

SCM 2 – Jihočeský kraj

SC Nymburk 30.3.-7.4.2019

Rozplavání: 200K, 200PZ, 200Z,P

So 30.3.2019

R. 600, 4x200PZ – n,r,cv,s
,100P,300Z,200P,200Z,300P,100Z,,
200Z soup, 2x (100D,2x50D,300K-5),400Knpl,
,400K,200PZ,100I,800ZKT packy, 6x25 pod vodou,
200Dnpl, 200P, 200Z 6,4

Ne 31.3.2019

R. 600, 16x50PZ (50), 2x400K-5, 12x50pl (25Dn pod vodou+25D),
8x100 I, 400PZcv, 4x100Knpl,
200Pr+Dn+p),400K pac,šn, 4x50I!, 1000 (75K+25Z,P), 200P 6,2

R. 600, 3x200PZ n,r,n
3x (100!-10vt, 200!-20vt, 300!-30vt, 400! – 100vypl)
1. PZ, 2. Hl. zp. (ne K), 3. K
400PZ (75cv+25s), 4x50I!, 200vypl,
1000Kpacky1,kh, 8x25Knpl,100 vypl. 6,4

Po 1.4.2019

R. 600, 3x200PZn,,S, 900 (75D,Z,P ! + 25KT),
4x250PZ cv,S (25,50,75,100 – D,Z,P,K
25,50,75,100 – K,P,Z,D)
1000 (50K!+50Z,PT), 4x100I!, 4x100K!,100vypl,
, 16x50Kpac5, 200Zsoup. 6,0

R. 600, 12x50K-5, 100vypl, 200K – 4min, 400K – 7min, 800K, 1500k,
400lib, 5x100I!, 200PZn, 5x200PZ s,cv,n

, 2x300K pl,packy,šn, 100P

6,7

Ut 2.4.2019

R. 600, 8x150 (50n+50cv+50s) D,K,Z,K,P,K,D,K,
5x400 (1.+3.+5.!, 2.+4.I – 200n+200cv),
800r packy (200K,200Z,200P,200K), ,
, 10x100PZ, ,20x50Kpl,, 100vypl

6,7

R. 600, 10x25Kbd, 800(25Dnpv+75K),
3x200n DZK,
10x100K, 400Zpac,200vypl

3,9

St 3.4.2019

R.600, 10x50K -5,7, 4x200In,r,
2x250PZ (25,50,75,100) i 15 ,
200Pr+Dn, , ,
15x100 K,3x200KZK pl, , 200vypl,

4,9

R. 600, 3x400 (K-5, Zr packy, In,r), ,
6x100I – 3min, 400lib, 800K,2x400K,4x200K,8x100K,
100volně, 400Dnpl, 200Z

6,7

Čt 4.4.2019

R. 600, 15x50PZ po 25m, 4x100I, 200Prpac,
2x400K,
200P, 9x200K,K,PZ, 200Pr+Kn, 30x50Kpl, 400vypl

6,7

R. 600, 20x25K5-7,400Kn,400Kr,300Zn,300Zr, 200Dn,
200Dr, 100Pn, 100Pr,
5x300 (100K5+100Z+100K7), 8x25Kn, 8x50K5,
8x25Dn , 8x50D400vypl.

6,4

Pá 5.4.2019

R. 600, 20x25 PZ, 6x100Dnpl,
4x600 i1min (PZ – 100cv+100S, DZP, Kpac. , Dnpl),
8x100Kpac. ., 8x50Kn, 400,200,100PZ, 500K(25!+25T,50!+50T atd.),
P!+500PZ(100K!+100KT,75P!+75PT.....)

7,5

R. 600

10x100K5-7, 10x50D 15m vlnění+10S,
2x(6x200K + 400In), 400Dcvpl 200 lib. 6,2
6x75(25I!+50ZT)

So 6.4.2019

R600, 10x50K5-7,
8x200PZ, 8x100Knp1, 8x150D,Z, 8x50P, 8x25Dpl bd,
800Kpac,šn, 400lib. 6,5

R.600, 10x25Dn, 10x300K, 200Icv, 10x300Kpl, 200lib 7,3

Ne 7.4.2019

R600, 20x25KD, 10x150 (50K7,50Z,50K5),
4x200 n , 10x100K,I, 10x25Dpl , 200lib. 4,9

Celkem 100km
2 hodiny denně sucho