

JELINKOVA	Johana	2001	breast	200m	test:	8x200 best stroke with start		
date:	24.9.2016	(25)	PB (25)	2:41,66	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	3:14,0	3:09,0	1,1			24,1	23	14
2. (+20%)	3:14,0	3:20,0		1,0		22,8	22	12
3. (+15%)	3:05,9	3:00,2				28,1	27	16
4. (+15%)	3:05,9	2:59,7		1,4		28,3	30	16
5. (+10%)	2:57,8	2:54,0				32,4	35	18
6. (+10%)	2:57,8	2:56,4		1,8		30,7	33	17
7. max	x	2:43,5				37,2	37	20
8. max	x	2:47,3		9,2	7,6	40,1	33	22

HUDCOVA	Marika	2001	breast	200m	test:	8x200 best stroke with start		
date:	24.9.2016	(25)	PB (25)	2:37,00	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	3:08,4	2:58,7				28,3	23	16
2. (+20%)	3:08,4	3:01,3				23,4	23	13
3. (+15%)	3:00,5	2:57,5				27,6	24	15
4. (+15%)	3:00,5	2:54,7				23,7	23	14
5. (+10%)	2:52,7	2:50,2				26,8	23	16
6. (+10%)	2:52,7	2:50,5				30,7	22	15
7. max	x	2:45,1				28,2	30	17
8. max	x	2:43,0				33,1	32	20

LACTATE PROTOCOL - SWIMMING

FR free (kraul)	swimming camp of Czech junior team - Olomouc (CZE)			
BC back (znak)				
BR breast (prsá)	PB personal best (osobní rekord)	HR heart rate (tepová frekvence) 10"	FR frequency rate (frekvence záběrů) dle stopke	
FL fly (motýl)	GT given time (určený čas)	FR frequency rate (frekvence záběrů) dle stopke	CS count stroke (počet záběrů) - poslední 50m	
IM (in.medley) polohovka	AT attained time (dosažený čas)			

LUĐVIK	Tomáš	1999	back	200m	test:	8x200 best stroke with start		
date:	4.3.2017	(25)	PB (25)	1:58,16	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:21,8	2:18,4				28,2	24	28
2. (+20%)	2:21,8	2:18,2				32,8	25	23
3. (+15%)	2:15,9	2:15,7				32,5	28	27
4. (+15%)	2:15,9	2:13,6				34,3	30	28
5. (+10%)	2:10,0	2:09,5				36,9	31	29
6. (+10%)	2:10,0	2:08,9				35,4	31	29
7. max	x	2:09,5				37,1	30	29
8. max	x	2:07,9				36,7	30	29

JANIČKOVA	Barbora	2000	back	200m	test:	8x200 best stroke with start		
date:	4.3.2017	(25)	PB (25)	2:12,54	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:39,0	2:45,2				22,8	25	23
2. (+20%)	2:39,0	2:35,9				25,9	28	25
3. (+15%)	2:32,4	2:30,8				28,8	29	27
4. (+15%)	2:32,4	2:29,8				30,4	30	29
5. (+10%)	2:25,8	2:29,8				31,0	30	29
6. (+10%)	2:25,8	2:26,4				32,2	32	29
7. max	x	2:31,6				30,8	29	30
8. max	x	2:30,8				30,2	32	30

JELINKOVA	Johana	2001	breast	200m	test:	8x200 best stroke with start		
date:	x	(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	0:00,0							
2. (+20%)	0:00,0							
3. (+15%)	0:00,0							
4. (+15%)	0:00,0							
5. (+10%)	0:00,0							
6. (+10%)	0:00,0							
7. max	x							
8. max	x							

HUDCOVA	Marika	2001	breast	200m	test:	8x200 best stroke with start		
date:	4.3.2017	(25)	PB (25)	2:33,24	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	3:03,9	2:54,2				24,1	21	12
2. (+20%)	3:03,9	2:55,0				20,3	22	12
3. (+15%)	2:56,2	2:53,9				22,9	24	13
4. (+15%)	2:56,2	2:55,8				23,9	27	13
5. (+10%)	2:48,6	2:47,2				25,9	27	14
6. (+10%)	2:48,6	2:46,0				27,1	29	14
7. max	x	2:40,5				27,1	31	16
8. max	x	2:39,2				33,5	34	16

LACTATE PROTOCOL - SWIMMING

swimming camp of Czech junior team - Olomouc (CZE)

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PB personal best (osobní rekord)
GT given time (určený čas)
AT attained time (dosažený čas)
HR heart rate (tepová frekvence) 10"
FR frequency rate (frekvence záběrů) dle stopke
CS count stroke (počet záběrů) - poslední 50m

POLCAROVA		Tereza	2001	free	200m	test:	8x200 best stroke with start		
date:		24.9.2016	(25)	PB (25)	2:07,30	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
		GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)		2:32,8	2:22,8	1,4			37,3	25	32
2. (+20%)		2:32,8	2:33,5		1,2		34,4	24	34
3. (+15%)		2:26,4	2:30,5				38,3	27	37
4. (+15%)		2:26,4	2:22,3		1,7		40,5	30	38
5. (+10%)		2:20,0	2:18,9				42,0	30	38
6. (+10%)		2:20,0	2:18,3		2,4		41,5	32	37
7. max		x	2:13,6				44,0	35	38
8. max		x	2:13,0		5,6	4,5	44,0	36	38

KUCERA		Roman	2000	free	200m	test:	8x200 best stroke with start		
date:		24.9.2016	(25)	PB (25)	1:57,04	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
		GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)		2:20,4	2:20,9				30,1	28	29
2. (+20%)		2:20,4	2:21,5				29,7	30	29
3. (+15%)		2:14,6	2:19,0				30,2	30	30
4. (+15%)		2:14,6	2:16,7				32,6	32	32
5. (+10%)		2:08,7	2:14,9				35,3	35	33
6. (+10%)		2:08,7	2:16,8				36,0	37	35
7. max		x	2:18,0				36,2	36	40
8. max		x	2:18,7				37,3	35	42

MIKO		Dušan	2000	free	200m	test:	8x200 best stroke with start		
date:		24.9.2016	(25)	PB (25)	1:56,31	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
		GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)		2:19,6	2:11,2	1,6			34,0	23	26
2. (+20%)		2:19,6	2:15,8		4,7		32,5	25	28
3. (+15%)		2:13,8	2:11,8				31,6	27	30
4. (+15%)		2:13,8	2:15,2		4,5		33,5	25	30
5. (+10%)		2:07,9	2:11,4				34,5	28	29
6. (+10%)		2:07,9	2:11,0		4,9		34,0	26	29
7. max		x	2:17,8				34,0	29	30
8. max		x	2:10,2		6,6	9,7	35,3	30	31

MUSELOVA		Tereza	2001	free	200m	test:	8x200 best stroke with start		
date:		24.9.2016	(25)	PB (25)	2:06,60	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
		GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)		2:31,9	2:32,7				27,9	23	28
2. (+20%)		2:31,9	2:30,8				28,8	25	29
3. (+15%)		2:25,6	2:24,4				30,6	27	30
4. (+15%)		2:25,6	2:22,8				30,6	27	30
5. (+10%)		2:19,3	2:18,3				33,2	29	31
6. (+10%)		2:19,3	2:17,3				34,2	32	30
7. max		x	2:10,3				38,2	37	33
8. max		x	2:13,1				40,2	38	35

LACTATE PROTOCOL - SWIMMING

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HR heart rate (tepová frekvence) 10"
FR frequency rate (frekvence záběrů) dle stopke
CS count stroke (počet záběrů) - poslední 50m

POLCAROVA		Tereza	2001	free	200m	test:	8x200 best stroke with start		
date:		x	(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
		GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)		0:00,0							
2. (+20%)		0:00,0							
3. (+15%)		0:00,0							
4. (+15%)		0:00,0							
5. (+10%)		0:00,0							
6. (+10%)		0:00,0							
7. max		x							
8. max		x							

KUCERA		Roman	2000	free	200m	test:	8x200 best stroke with start		
date:		x	(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
		GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)		0:00,0							
2. (+20%)		0:00,0							
3. (+15%)		0:00,0							
4. (+15%)		0:00,0							
5. (+10%)		0:00,0							
6. (+10%)		0:00,0							
7. max		x							
8. max		x							

MIKO		Dušan	2000	free	200m	test:	8x200 best stroke with start		
date:		4.3.2017	(25)	PB (25)	1:56,31	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
		GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)		2:19,6	2:11,2				32,4	26	28
2. (+20%)		2:19,6	2:13,2				32,6	26	26
3. (+15%)		2:13,8	2:10,9				33,4	28	26
4. (+15%)		2:13,8	2:10,8				34,5	28	29
5. (+10%)		2:07,9	2:07,9				34,6	30	31
6. (+10%)		2:07,9	2:08,3				36,0	31	30
7. max		x	2:10,3				35,6	31	31
8. max		x	2:06,6				36,7	33	31

MUSELOVA		Tereza	2001	free	200m	test:	8x200 best stroke with start		
date:		4.3.2017	(25)	PB (25)	2:03,06	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
		GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)		2:27,7	x						
2. (+20%)		2:27,7	x						
3. (+15%)		2:21,5	x						
4. (+15%)		2:21,5	x						
5. (+10%)		2:15,4	x						
6. (+10%)		2:15,4	x						
7. max		x	x						
8. max		x	x						

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FR frequency rate (frekvence záběrů) dle stopke
CS count stroke (počet záběrů) - poslední 50m

DOUBNEROVA		Adéla	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		24.9.2016	(25)	PB (25)	2:21,00	in. start:	FR+BC+FL+IM = 5'; BR = 5' 30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS	
1. (+20%)	2:49,2	nevolnost							
2. (+20%)	2:49,2	z odběrů							
3. (+15%)	2:42,2	nevolnost							
4. (+15%)	2:42,2	z odběrů							
5. (+10%)	2:35,1	nevolnost							
6. (+10%)	2:35,1	z odběrů							
7. max	x	nevolnost							
8. max	x	z odběrů							

CHRÁPAVÝ		Filip	1999	i.m.	200m	test:	8x200 best stroke with start		
date:		24.9.2016	(25)	PB (25)	2:01,82	in. start:	FR+BC+FL+IM = 5'; BR = 5' 30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS	
1. (+20%)	2:26,2	2:29,3				23,0	23	22	
2. (+20%)	2:26,2	2:27,9				23,0	23	23	
3. (+15%)	2:20,1	2:21,0				26,9	24	24	
4. (+15%)	2:20,1	2:22,0				25,8	24	24	
5. (+10%)	2:14,0	2:17,2				29,1	26	26	
6. (+10%)	2:14,0	2:14,3				30,1	28	28	
7. max	x	2:14,8				37,6	27	24	
8. max	x	2:15,0				40,8	34	29	

LAHODA		Jakub	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		24.9.2016	(25)	PB (25)	2:08,73	in. start:	FR+BC+FL+IM = 5'; BR = 5' 30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS	
1. (+20%)	2:34,5	2:32,8				24,0	24	26	
2. (+20%)	2:34,5	2:32,0				27,2	25	26	
3. (+15%)	2:28,0	2:29,8				20,3	24	25	
4. (+15%)	2:28,0	2:29,4				28,8	26	25	
5. (+10%)	2:21,6	2:22,8				32,7	28	27	
6. (+10%)	2:21,6	2:24,4				34,3	27	29	
7. max	x	2:21,9				37,9	30	34	
8. max	x	2:23,0				37,2	29	35	

VAVRINOVA		Adéla	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		24.9.2016	(25)	PB (25)	2:20,64	in. start:	FR+BC+FL+IM = 5'; BR = 5' 30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS	
1. (+20%)	2:48,8	2:42,0	1,3			30,3	20	27	
2. (+20%)	2:48,8	2:42,6		3,0		27,1	23	26	
3. (+15%)	2:41,7	2:36,4				31,1	25	26	
4. (+15%)	2:41,7	2:40,1		3,2		27,3	25	26	
5. (+10%)	2:34,7	2:32,8				31,9	29	29	
6. (+10%)	2:34,7	2:35,1		6,9		31,1	30	29	
7. max	x	2:29,0				35,9	36	35	
8. max	x	2:25,7		15,0	9,1	32,4	36	38	

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CS count stroke (počet záběrů) - poslední 50m

DOUBNEROVA		Adéla	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		x	(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5' 30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS	
1. (+20%)	0:00,0								
2. (+20%)	0:00,0								
3. (+15%)	0:00,0								
4. (+15%)	0:00,0								
5. (+10%)	0:00,0								
6. (+10%)	0:00,0								
7. max	x								
8. max	x								

CHRÁPAVÝ		Filip	1999	i.m.	200m	test:	8x200 best stroke with start		
date:		x	(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5' 30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS	
1. (+20%)	0:00,0								
2. (+20%)	0:00,0								
3. (+15%)	0:00,0								
4. (+15%)	0:00,0								
5. (+10%)	0:00,0								
6. (+10%)	0:00,0								
7. max	x								
8. max	x								

LAHODA		Jakub	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		4.3.2017	(25)	PB (25)	2:06,33	in. start:	FR+BC+FL+IM = 5'; BR = 5' 30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS	
1. (+20%)	2:31,6	2:32,5				28,1	24	24	
2. (+20%)	2:31,6	2:33,1				26,9	24	26	
3. (+15%)	2:25,3	2:27,3				29,5	26	29	
4. (+15%)	2:25,3	2:27,0				30,1	27	29	
5. (+10%)	2:19,0	2:20,4				34,7	30	37	
6. (+10%)	2:19,0	2:21,5				36,3	30	32	
7. max	x	2:18,8				39,8	32	36	
8. max	x	2:19,4				40,4	31	37	

VAVRINOVA		Adéla	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		4.3.2017	(25)	PB (25)	2:19,03	in. start:	FR+BC+FL+IM = 5'; BR = 5' 30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS	
1. (+20%)	2:46,8	2:41,9				29,9	25	32	
2. (+20%)	2:46,8	2:43,9				28,8	25	29	
3. (+15%)	2:39,9	2:37,6				32,3	25	30	
4. (+15%)	2:39,9	2:38,5				31,6	25	30	
5. (+10%)	2:32,9	2:33,8				32,8	30	31	
6. (+10%)	2:32,9	2:33,7				32,6	32	31	
7. max	x	2:29,9				35,1	35	34	
8. max	x	2:29,8				35,8	35	35	

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FR frequency rate (frekvence záběrů) dle stopek
CS count stroke (počet záběrů) - poslední 50m

SEEMANOVA	Barbora	2000	free	200m	test:	8x200 best stroke with start		
date:	x	(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	0:00,0							
2. (+20%)	0:00,0							
3. (+15%)	0:00,0							
4. (+15%)	0:00,0							
5. (+10%)	0:00,0							
6. (+10%)	0:00,0							
7. max	x							
8. max	x							

SEEMANOVA	Barbora	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	0:00,0							
2. (+20%)	0:00,0							
3. (+15%)	0:00,0							
4. (+15%)	0:00,0							
5. (+10%)	0:00,0							
6. (+10%)	0:00,0							
7. max	x							
8. max	x							

SEEMANOVA	Barbora	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	0:00,0							
2. (+20%)	0:00,0							
3. (+15%)	0:00,0							
4. (+15%)	0:00,0							
5. (+10%)	0:00,0							
6. (+10%)	0:00,0							
7. max	x							
8. max	x							

SEEMANOVA	Barbora	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	0:00,0							
2. (+20%)	0:00,0							
3. (+15%)	0:00,0							
4. (+15%)	0:00,0							
5. (+10%)	0:00,0							
6. (+10%)	0:00,0							
7. max	x							
8. max	x							

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HR heart rate (tepová frekvence) 10''
FR frequency rate (frekvence záběrů) dle stopek
CS count stroke (počet záběrů) - poslední 50m

SEEMANOVA	Barbora	2000	i.m.	200m	test:	8x200 best stroke with start		
date:	4.3.2017	(25)	PB (25)	1:55,85	in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	2:19,0	2:15,1				31,1	25	28
2. (+20%)	2:19,0	2:17,5				28,6	27	29
3. (+15%)	2:13,2	2:13,1				29,0	28	28
4. (+15%)	2:13,2	2:11,7				30,1	29	28
5. (+10%)	2:07,4	2:07,9				33,5	30	31
6. (+10%)	2:07,4	2:08,5				33,2	31	30
7. max	x	2:09,5				31,0	32	31
8. max	x	2:06,9				32,7	33	33

SEEMANOVA	Barbora	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	0:00,0							
2. (+20%)	0:00,0							
3. (+15%)	0:00,0							
4. (+15%)	0:00,0							
5. (+10%)	0:00,0							
6. (+10%)	0:00,0							
7. max	x							
8. max	x							

SEEMANOVA	Barbora	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	0:00,0							
2. (+20%)	0:00,0							
3. (+15%)	0:00,0							
4. (+15%)	0:00,0							
5. (+10%)	0:00,0							
6. (+10%)	0:00,0							
7. max	x							
8. max	x							

SEEMANOVA	Barbora	2000	i.m.	200m	test:	8x200 best stroke with start		
date:		(25)	PB (25)		in. start:	FR+BC+FL+IM = 5'; BR = 5'30		
	GT	AT	pre-lactate	lactate	post-lactate	FR	HR	CS
1. (+20%)	0:00,0							
2. (+20%)	0:00,0							
3. (+15%)	0:00,0							
4. (+15%)	0:00,0							
5. (+10%)	0:00,0							
6. (+10%)	0:00,0							
7. max	x							
8. max	x							