

**Vlna 1 (Míčková, Kroupa, Lukš, Paleček)**

10 x 25 K-HZ á 2:00 – 1:30 → 1:15; mezi sériemi TC + kopání  
 úterý dopoledne

	Míčková	Kroupa	Lukš	Paleček
1/25	00:42,5	00:50,4	00:45,0	00:40,6
2/25	00:47,1	00:50,4	00:43,5	00:40,5
3/25	00:50,4	00:52,0	00:48,0	00:40,5
4/25	00:49,7	00:47,9	00:45,7	00:37,2
5/25	00:50,0	00:49,0	00:48,5	00:38,7
6/25	00:47,8	00:48,8	00:50,8	00:39,5
7/25	00:52,3	00:49,9	00:47,4	00:38,7
8/25	00:50,5	00:49,2	00:47,8	00:33,4
9/25	00:50,3	00:48,9	00:48,9	00:34,7
10/25	00:47,9	00:51,1	00:48,9	00:36,4

**Vlna 2 (Skalická, Klouda, Pucholt, Hlaváček)**

10 x 25 K-HZ á 2:00 – 1:30 → 1:15; mezi sériemi TC + kopání  
 úterý dopoledne

	Klouda	Skalická	Pucholt	Hlaváček
1/25	00:58,6	01:03,2	01:11,9	01:01,5
2/25	01:03,0	01:04,6	01:12,0	00:56,7
3/25	?	01:14,8	01:17,1	00:57,4
4/25	01:02,7	01:06,6	01:10,4	00:59,6
5/25	01:06,9	01:03,4	01:10,7	00:55,7
6/25	01:06,8	01:06,5	01:10,9	01:03,9
7/25	01:09,8	01:01,7	01:14,6	00:55,2
8/25	01:01,6	01:01,8	01:15,1	00:58,6
9/25	01:05,0	01:04,8	01:17,2	00:54,8
10/25	01:01,4	01:03,3	01:05,4	00:57,8

**Vlna 3 (Marek, Krátký, Jandera, Vondrášek)**

10 x 25 K-HZ á 2:00 – 1:30 → 1:15; mezi sériemi TC + kopání  
 úterý dopoledne

	Marek	Krátký	Jandera	Vondrášek
1/25	01:11,3	00:56,5	01:27,7	01:16,7
2/25	01:13,5	01:13,4	01:19,7	01:17,9
3/25	01:10,5	01:13,5	01:22,3	01:14,9
4/25	01:14,6	01:04,5	01:16,6	01:28,8
5/25	01:07,7	01:10,0	01:11,9	01:46,6
6/25	01:04,8	01:07,3	01:18,5	DNS
7/25	01:17,3	01:11,7	01:18,5	DNS
8/25	01:12,4	00:54,8	01:13,5	DNS
9/25	01:11,5	00:49,5	01:19,5	01:10,2
10/25	01:08,5	00:54,8	01:09,9	01:29,8

**Vlna 4 (Mašková, Augustinová, Švábová)**

**10 x 25 K-HZ á 2:00 – 1:30 → 1:15; mezi sériemi TC + kopání**

**úterý dopoledne**

	Mašková	Augustinová	Švábová	
1/25	01:13,0	01:08,0	01:25,0	
2/25	01:14,5	01:08,2	01:18,2	
3/25	01:14,7	01:14,7	01:28,6	
4/25	01:19,9	01:02,1	01:26,9	
5/25	01:23,0	01:05,3	01:27,3	
6/25	01:14,2	01:03,7	01:19,5	
7/25	01:15,2	01:05,8	01:33,8	
8/25	01:17,9	01:01,2	01:21,1	
9/25	01:16,8	01:01,8	01:31,4	
10/25	01:14,8	00:59,6	01:22,2	

**středa dopoledne**

Míčková	Kroupa	Lukš	Paleček
00:48,0	00:53,2	00:48,0	00:42,1
00:49,5	00:49,5	00:53,7	00:47,5
00:48,7	00:48,7	00:51,0	00:48,7
00:49,5	00:47,5	00:49,5	00:44,5
00:47,9	00:47,9	00:48,5	00:45,1
00:47,5	00:48,5	00:47,5	00:41,4
00:45,6	00:47,6	00:45,6	00:43,5
00:48,6	00:48,6	00:43,5	00:44,9
00:43,2	00:47,0	00:43,2	00:41,0
00:44,0	00:48,1	00:40,0	00:38,5

**středa dopoledne**

Klouda	Skalická	Pucholt	Hlaváček
01:01,6	00:54,0	01:02,0	01:02,0
01:03,2	00:54,6	01:13,2	01:03,2
00:59,5	00:59,4	01:13,0	00:59,1
01:02,3	00:57,4	01:07,7	00:58,4
00:59,4	00:56,5	01:10,9	00:59,4
01:01,8	00:59,0	01:09,9	00:57,6
01:02,9	00:57,1	01:04,8	00:56,0
00:54,8	01:05,8	01:08,2	01:00,9
00:51,3	00:59,9	01:06,6	00:59,9
00:51,1	00:58,9	01:06,2	01:00,2

**středa dopoledne**

Marek	Krátký	Jandera	Vondrášek
01:17,2	01:23,0	01:14,0	01:16,0
01:11,3	01:16,0	01:21,0	01:27,5
01:11,8	01:17,6	01:36,5	01:41,4
01:20,8	01:16,0	01:07,2	01:29,4
01:11,1	01:12,0	01:07,6	01:43,1
01:10,4	01:12,0	01:06,5	01:32,3
01:11,1	01:05,3	01:21,1	01:28,6
01:05,2	01:14,2	01:10,3	01:26,1
01:08,5	01:11,6	01:17,9	01:50,0
00:58,1	01:12,6	01:05,3	01:15,0

**středa dopoledne**

Mašková	Augustinová	Švábová	
01:15,3	01:15,3	01:12,5	
01:23,9	01:16,0	01:28,4	
01:10,8	01:13,8	01:35,1	
01:18,6	01:12,6	01:32,0	
01:09,2	01:09,2	01:23,2	
01:17,6	01:22,9	01:50,4	
01:17,4	01:29,1	01:21,7	
01:13,5	01:20,0	01:20,0	
01:06,8	01:17,6	01:23,6	
01:06,2	01:22,2	01:26,3	

**čtvrtek dopoledne**

Míčková	Kroupa	Lukš	Paleček
00:47,2	00:50,0	00:41,8	00:44,4
00:49,6	00:50,6	00:44,5	00:43,5
00:49,1	00:49,7	00:47,4	00:44,5
00:49,1	00:49,1	00:43,6	00:37,6
00:47,5	00:47,5	00:42,4	00:40,6
00:51,5	00:50,5	00:44,5	00:41,0
00:49,1	00:49,1	00:42,9	00:38,7
00:53,1	00:47,1	00:50,9	00:40,1
00:49,0	00:48,4	00:46,7	00:36,0
00:44,9	00:48,5	00:44,9	00:35,7

**čtvrtek dopoledne**

Klouda	Skalická	Pucholt	Hlaváček
00:58,3	00:59,3	01:13,8	01:03,5
01:01,0	01:03,0	01:10,4	01:09,8
00:58,0	00:58,0	01:10,3	01:00,2
00:58,0	01:07,1	01:05,7	00:58,0
00:59,1	01:01,3	01:11,5	01:05,4
01:08,1	00:59,4	01:18,5	01:02,6
01:00,5	01:01,5	01:11,9	00:59,2
00:52,8	01:00,8	01:09,4	01:01,2
00:58,2	01:06,6	01:11,2	00:57,3
00:54,0	01:04,9	01:07,1	00:57,0

**čtvrtek dopoledne**

Marek	Krátký	Jandera	Vondrášek
01:10,8	01:27,0	01:24,3	01:27,0
01:02,0	01:18,0	01:06,8	01:26,3
01:10,0	01:11,7	01:08,4	01:31,0
01:02,0	01:03,0	01:19,7	01:26,5
01:10,0	01:04,5	01:19,3	01:39,4
01:02,0	01:04,0	01:04,0	01:43,7
01:11,0	01:09,5	01:09,5	01:45,5
00:59,0	01:19,0	01:16,0	01:53,8
01:00,4	01:11,8	01:13,0	01:38,7
00:54,6	01:05,0	01:14,6	01:50,0

**čtvrtek dopoledne**

Mašková	Augustinová	Švábová	
01:12,0	01:22,2	01:32,0	
01:21,1	01:25,3	01:38,4	
01:21,0	01:23,6	01:28,9	
01:04,9	01:22,9	01:36,0	
01:17,1	01:14,3	01:27,0	
01:17,5	01:17,5	01:28,7	
01:25,0	01:17,2	01:34,4	
01:08,8	01:14,8	01:28,5	
01:03,0	01:14,5	01:31,5	
01:11,8	01:06,5	01:15,0	