

VT SCM2 Západní Čechy 22. 8. - 26. 8. 2020 / skupina Z.Panýrková

22. 8. 2020 - dopoledne

11:30 zahájení VT SCM2

Voda	Sucho
0'	0'

Skupina Panýrková: Honomichl, Korčák, Baslerová, Jahnová, Nushartová, Odehnalová, Šrailová

22. 8. 2020 - odpoledne 16:00-18:00

400lib, 2x200PZcv i 10'', 8x50(25PZ max+25lib) is 1'10'',	1200	Voda	Sucho
100-200-300-400K is 1'30'' / 3'/4'30'', 100-200- 300Kn is 2'10'/4'20'',		110'	60'
300(100Z+100Zcv+100Z),	3100		
100-200-300-400K+100- 200Kn is 2'10'', 300(100Zn+100Z+100Zn),	4700		
100-200-300-400K+ 100Kn , 300(100Zcv+100Z+100Zcv),	6100		
200lib	6300	6300	6300

23. 8. 2020 - dopoledne 6:00-8:30

1000(200lib+200K+200PZcv+200Z+200nlib),	1000	Voda	Sucho
15x100(2x100Z is 1'40''+1x100 PZ is 1'50''),	2500	120'	50'
500(25scull+25K)šn,	3000		
15x200(3x200K is 3'+2x200PZ is 3'30''),	6000		
10x100 1.100lib, 2.100nlib pl i 10''	7000		
	7000		

23. 8. 2020 - odpoledne 14:00-15:00

400lib, 3x(100(25M+25Z+50P) is 1'40''+200Kn is 4'20''),	1300	Voda	Sucho
8x50K 6 záběrů max v průběhu úseku 15-40m is 55'',	1700	60'	60'
6x100(25Mn↓+50MnZ+25Z)pl is 1'50'',	2300		
8x50K 10-obrátko-10 max is 55'',	2700		
6x100(25↓+50P 1/2+25K) is 1'50'',	3300		
200nlib	3500	10500	16800

24. 8. 2020 - dopoledne 10:00-12:00

300lib, 300(50Kcv+50Z), 300(50Kn+50P),	900	Voda	Sucho
1500K is 24'+800K is 12'+400K is 6'+200K is 3'+		120'	60'
100K is 2'+200K is 3'+400K is 6'+800K is 12'+1500K pl,			
6x100lib pomůcky i 10''	7400		
	7400		

24. 8. 2020 - odpoledne 15:00-16:00

400(50lib+50PZcv obr),	400	Voda	Sucho
8x50PZn bez desky is 1',	800	60'	60'
800(150MnZ+250Z+50Mn bok+75Zn+50Mn bok+75Zn+150MnZ)pl,	1600		
8x75(25M+50K) posledních 10m bez nádechu is 1'20'',	2200		
7x150(25M +50Z+50P+ 25K) is 2'20'',	3400		
100lib	3350	10750	27550

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25. 8. 2020 - dopoledne 8:00-10:00

300lib,30x50(3x50K is 50''+1x50M+1x50Z+1x50P is 1'),	1800	Voda	Sucho
400(25scull+25lib),	2200	120'	60'
9x400(3x400Kpa is 6'+2x400K is 6'+2x400PZ is 7')+ 2x400Kn is 7'30''),	5800		
2x300(100Z+100P+100Zn) i 20''	6400		
	6400		

25. 8. 2020 - odpoledne 14:00-15:00

400lib,8x25 1.↓, 2.PZ 15! sprint is 40'',	600	Voda	Sucho
400(25HZcv+25K),	1000	60'	60'
4x50(25Mn↓+25Z)pl is 1',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 1'20'',400Krapl šn	3400	9800	37350

26. 8. 2020 - dopoledne 7:30-9:00

200lib,200nlib,8x50PZ is 55'',	800	Voda	Sucho
10x100Kpa is 1'30'',200Mn,	2000	90'	
10x100(50M+50Z) is 1'40'',200Zn,	3200		
10x100 1.100K is 1'30'', 2.100PZ is 1'50'',200Kn,	4400		
200lib	4600		

26. 8. 2020 - odpoledne

9:00 ukončení VT SCM2		Voda	Sucho
		4600	41950

celkem voda m	
celkem voda min	
celkem sucho min	

