

VT SCM Západní Čechy 22. - 28.2.2015 / skupina L.Luhový

22.2.2015 - dopoledne

Příjezd SC Nymburk 11:00 hod

Skupina: Šimáček, Dvořák, Polcar, Gemov, Šperl, Šebesta, Hrabačka, Pokorný,
Bláha, Hengerič, Čermák, Huclová, Žůrková, Hauerová, Krocová, Berková

22.2.2015 - odpoledne 14:00-16:00

800rz,
8x150(75pzn+25z+25p+25k) á 15''
800(50hzcv+100tech+50sc),
8x200pz,k á 3'10'' a 2'50'',
16x50(1-25mn↓+25m,2-25zn↓+25z)pl á 1'10'',100v,
8x100kh3/5 á 1'30'',100v

6200

6200

23.2.2015 - dopoledne 8:00-11:00

400rz,24x25(25mn↓,25m,25z,25mn↓,25p,25k)pl á 40'',
2200(50k+50z+100k+100z+200k+200z+400k+400z+200k+200z+100k+100z+50k+50z)pa,
100v,12x50pZR á 55'',
2200(50kn+50z+100kn+100z+200kn+200z+400kn+400z+200kn+200z+100kn+100z+50kn+50z),
100v,12x50pz(25+25) á 1'05'',
24x25(25mn↓,25m,25z,25mn↓,25p,25k)pl á 40'',200v

7600

23.2.2015 - odpoledne 16:00-18:00

600rz,6x(200kr/zr,100hzcv),
Test 1500k (800k á 12'+400k á 6'+200k á 3'+100k),
400v,
35x50(5x25m+25z,5x50kh7,5x25z+25p,5x50kh7,5x25p+25k,5xkh7,5x25k+25m) á 55'',
400v

6400

14000

24.2.2015 - dopoledne 6:00-9:00

400rz,6x200(50hzn+150z,p,k) á 15'',
800k á 12'+4x100hz á 2',200v,800k á 12'+8x50hz á 1'10'',200v
800k á 12'+16x25hz á 40'',200v,
1000(200hzcv+200zn+200hzcv+200pzn+200hzcv),
16x50kh7,11 á 1',200v

7800

24.2.2015 - odpoledne 14:00-16:00

600rz,12x50pZR á 55'',
8x100k á 1'35'',200nlib,8x100k á 1'25'',200nlib,8x100k á 1'15'',200nlib,
12x100(2x100hzn,1x100hzcv) á 2',200v,
8x50k á 50'',100nlib,8x50k á 45'',100nlib,8x50k á 40'',100nlib,

7100

14900

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25.2.2015 - dopoledne 8:00-11:00

400k,100n,300z,200n,200p,300n,100m,400n,
4x400k á 5'30'',100v,3x400k á 6',100v,2x400k á 6'30'',100v,
12x50(1-25↓+25z,2-50zs) á 1'15'',
600zpl

7100

25.2.2015 - odpoledne 15:00-16:00

1000rz,
Test 5x200hz á 5',
500v

2500

9600

26.2.2015 - dopoledne 6:00-9:00

400rz,4x(300kr+3x50hzcv á 10''),
10x50mr á 1',100v,10x100mpl á 1'45'',200v,10x50mr á 1',100v,
900(50zn+100z+50pn+100p),
20x50pzpl(25+25) á 1',
900krpaš,
200v

7600

26.2.2015 - odpoledne 14:00-16:00

600rz,
12x100(pzcv,k)pl á 2',
4x(200hzn+100hzn) á 20'',100v,
4x(3x50+200cv)k,z,m,k,z á 1',300v,
12x100kpa á 1'15'' a 1'30'',200v

6200

13800

27.2.2015 - dopoledne 8:00-11:00

800rz,8x150(75mcv,zcv,pcv,kcv+75kh5) á 20'',
5x800k á 12',200v,
800(100zs+100z)pl,
16x50zn,pnz á 1'

7800

27.2.2015 - odpoledne 16:00-18:00

600rz,
12x125(50m+25z+25p+25k,50z+25p+25k+25m...) á 2'15'',200v,
600(50n+50r),
12x150kpa(50kh5+50k+50kh5) á 2'30'',200v,
600(50sc+50r)

5300

13100

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28.2.2015 - dopoledne 7:00-8:30

800rz,
8x50kh5,7,9,11 á 1',
4x(300pz á 4'30''+6x50k á 45''),
800(mnz,zn)pl

4400

Konec SC Nymburk 9:00 hod

4400

celkem: 76000