

VT Zakopane / Polsko 17. - 31. 10. 2020

17.10.2020 - dopoledne

příjezd do Zakopane

Voda	Sucho
0	0

0

17.10.2020 - odpoledne 19:00-21:00

500lib,12x100PZ po3, <u>první 25 ostře is 1'45''</u> ,	1700	Voda	Sucho
700(200PZr+50n lib),	2400	120	0
12x200 3xK is 2'50'', 1xZ is 3'20'',	4800		
700(50scull+50K technika)pl šn	5500		
	5500	5500	5500

18.10.2020 - dopoledne 8:00-10:00

200lib,200(100Mn+100Zn),12x50(25PZcv+25PZ souhra) is 1',	1000	Voda	Sucho
200lib,200(100Pn+100Kn),8x100Kpapl is 1'20'',	2200	120	70
200lib,	2400		
10x300K top Ø is 4'30'' ,200lib,	5600		
10x100(75Z+25P) is 1'50''	6600		
	6600		

18.10.2020 - odpoledne 15:30-17:30

400lib,8x100 L-50PZcv+50Z, S-50HZcv+50K i 10'',	1200	Voda	Sucho
4x100K 15-70-15 is 2',	1600	120	0
4x100Kpa is 1'30'' <u>posl25!+400HZn</u> +100lib,4x200Kpa is 2'50'' <u>posl25!+400HZn</u> +100lib,	5900		
4x400Kpa is 5'40'' <u>posl25!+400HZn</u> +100lib,	6300		
400lib pomůcky	6300		
	6300	12900	18400

19.10.2020 - dopoledne 9:00-11:00

12x50(25K+25PZ) i 10'',10x50Kpa is 45'',	1100	Voda	Sucho
12x50PZn po3 i 10'',10x50Kpa is 40'',	2200	120	60
<u>21x200 1x200M is 3'30''+2x200Z is 3'15''+1x200P is 3'45''+3x200K is 3'</u> ,	6400		
10x50(4x50MnZ,6x50lib)pl i 10''	6900		
	6900		

19.10.2020 - odpoledne 17:00-19:00

6x100K is 1'30'',3x100PZ is 1'40'',300HZcv,	1200	Voda	Sucho
8x25Mn↓ pl max is 40'' ,800K šn délka záběru!,	2200	120	0
4x50HZn 15-25-35-50max is 1'15'' ,8x100Z pl obrátky! is 1'40'',	3200		
8x25Kn šn streamline pl max is 40'' ,800(50HZcv+50Z+50HZ+50K),	4200		
4x50HZ 15-25-35-50max is 1' ,8x100Kpa hypox3,5 po50 is 1'40'',	5200		
5xKn vertikál 30''-30'' pauza,200lib	5400	12300	30700

VT Zakopane / Polsko 17. - 31. 10. 2020

20.10.2020 - dopoledne 9:00-11:00

500lib,5x100PZ obr is 1'40'',5x100PZ štaf poř is 1'40'',5x100Zn is 2',	2000	Voda	Sucho
12x400 4x400Z pl is 6',4x400K is 5'45'', 4x400K is 5'30'' ,	6800	120	80
200lib	7000		
	7000		

20.10.2020 - odpoledne 17:00-19:00

16x100(4x100lib is 2',4x100PZ is 1'45'',4x100K is 1'30'',4x100(50HZcv+50HZ) is 2'),		Voda	Sucho
8x100 1.25HZn max +75r lib, 2.25n lib max ne HZ +75r lib is 2'15'',100lib,		120	0
8x50HZ max is 1' ,100lib, 6x50HZ max is 1'05'' ,100lib, 4x50HZ max is 1'10'' ,100lib,	4100		
2x50HZ max is 1'15'' ,100lib, 50HZ start max ,150lib,	5400		
1300(50Z+400K+50Z+300K+50Z+200K+50Z+100K+50Z+50K+50Z) pl	5400		
	5400	12400	43100

21.10.2020 - dopoledne 9:00-11:00

1000(250K+250Z+200P+6x50Mcv),	1000	Voda	Sucho
3x500K is 7',100lib,6x250(200Z+50M/P) is 4'15'',100lib,	4200	120	60
10x150K pl is 2'10'',100lib,	5800		
500K,Z po50 pl,	6300		
4x25↓ is 40''	6400		
	6400		

21.10.2020 - odpoledne 17:00-19:00

500lib,20x50K šn is 50'',5x200PZ is 3'15'',	2500	Voda	Sucho
400(25scull+25K souhra)šn,	2900	120	0
4x100K is 1'30'' ,100lib, 4x100K is 1'30'' ,100lib, 400K ,100lib,	4400		
4x100K is 1'30'' ,100lib,400(50Z+50Pcv),	5300		
1200(100n lib+100Z)pl	6500		
	6500	12900	56000

22.10.2020 - dopoledne 9:00-11:00

600(200K+200Z+200PZcv), 4x100HZn 15-25-35-50HZn max do100HZn is 2'30'' ,		Voda	Sucho
4x100KKD3-4-3-2 is 1'40'',		120	80
33x100(9x100K is 1'30''+4x100HZn is 2'+8x100K is 1'30''+3x100HZn is 2'+			
7x100K is 1'30''+2x100HZn is 2'),			
4x100(25Mn↓ + 25HZ max +50Z)pl is 2'30'',			
600(200K+200Z+200lib)pl	5700		

22.10.2020 - odpoledne 17:00-19:00

300lib,6x50(25Mcv+25Z) is 1',300Kn,6x50(25scull+25Kcv) is 1',	1200	Voda	Sucho
12x50Kpapl po4 is 50''-45''-40'',100lib,	1900	120	0
600K is 9'+ 6x50M pl is 45'' +100lib,600K is 9'+ 4x100M pl is 1'30'' +100lib,			
600K is 9'+ 2x200M pl is 3' +100lib,	5100		
4x300Kpapl po4 is 4'-4'15'-4'30'',100lib	6400		
	6400	12100	68100

VT Zakopane / Polsko 17. - 31. 10. 2020

23.10.2020 - dopoledne 9:00-11:00

800(100souhra+100n) K-Z-P-M,	800	Voda	Sucho
8x50 1.25K hypox 1nádech+ 15K! +10K souhra, 2.50PZcv is 1'10'',	1200	120	80
10x100Mpl is 1'40'', 10x100Z is 1'40'', 10x100P is 2', 10x100K is 1'30'' mezi 100lib,			
8x100 1.100MnZ, 2.100Z, 3.50Mn L bok+50Mn P bok, 4.100lib pl i 10''	6400		
	6400		

23.10.2020 - odpoledne 17:00-19:00

400Kr šn, 4x50 1. 25HZ max +25lib, 2.50HZcv is 1'15'', 2x200Kn šn i 10'',	1000	Voda	Sucho
4x50 1. 25HZ max +25lib, 2.50HZcv pl is 1'15'', 400K šn délka záběru,	1600	120	0
4x50 1. 25HZ max +25lib, 2.50HZcv papl is 1'15'', 400(100Z+100lib),	2200		
4x400(2x25Mn ↓ pl max is 1'+ 1x50HZ max is 2'+ 1x75Hz max +225lib),	3800		
5x200Kpapl šn is 2'45'', 200lib	5000	11400	79500
	5000		

24.10.2020 - dopoledne 9:00-11:00

4x300(200K,Z,P,Mcv+100PZ) i 10'',	1200	Voda	Sucho
800Kn pl 25+75,	2000	120	90
10x100K poslední100 max is 1'30'', 100lib, 5x200K poslední200 max is 2'45'',			
100lib, 3x400K is 5'30'' poslední400 max , 100lib, 800K max , 100lib,	6400		
400Kn pl	6800		
	6800		

24.10.2020 - odpoledne 16:00-18:00

600(100K+100PZ+100Z), 4x100(25scull+50PZcv+25K) is 2',	1000	Voda	Sucho
12x50K 1-3 ↗ is 50'', 50lib, 8x50(25PZ sprint +25lib) 5-6 pl is 1'10'', 50lib,	2100	120	0
400Krupa šn, 400Kn max , 2x200Krupa šn is 3', 2x200Zn is 3',	3700		
4x100Krupa šn is 1'30'', 4x100Kn max is 3' , 8x50Krupa šn is 45'',	4900		
8x50Zn is 1',	5300		
600(200MnZ+200Z+200lib)pl	5900	12700	92200
	5900		

25.10.2020 - dopoledne 7:00-9:00

500lib,	500	Voda	Sucho
32x50(4xK, 4xPZ, 4xP, 4xPZ, 4xZ, 4xPZ, 4xM, 4xM, 4xPZ) i 10'',	2100	120	0
10x100K hypox 3,5 po50 is 1'40'',	3100		
24x50(3xKn, 3xK, 3xPn, 3xK, 3xZn, 3xK, 3xMn, 3xK) i 10'',	4300		
10x200 1.K is 2'50'', 2.PZ is 3'10'',	6300		
5x100lib pomůcky i 10''	6800		
	6800		

25.10.2020 - odpoledne 15:00-17:00

400lib, 400(50K+50K hypox5), 4x50HZ ↘ is 1'10'', 200HZn, 4x50HZcv is 1',	1400	Voda	Sucho
4x200(175K+ 25HZ sprint) is 2'30'', 4x200K is 2'50'',	3000	120	0
4x200 1. 200HZ max , 2. 100HZ max +100K, 3. 50HZ max +150K, 4.175K+ 25HZ max is 4',			
8x100K is 1'25'',	4600		
4x200 1. 200K max , 2. 100K max +100K, 3. 50K max +150K, 4.175K+ 25K max is 4',			
16x50K is 50'', 200lib	6400	13200	105400
	6400		

VT Zakopane / Polsko 17. - 31. 10. 2020

26.10.2020 - dopoledne

Výlet na Wielki Giewont (1890 m n. m.)

Voda	Sucho
0	300

0

26.10.2020 - odpoledne 20:30-21:30

4x100(50K+50Z) is 1'45'', 4x150(50K+50Z+50P) is 2'30'',

Voda	Sucho
60	0

4x200(50K+50Z+50P+50K) is 3'15'',

60	0
----	---

4x300 1.300n lib, 2.200n lib+100Kr šn, 3.100n lib+200Kr šn, 4.300Kr šn i 10''

200(50Z+50ZS)

3200	108600
------	--------

3200	108600
------	--------

3200

27.10.2020 - dopoledne 13:00-15:00

400lib, 4x100KKD3-4-3-2 is 1'40'', 200n lib, 4x100Kpapl 15-70-15 is 1'40'', 200scull,

Voda	Sucho
120	30

12x200(4x200K is 3', 4x200K is 2'50'', 4x200K is 2'40'') mezi 1' pauza,

120	30
-----	----

600(100Zn+200Z)pl,

4600	5800
------	------

12x100(4x100K is 1'30'', 4x100K is 1'25'', 4x100K is 1'20'') mezi 30'' pauza,

5800	6400
------	------

600(100Mnz+200Z)pl

6400	6400
------	------

6400	6400
------	------

27.10.2020 - odpoledne

Volno

Voda	Sucho
0	0

0	0
---	---

0

6400	115000
------	--------

6400

115000

28.10.2020 - dopoledne 14:30-16:00

800(300lib+100n lib),

Voda	Sucho
90	120

8x50 1.50K, 2.50Z 15↓ is 1', 4x100Hzn 25+25 is 2'30'',

90	120
----	-----

8x50Hzcv is 1', 4x400(4x50Hz max is 1'+200K is 4'),

3600	4400
------	------

8x50 1.50K, 2.50P is 1', 4x100Hz 25 start max is 2'30'',

4400	4600
------	------

200lib

4600	4600
------	------

4600	4600
------	------

4600

28.10.2020 - odpoledne 20:30-22:00

400(50K+50Z), 4x100PZ is 1'40'', 400(50K+50P),

Voda	Sucho
90	0

6x300 1.300Zpl, 2.300K šn délka záběru! is 4'30'', 3.3x100(75M/P+25lib) is 1'45'',

90	0
----	---

6x200 1.200Z pl, 2.200PZ pl is 3',

4200	4800
------	------

6x100(25Kn streamline+75K délka záběru) šn is 1'45'',

4800	5000
------	------

4x50(25↓+25lib) i 15''

5000	5000
------	------

9600	124600
------	--------

5000

9600

124600

VT Zakopane / Polsko 17. - 31. 10. 2020

29.10.2020 - dopoledne 13:00-15:00

300lib,30x50(4x50K is 45''+1x50M,1x50Z is 1'),200n lib,	2000	Voda	Sucho
1500K max is 24'+ 15x100K po5 mezi 1' pauza is 1'30'',	5000	120	0
600(100lib+100scull+100Z),	5600		
15x50Kn 1. 50 , 2. 35 +15, 3. 25 +25, 4. 15 +35, 5.50 lehce is 1'15'',	6350		
250lib	6600		
	6600		

29.10.2020 - odpoledne 19:00-21:00

300lib,6x100(75K+25PZ) is 1'45'',300(25scull+25Kr) šn,	1200	Voda	Sucho
12x25Mn ↓ max pl is 40'',	1500	120	60
12x50Z 1-3 mezi 1',12x50P 1+1 is 1',6x200K top Ø is 3',	3900		
2x(400K is 5'45''+2x200K is 2'50''+3x100K is 1'25''+4x50K is 45'' po 1' pauza),	6700		
200lib	6700	13300	137900

30.10.2020 - dopoledne 11:00-13:00

400lib,4x100PZ is 1'40'',4x200(100PZ+100K) is 3'10'',	1600	Voda	Sucho
6x50HZn is 1'+200HZcv,4x50HZn is 1'+200(50HZcv+50HZ souhra),	2500	120	0
2x50HZn is 1'+200lib ,	2800		
18x100(1x100K is 1'45''+1x100K is 1'30''+ 1x100HZ max is 2'),	4600		
8x150 1.150PZcv bez K, 2.150Z pl i 10''	5800		
	5800		

30.10.2020 - odpoledne 17:00-18:00

400(50K+50Z),6x100 1.100K, 2.100Z 50jednoruč střídat po25+50souhra i 10'',		Voda	Sucho
4x25K/Z kalíšky is 1' ,100lib, 4x25K/Z pa kalíšky is 1' ,100lib,	1400	60	
4x25K/Z pl kalíšky is 1' ,100lib, 4x25K/Z papl kalíšky is 1' , 100lib,	1800		
Předávky 10' ,200lib	2000		
	2000	7800	145700

31.10.2020 - dopoledne 7:00-8:30

200lib,24x50(6x50K is 45''+2x50Kn is 50'')pl,	1400	Voda	Sucho
3x200PZcv i 10'',	2000	90	0
600(25scull+75K souhra+25scull+75M,Z,P souhra) šn,	2600		
10x200 2xMpl is 3',2xZ is 3'10'',2xP is 3'30'',2xK is 2'50'',2xPZ is 3'10'',	4600		
200lib	4800		
	4800		

31.10.2020 - odpoledne

odjezd do ČR		Voda	Sucho
		0	0
	0	4800	150500

