

VT SCM II Západní Čechy 5. - 11. 2. 2022 / skupina Z. Panýrková

5. 2. 2022 - dopoledne

12:00 zahájení VT

Voda Sucho

0' 0'

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5. 2. 2022 - odpoledne 16:30-18:30

8x100lib stř zp po50 á 1'50", 8x50 K hyp5,7 á 55", 8x100k dl.z á 1'45",	2000	Voda	Sucho
4x(200hzn á 4'10'' + 2x50hzn max á 1'10'' po +1'),	3200	120'	60'
16x50(1.hzcv,2.lib) á 1',	4000		
4x(<u>4x50 hz 1' + 100(50hz max +50v á 2'15'')</u>),	5200		
8x50 K/Z á 55'	5600		
	5 600	5 600	5 600

6. 2. 2022 - dopoledne 6:00-8:30

400lib, 4x150(100PZ+50PZn) i 10'', 8x50(25scull+25Kr) i 10'',	1400	Voda	Sucho
4x(200PZn is 4'15'' + 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		
2x400Kpa is 5'45''(6')-2x300Kpa is 4'15''(4'30'')-1x200K max,	7300		
400lib.pom.	7 300		

6. 2. 2022 - odpoledne 13:30-15:00

1300(100PZ-100lib-200Z-100lib-300P-100lib-400K i 10''),	1300	Voda	Sucho
8x50(25Mn↓ max +25Mn záda)pl is 1'15'',	1700	90'	0
4x200K is 2'50''-3x200K is 2'45''-2x200K is 2'40''-4x50Z is 1',	3700		
3x200K is 2'45''-2x200K is 2'40''-4x50Z is 1',	4900		
2x200K is 2'40''-4x50Z is 1',	5500		
	5500	12 800	18 400

7. 2. 2022 - dopoledne 8:30-11:00

1000(100lib+25PZ),	1000	Voda	Sucho
32x50(2xK+2xKn)pl is 50'', 3x200PZcv i 15'', 28x50(2xZ+2xZn)pl is 55'',	4600	150'	
3x200PZcv i 15'', 24x50(2xM+2xP) is 1',	6400		
600Kpa šn délka záběru!,	7000		
600 lib pomůcky	7600		
	7600		

7. 2. 2022 - odpoledne 15:30-17:30

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		
800K pl (25max -75volně)	6100	13700	32 100

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8. 2. 2022 - 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		

8. 2. 2022 - odpoledne 14:00-16:00

400lib,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'' ,400lib	5600		
	5500	14000	46 100

9. 2. 2022 - dopoledne 8:00-10:00

800(400K,Z po50-200Z-200P),8x100Kpa prvních a posledních 15m hypox is 1'30'',		Voda	Sucho
8x100k is 1'25''(1'30''),200lib,	2600	120'	
7x(400K is 5'45''(6'30'')+ 100HZ max +50lib) is 9',	6450		
600lib pomůcky	7050		
	7050		

9. 2. 2022 - odpoledne 15:00-17:00

400lib,8x50 po1 Zcv,Z i 10'',200K hypox5,8x50 po1 Pcv,P i 10'',200K hypox5,	1600	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! ,100lib	6700	13750	59 850

10. 2. 2022 - dopoledne 6:00-8:00

400lib,800(200K-100PZ-200K-100PZ-200K),	1200	Voda	Sucho
16x50M,Z,P,K 4x 15 +35lib-4xcv-4x 25 +25lib-4xn is 1',	2000	120'	60'
3x500K is 7'30'',200lib,	3700		
8x200K stup. po sériích 1-3 is 3',4-6 is 2'45'',7-8 MAX is 3'15'' ,200lib,	5500		
12x100 1-6 HZn is 2',7-12 PZ is 1'45'',100lib	6800		
	6800		

10. 2. 2022 - 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		
600lib	5800		
	5800	12600	72 450

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400lib,	400	Voda	Sucho
10x50K šn is 45'',8x50(25Mn↓+25PZ)pl is 1'10'',	1300	90'	0
2x(400K is 6'+200Z is 3'15''+100PZ max+100lib),	2900		
2x(200Kn is 4'+100Zn is 2'+100HZn max+100lib),	3900		
600lib pomůcky	4500		
	4500		

11. 2. 2022 - odpoledne

10:00 ukončení VT		Voda	Sucho
		4500	76 950

		Voda	Sucho

		Voda	Sucho

		Voda	Sucho

		Voda	Sucho

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