

Pondělí 18. 10. 2021

motiv dne

dopoledne

Volno / Cesta do Nymburka

odpoledne

800(400lib+200n lib+200cv lib)
800
4x50scull i 10''
1000
12x50K hypox3,5,7, každá 4tá 50 Z is 50''
1600
4x1000 mezi 1' pauza
1.4x100M is 1'40''+4x50Z is 50''+4x50P is 1'+4x50K is 50''
2.4x50M is 50''+4x100Z is 1'40''+4x50P is 1'+4x50K is 50''
3.4x50M is 50''+4x50Z is 50''+4x100P is 2'+4x50K is 50''
4.4x50M is 50''+4x50Z is 50''+4x50P is 50''+4x100K is 1'40''
5600
6x100(25Mn Lbok+25Mn Pbok+50Mnz)pl is 1'45''
6200

Úterý 19. 10. 2021

motiv dne

dopoledne

4x100(50K+50PZ obr) is 1'40''
4x100KKD3-4-3-2 is 1'40''
4x50HZcv is 1'
4x(25scull+**25HZ stup do max**) is 1'15''
1200
12x200K mezi pauza 1'
po4 is 2'40''-2'30''-2'20''/2'50''-2'40''-2'30''/3'-2'50''-2'40''
3600
200lib
3800
3x200HZn **15!**+ 160 + **25!** is 4'
4400
200lib
4600
3x
400Kpa délka záběru is 5'30''/5'45''+4x50po PZ bez K, důraz na obrátky! is 1'

odpoledne

400lib
400
16x25 Lichá - K hypox, Sudá - lib souhra is 30''
800
2x(300HZn **25**+75 is 6'+6x50HZcv is 1') po +20''
2000
6x250(50Z Pr+150Z souhra+50Z Lr)
3xpapl, 3xpl is 4'
3500
8x25Hz papl max is 1'30''
3700
8x150
L-50M+50Z+50P, S-25M+50Z+75P is 2'30''(2'40'')
4900
8x50lib is 50''
5300

Středa 20. 10. 2021

motiv dne

dopoledne

400(50K+50Z)
4x100K is 1'30''
400(50K+50P)
8x50K is 45''
1600
12x400 po3 50lib
1-3 400PZ is 6'(6'20'')
4-6 400K is 5'30''(5'45'')
7-9 200PZ is 3'(3'10'')
10-12 400K 1-3 stup is 5'30''(5'45'')
6600
200lib
6800
600(100Z+100Zs) pl
7400

odpoledne

2x(300lib+100HZn+100HZcv) i 10''
1000
8x100K 1.90K+10K hypox, 2.K hypox5 is 1'40''
1800
2x(200K is 3'+4x50HZcv/**K 1-4** is 1'10'')
2600
40x50
1. 16x50 3xK+**1xHZ max** is 1'
2. 12x50 2xK+**1xHZ max** is 1'15''
3. 8x50 1xK+**1xHZ max** is 1'30''
4. **4x50HZ max** is 2'
4600
8x100 1.K, 2.Z is 1'30''/1'40''
5400

Čtvrtek 21. 10. 2021

motiv dne

dopoledne

600(200lib+100n lib)
600
12x50(25K+25po PZ) is 50''
1200
10x50Kpa is 45''
1700
12x50po PZn is 1'
2300
10x50Kpa is 40''
2800
21x200
1x200M is 3'30''+2x200Z is 3'15''+1x200P is 3'45''+3x200K is 3'
7000
400lib pomůcky
7400

odpoledne

Výpadek proudu v areálu SC Nymburk

Pátek 22. 10. 2021

motiv dne

dopoledne

400
16x50 (4xPZ, 4xK) i 10''
1200
400(100scull+100HZcv)
1600
4x100(50PZ sest+50K) i 20''
2000
200HZcv
2200
6x50HZpl 1-3 is 1'
2500
8x100HZpa 75cv+15souhra+**10explo max** is 2'30''
3300
4x
25HZ start max+25lib is 1'15''+**50HZ max** is 1'15''+300K
technika is 5'
4900
8x50lib i 10''

odpoledne

Sobota 23. 10. 2021

motiv dne

dopoledne

400libo
10x50(25ppv+25hz)1'10''
2x200(100cv+100N) 15''
1600K fartl (20+30)/25+25 +200vypl.
15x100N 2'(25+75)(50+50)(100)
12x50plk/z 50''
8x200K pac A2 2'50''
200vypl.
7000

odpoledne

400Libo+200Pz
16x50Pz po 4 (25 sprint+25volně)
400pl 100vln+100z n
5x100Hz 2' 30''Start
100vypl.
6x50K 50''
5x50Hz start 1'15''
100vypl.
6x50Z vypl. 55''
5x25Hz start

100vypl
6x100pl z/libo 2'

4x300 (100libo+200pz) sou,cv,n,r 15"
8x200kpl.š (50n+**150sou**)
(100n+**100sou**) 3'10"
4x300k pac
(50cv+100sou+**50cv**+100sou) 15"
8x200z pl (50n+150sou)(100n+**100sou**)
3'10"
16x50k 50"
100vypl.
6 500

Neděle 24. 10. 2021

motiv dne

dopoledne

500lib
4x(4x50PZ+100K) 1'/1'30''
100vypl
10x50(25ppv deficit 10''+25libo)
2x50Z 1'
Štafety 5x200(po 8x25M)
100vypl
20x50K pac pl
1+1/2+1/3+1/4+1/5+1 1'
400(50n+50r)
4600

odpoledne

Odjezd domů