

VT SCM2 Západní Čechy 16. - 22. 2. 2020 / skupina Z. Panýrková

16. 2. 2020 - dopoledne

12:00 zahájení VT

Voda	Sucho
0'	0'

**Skupina Panýrková: Fait Martin, Filip Tomáš, Holub Vít, Sladký Matěj,
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16. 2. 2020 - odpoledne 16:30-18:00

1300(100PZ-100lib-200Z-100lib-300P-100lib-400K i 10''),	1300	Voda	Sucho
200Kn,8x50(25Mn↓ max+25Mn záda)pl is 1'15'',	1900	90'	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		
	5 700	5700	5700

17. 2. 2020 - 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 1'50''+3x50K max is 1'+200K lehce is 4'),			
12x50Z pl is 50'',	5200		
2x400Kpa is 5'30''(6')-2x300Kpa is 4'15''(4'30'')-2x200K is 3',	7300		
200lib	7 300		

17. 2. 2020 - odpoledne 13:30-15:30

1000(200lib+50K,P,Z,M i 10''),	1000	Voda	Sucho
5x200PZ (vždy 1zp nohy/lib výběr) is 3'20'',	2000	120'	0
3000K(1500K is 24'-800K is 12'-400K is 6'-200K is 3'-100K),	5000		
3x400 1.400Z, 2.400Zmpa, 3.400Zpa i 20''	6200		
	6200	13 500	19 200

18. 2. 2020 - 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'',24x50(2xM+2xP) is 1',	5900		
600Kpa šn délka záběru!,	6500		
10x200(2xM+2xZ+2xP+2xPZ+2xK) is 3'30''-3'15''-3'45''-3'15''-3',	8500		
300lib pomůcky	8800		

18. 2. 2020 - odpoledne 16:00-18:00

900(50-100-150 Z,P,K),5x200PZ is 3'15'',	1900	Voda	Sucho
1000(50n-100souhra-50cv Z,K,P,Z,K),	2900	120'	60'
4x100K max is 1'30''+100lib,4x100K max is 1'30''+100lib,	3900		
400K max+100lib,4x100K max is 1'30''+100lib,	4900		
400 po50 Zcv,Pcv,	5300		
1000K pl (25max-175souhra),200lib	6500	15300	34 500

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19. 2. 2020 - dopoledne 6:00-8:30

400K,400(100K+100PZ),	800	Voda	Sucho
3x400PZ po100-50-25 is 6'45'',100lib,	2100	150'	60'
5x800K is 12'+2x400K is 5'30'',	6900		
400lib pomůcky,	7300		
2x300PZ,Z i 20''+2x200PZ,Z i 15''+2x100PZ,Z i 10''	8500		
	8500		

19. 2. 2020 - odpoledne 14:30-16:00

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),		90'	
4x50PZ (25max -25lehce) is 1',500kpa šn,4x50(25Mn ↓-25lib)pl is 1',500(50Z+50K),			
3x200Z 1-37 is 3'15'', 300lib	5600		
	5200	13700	48 200

20. 2. 2020 - 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'	
10x(400K is 5'30''(6')+ 100HZ max +50lib) is 9',	8100		
400lib pomůcky	8500		
	8500		

20. 2. 2020 - 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	15300	63 500

21. 2. 2020 - dopoledne 6:00-8:30

500lib,800(200K-100PZ-200K-100PZ-200K),	1300	Voda	Sucho
16x50M,Z,P,K 4x 15 +35lib-4xcv-4x 25 +25lib-4xn is 1',	2100	150'	60'
5x500K is 7',200lib,	4800		
10x200K stup. po sériích 1-4 is 3',5-8 is 2'45'', 9-10 MAX is 3'15'',200lib,			
15x100 1-8 HZn is 2',9-15 PZ is 1'45'',200lib	8700		
	8700		

21. 2. 2020 - odpoledne 13:00-15:00

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	14300	77 800

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22. 2. 2020 - dopoledne 7:30-8:45

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		

22. 2. 2020 - odpoledne

10:00 ukončení VT		Voda	Sucho
		4300	82 100

		Voda	Sucho

		Voda	Sucho

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