

POSILOVNA
TEST "ČISTÉ RUCE" NA 5' - "nazdvihané kilogramy"

CHLAPCI			body	DÍVKY		
2000	2001	2002		2000	2001	2002
6659	6176	5370	80	4734	4268	3880
6622	6141	5340	79	4709	4246	3860
6584	6107	5310	78	4685	4224	3840
6547	6072	5280	77	4660	4202	3820
6510	6038	5250	76	4636	4180	3800
6473	6003	5220	75	4612	4158	3780
6436	5969	5190	74	4587	4136	3760
6398	5934	5160	73	4563	4114	3740
6361	5900	5130	72	4538	4092	3720
6324	5865	5100	71	4514	4070	3700
6287	5831	5070	70	4490	4048	3680
6250	5796	5040	69	4465	4026	3660
6212	5762	5010	68	4441	4004	3640
6175	5727	4980	67	4416	3982	3620
6138	5693	4950	66	4392	3960	3600
6101	5658	4920	65	4368	3938	3580
6064	5624	4890	64	4343	3916	3560
6026	5589	4860	63	4319	3894	3540
5989	5555	4830	62	4294	3872	3520
5952	5520	4800	61	4270	3850	3500
5915	5486	4770	60	4246	3828	3480
5878	5451	4740	59	4221	3806	3460
5840	5417	4710	58	4197	3784	3440
5803	5382	4680	57	4172	3762	3420
5766	5348	4650	56	4148	3740	3400
5729	5313	4620	55	4124	3718	3380
5692	5279	4590	54	4099	3696	3360
5654	5244	4560	53	4075	3674	3340
5617	5210	4530	52	4050	3652	3320
5580	5175	4500	51	4026	3630	3300
5543	5141	4470	50	4002	3608	3280
5506	5106	4440	49	3977	3586	3260
5468	5072	4410	48	3953	3564	3240
5431	5037	4380	47	3928	3542	3220
5394	5003	4350	46	3904	3520	3200
5357	4968	4320	45	3880	3498	3180
5320	4934	4290	44	3855	3476	3160
5282	4899	4260	43	3831	3454	3140
5245	4865	4230	42	3806	3432	3120
5208	4830	4200	41	3782	3410	3100
5171	4796	4170	40	3758	3388	3080
5134	4761	4140	39	3733	3366	3060
5096	4727	4110	38	3709	3344	3040
5059	4692	4080	37	3684	3322	3020
5022	4658	4050	36	3660	3300	3000

POSILOVNA
TEST "ČISTÉ RUCE" NA 5' - "nazdvihané kilogramy"

CHLAPCI			body	DÍVKY		
2000	2001	2002		2000	2001	2002
4985	4623	4020	35	3636	3278	2980
4948	4589	3990	34	3611	3256	2960
4910	4554	3960	33	3587	3234	2940
4873	4520	3930	32	3562	3212	2920
4836	4485	3900	31	3538	3190	2900
4799	4451	3870	30	3514	3168	2880
4762	4416	3840	29	3489	3146	2860
4724	4382	3810	28	3465	3124	2840
4687	4347	3780	27	3440	3102	2820
4650	4313	3750	26	3416	3080	2800
4613	4278	3720	25	3392	3058	2780
4576	4244	3690	24	3367	3036	2760
4538	4209	3660	23	3343	3014	2740
4501	4175	3630	22	3318	2992	2720
4464	4140	3600	21	3294	2970	2700
4427	4106	3570	20	3270	2948	2680
4390	4071	3540	19	3245	2926	2660
4352	4037	3510	18	3221	2904	2640
4315	4002	3480	17	3196	2882	2620
4278	3968	3450	16	3172	2860	2600
4241	3933	3420	15	3148	2838	2580
4204	3899	3390	14	3123	2816	2560
4166	3864	3360	13	3099	2794	2540
4129	3830	3330	12	3074	2772	2520
4092	3795	3300	11	3050	2750	2500
4055	3761	3270	10	3026	2728	2480
4018	3726	3240	9	3001	2706	2460
3980	3692	3210	8	2977	2684	2440
3943	3657	3180	7	2952	2662	2420
3906	3623	3150	6	2928	2640	2400
3869	3588	3120	5	2904	2618	2380
3832	3554	3090	4	2879	2596	2360
3794	3519	3060	3	2855	2574	2340
3757	3485	3030	2	2830	2552	2320
3720	3450	3000	1	2806	2530	2300

BĚH NA 3000 METRŮ

CHLAPCI			body	DÍVKY		
2000	2001	2002		2000	2001	2002
09:40,0	09:50,4	10:00,9	80	11:41,8	11:51,6	12:01,5
09:41,0	09:51,5	10:01,9	79	11:43,0	11:52,9	12:02,7
09:42,0	09:52,5	10:03,0	78	11:44,2	11:54,1	12:03,9
09:43,0	09:53,5	10:04,0	77	11:45,4	11:55,3	12:05,2
09:44,0	09:54,5	10:05,0	76	11:46,6	11:56,5	12:06,4
09:45,0	09:55,5	10:06,1	75	11:47,9	11:57,8	12:07,7
09:46,0	09:56,5	10:07,1	74	11:49,1	11:59,0	12:08,9
09:47,0	09:57,6	10:08,1	73	11:50,3	12:00,2	12:10,2
09:48,0	09:58,6	10:09,2	72	11:51,5	12:01,4	12:11,4
09:49,0	09:59,6	10:10,2	71	11:52,7	12:02,7	12:12,6
09:50,5	10:01,1	10:11,8	70	11:54,5	12:04,5	12:14,5
09:52,0	10:02,7	10:13,3	69	11:56,3	12:06,3	12:16,4
09:53,5	10:04,2	10:14,9	68	11:58,1	12:08,2	12:18,2
09:55,0	10:05,7	10:16,4	67	12:00,0	12:10,0	12:20,1
09:56,5	10:07,2	10:18,0	66	12:01,8	12:11,9	12:22,0
09:58,0	10:08,8	10:19,5	65	12:03,6	12:13,7	12:23,8
09:59,5	10:10,3	10:21,1	64	12:05,4	12:15,6	12:25,7
10:01,0	10:11,8	10:22,6	63	12:07,2	12:17,4	12:27,6
10:02,5	10:13,3	10:24,2	62	12:09,0	12:19,2	12:29,4
10:04,0	10:14,9	10:25,7	61	12:10,8	12:21,1	12:31,3
10:05,5	10:16,4	10:27,3	60	12:12,7	12:22,9	12:33,2
10:07,0	10:17,9	10:28,9	59	12:14,5	12:24,8	12:35,0
10:08,5	10:19,5	10:30,4	58	12:16,3	12:26,6	12:36,9
10:10,0	10:21,0	10:32,0	57	12:18,1	12:28,4	12:38,8
10:11,5	10:22,5	10:33,5	56	12:19,9	12:30,3	12:40,6
10:13,3	10:24,3	10:35,3	55	12:22,0	12:32,4	12:42,8
10:15,0	10:26,1	10:37,1	54	12:24,2	12:34,6	12:45,0
10:16,8	10:27,9	10:39,0	53	12:26,3	12:36,7	12:47,2
10:18,5	10:29,6	10:40,8	52	12:28,4	12:38,9	12:49,3
10:20,3	10:31,4	10:42,6	51	12:30,5	12:41,0	12:51,5
10:22,0	10:33,2	10:44,4	50	12:32,6	12:43,2	12:53,7
10:23,8	10:35,0	10:46,2	49	12:34,7	12:45,3	12:55,9
10:25,5	10:36,8	10:48,0	48	12:36,9	12:47,5	12:58,0
10:27,3	10:38,5	10:49,8	47	12:39,0	12:49,6	13:00,2
10:29,0	10:40,3	10:51,6	46	12:41,1	12:51,7	13:02,4
10:30,8	10:42,1	10:53,5	45	12:43,2	12:53,9	13:04,6
10:32,5	10:43,9	10:55,3	44	12:45,3	12:56,0	13:06,8
10:34,3	10:45,7	10:57,1	43	12:47,4	12:58,2	13:08,9
10:36,0	10:47,4	10:58,9	42	12:49,6	13:00,3	13:11,1
10:38,0	10:49,5	11:01,0	41	12:52,0	13:02,8	13:13,6
10:40,0	10:51,5	11:03,0	40	12:54,4	13:05,2	13:16,1
10:42,0	10:53,6	11:05,1	39	12:56,8	13:07,7	13:18,6
10:44,0	10:55,6	11:07,2	38	12:59,2	13:10,1	13:21,1
10:46,0	10:57,6	11:09,3	37	13:01,7	13:12,6	13:23,5
10:48,0	10:59,7	11:11,3	36	13:04,1	13:15,1	13:26,0

BĚH NA 3000 METRŮ

CHLAPCI			body	DÍVKY		
2000	2001	2002		2000	2001	2002
10:50,0	11:01,7	11:13,4	35	13:06,5	13:17,5	13:28,5
10:52,0	11:03,7	11:15,5	34	13:08,9	13:20,0	13:31,0
10:54,0	11:05,8	11:17,5	33	13:11,3	13:22,4	13:33,5
10:56,0	11:07,8	11:19,6	32	13:13,8	13:24,9	13:36,0
10:58,0	11:09,8	11:21,7	31	13:16,2	13:27,3	13:38,5
11:00,0	11:11,9	11:23,8	30	13:18,6	13:29,8	13:41,0
11:02,0	11:13,9	11:25,8	29	13:21,0	13:32,2	13:43,4
11:04,0	11:16,0	11:27,9	28	13:23,4	13:34,7	13:45,9
11:06,0	11:18,0	11:30,0	27	13:25,9	13:37,1	13:48,4
11:08,0	11:20,0	11:32,0	26	13:28,3	13:39,6	13:50,9
11:10,0	11:22,1	11:34,1	25	13:30,7	13:42,0	13:53,4
11:12,5	11:24,6	11:36,7	24	13:33,7	13:45,1	13:56,5
11:15,0	11:27,1	11:39,3	23	13:36,7	13:48,2	13:59,6
11:17,5	11:29,7	11:41,9	22	13:39,8	13:51,3	14:02,7
11:20,0	11:32,2	11:44,5	21	13:42,8	13:54,3	14:05,8
11:22,5	11:34,8	11:47,1	20	13:45,8	13:57,4	14:08,9
11:25,0	11:37,3	11:49,7	19	13:48,8	14:00,5	14:12,1
11:27,5	11:39,9	11:52,2	18	13:51,9	14:03,5	14:15,2
11:30,0	11:42,4	11:54,8	17	13:54,9	14:06,6	14:18,3
11:32,5	11:45,0	11:57,4	16	13:57,9	14:09,7	14:21,4
11:35,0	11:47,5	12:00,0	15	14:00,9	14:12,7	14:24,5
11:37,5	11:50,1	12:02,6	14	14:04,0	14:15,8	14:27,6
11:40,0	11:52,6	12:05,2	13	14:07,0	14:18,9	14:30,7
11:42,5	11:55,1	12:07,8	12	14:10,0	14:21,9	14:33,8
11:45,0	11:57,7	12:10,4	11	14:13,0	14:25,0	14:36,9
11:47,5	12:00,2	12:13,0	10	14:16,1	14:28,1	14:40,0
11:50,0	12:02,8	12:15,6	9	14:19,1	14:31,1	14:43,2
11:52,5	12:05,3	12:18,1	8	14:22,1	14:34,2	14:46,3
11:55,0	12:07,9	12:20,7	7	14:25,1	14:37,3	14:49,4
11:57,5	12:10,4	12:23,3	6	14:28,2	14:40,3	14:52,5
12:00,0	12:13,0	12:25,9	5	14:31,2	14:43,4	14:55,6
12:02,5	12:15,5	12:28,5	4	14:34,2	14:46,5	14:58,7
12:05,0	12:18,0	12:31,1	3	14:37,2	14:49,5	15:01,8
12:07,5	12:20,6	12:33,7	2	14:40,3	14:52,6	15:04,9
12:10,0	12:23,1	12:36,3	1	14:43,3	14:55,7	15:08,0

PLAVÁNÍ NA 400 METRŮ

CHLAPCI			body	DÍVKY		
2000	2001	2002		2000	2001	2002
05:29,5	05:42,0	05:50,9	80	05:52,6	05:59,6	06:08,4
05:32,0	05:44,6	05:53,6	79	05:55,2	06:02,3	06:11,2
05:34,5	05:47,2	05:56,2	78	05:57,9	06:05,1	06:14,0
05:37,0	05:49,8	05:58,9	77	06:00,6	06:07,8	06:16,8
05:39,5	05:52,4	06:01,6	76	06:03,3	06:10,5	06:19,6
05:42,0	05:55,0	06:04,2	75	06:05,9	06:13,3	06:22,4
05:45,0	05:58,1	06:07,4	74	06:09,2	06:16,5	06:25,8
05:48,0	06:01,2	06:10,6	73	06:12,4	06:19,8	06:29,1
05:51,0	06:04,3	06:13,8	72	06:15,6	06:23,1	06:32,5
05:54,0	06:07,5	06:17,0	71	06:18,8	06:26,4	06:35,8
05:57,0	06:10,6	06:20,2	70	06:22,0	06:29,6	06:39,2
06:00,0	06:13,7	06:23,4	69	06:25,2	06:32,9	06:42,5
06:03,0	06:16,8	06:26,6	68	06:28,4	06:36,2	06:45,9
06:06,0	06:19,9	06:29,8	67	06:31,6	06:39,5	06:49,2
06:09,0	06:23,0	06:33,0	66	06:34,8	06:42,7	06:52,6
06:12,0	06:26,1	06:36,2	65	06:38,0	06:46,0	06:56,0
06:15,0	06:29,3	06:39,4	64	06:41,3	06:49,3	06:59,3
06:18,0	06:32,4	06:42,6	63	06:44,5	06:52,5	07:02,7
06:21,0	06:35,5	06:45,8	62	06:47,7	06:55,8	07:06,0
06:24,0	06:38,6	06:49,0	61	06:50,9	06:59,1	07:09,4
06:27,0	06:41,7	06:52,2	60	06:54,1	07:02,4	07:12,7
06:30,0	06:44,8	06:55,4	59	06:57,3	07:05,6	07:16,1
06:33,0	06:47,9	06:58,5	58	07:00,5	07:08,9	07:19,4
06:36,0	06:51,0	07:01,7	57	07:03,7	07:12,2	07:22,8
06:39,0	06:54,2	07:04,9	56	07:06,9	07:15,5	07:26,1
06:42,0	06:57,3	07:08,1	55	07:10,1	07:18,7	07:29,5
06:45,0	07:00,4	07:11,3	54	07:13,4	07:22,0	07:32,9
06:48,0	07:03,5	07:14,5	53	07:16,6	07:25,3	07:36,2
06:51,0	07:06,6	07:17,7	52	07:19,8	07:28,6	07:39,6
06:54,0	07:09,7	07:20,9	51	07:23,0	07:31,8	07:42,9
06:57,0	07:12,8	07:24,1	50	07:26,2	07:35,1	07:46,3
07:00,0	07:16,0	07:27,3	49	07:29,4	07:38,4	07:49,6
07:03,0	07:19,1	07:30,5	48	07:32,6	07:41,7	07:53,0
07:06,0	07:22,2	07:33,7	47	07:35,8	07:44,9	07:56,3
07:09,0	07:25,3	07:36,9	46	07:39,0	07:48,2	07:59,7
07:12,0	07:28,4	07:40,1	45	07:42,2	07:51,5	08:03,0
07:16,0	07:32,6	07:44,3	44	07:46,5	07:55,9	08:07,5
07:20,0	07:36,7	07:48,6	43	07:50,8	08:00,2	08:12,0
07:24,0	07:40,9	07:52,9	42	07:55,1	08:04,6	08:16,5
07:28,0	07:45,0	07:57,1	41	07:59,4	08:08,9	08:20,9
07:32,0	07:49,2	08:01,4	40	08:03,6	08:13,3	08:25,4
07:36,0	07:53,3	08:05,6	39	08:07,9	08:17,7	08:29,9
07:40,0	07:57,5	08:09,9	38	08:12,2	08:22,0	08:34,3
07:44,0	08:01,6	08:14,2	37	08:16,5	08:26,4	08:38,8
07:48,0	08:05,8	08:18,4	36	08:20,8	08:30,8	08:43,3

PLAVÁNÍ NA 400 METRŮ

CHLAPCI			body	DÍVKY		
2000	2001	2002		2000	2001	2002
07:52,0	08:09,9	08:22,7	35	08:25,0	08:35,1	08:47,8
07:56,0	08:14,1	08:26,9	34	08:29,3	08:39,5	08:52,2
08:00,0	08:18,2	08:31,2	33	08:33,6	08:43,9	08:56,7
08:04,0	08:22,4	08:35,5	32	08:37,9	08:48,2	09:01,2
08:08,0	08:26,5	08:39,7	31	08:42,2	08:52,6	09:05,7
08:12,0	08:30,7	08:44,0	30	08:46,4	08:57,0	09:10,1
08:16,0	08:34,8	08:48,2	29	08:50,7	09:01,3	09:14,6
08:20,0	08:39,0	08:52,5	28	08:55,0	09:05,7	09:19,1
08:24,0	08:43,2	08:56,8	27	08:59,3	09:10,1	09:23,5
08:28,0	08:47,3	09:01,0	26	09:03,6	09:14,4	09:28,0
08:32,0	08:51,5	09:05,3	25	09:07,8	09:18,8	09:32,5
08:36,0	08:55,6	09:09,5	24	09:12,1	09:23,2	09:37,0
08:40,0	08:59,8	09:13,8	23	09:16,4	09:27,5	09:41,4
08:44,0	09:03,9	09:18,1	22	09:20,7	09:31,9	09:45,9
08:48,0	09:08,1	09:22,3	21	09:25,0	09:36,3	09:50,4
08:52,0	09:12,2	09:26,6	20	09:29,2	09:40,6	09:54,9
08:56,0	09:16,4	09:30,8	19	09:33,5	09:45,0	09:59,3
09:00,0	09:20,5	09:35,1	18	09:37,8	09:49,4	10:03,8
09:04,0	09:24,7	09:39,4	17	09:42,1	09:53,7	10:08,3
09:08,0	09:28,8	09:43,6	16	09:46,4	09:58,1	10:12,7
09:12,0	09:33,0	09:47,9	15	09:50,6	10:02,5	10:17,2
09:17,0	09:38,2	09:53,2	14	09:56,0	10:07,9	10:22,8
09:22,0	09:43,4	09:58,5	13	10:01,3	10:13,4	10:28,4
09:27,0	09:48,5	10:03,9	12	10:06,7	10:18,8	10:34,0
09:32,0	09:53,7	10:09,2	11	10:12,0	10:24,3	10:39,6
09:37,0	09:58,9	10:14,5	10	10:17,4	10:29,7	10:45,2
09:42,0	10:04,1	10:19,8	9	10:22,7	10:35,2	10:50,8
09:47,0	10:09,3	10:25,2	8	10:28,1	10:40,7	10:56,4
09:52,0	10:14,5	10:30,5	7	10:33,4	10:46,1	11:01,9
09:57,0	10:19,7	10:35,8	6	10:38,8	10:51,6	11:07,5
10:02,0	10:24,9	10:41,1	5	10:44,1	10:57,0	11:13,1
10:07,0	10:30,1	10:46,5	4	10:49,5	11:02,5	11:18,7
10:12,0	10:35,3	10:51,8	3	10:54,8	11:07,9	11:24,3
10:17,0	10:40,4	10:57,1	2	11:00,2	11:13,4	11:29,9
10:22,0	10:45,6	11:02,4	1	11:05,5	11:18,9	11:35,5