

POSILOVNA

TEST "ČISTÉ PAŽE" NA 5' - "váha činky (kg) x počet opakování x výška zdvihu (cm)"

CHLAPCI			body	DÍVKY		
2002	2003	2004		2002	2003	2004
365608	335961	286730	80	224727	204298	183770
363580	334098	285140	79	223578	203253	182830
361553	332235	283550	78	222428	202208	181890
359526	330372	281960	77	221279	201163	180950
357498	328509	280370	76	220129	200118	180010
355471	326646	278780	75	218980	199073	179070
353443	324783	277190	74	217830	198028	178130
351416	322920	275600	73	216681	196983	177190
349389	321057	274010	72	215531	195938	176250
347361	319194	272420	71	214382	194893	175310
345334	317331	270830	70	213232	193848	174370
343306	315468	269240	69	212083	192803	173430
341279	313605	267650	68	210933	191758	172490
339252	311742	266060	67	209784	190713	171550
337224	309879	264470	66	208634	189668	170610
335197	308016	262880	65	207485	188623	169670
333169	306153	261290	64	206335	187578	168730
331142	304290	259700	63	205186	186533	167790
329115	302427	258110	62	204036	185488	166850
327087	300564	256520	61	202887	184443	165910
325060	298701	254930	60	201737	183398	164970
323032	296838	253340	59	200588	182353	164030
321005	294975	251750	58	199438	181308	163090
318978	293112	250160	57	198289	180263	162150
316950	291249	248570	56	197139	179218	161210
314923	289386	246980	55	195990	178173	160270
312895	287523	245390	54	194840	177128	159330
310868	285660	243800	53	193691	176083	158390
308841	283797	242210	52	192541	175038	157450
306813	281934	240620	51	191392	173993	156510
304786	280071	239030	50	190242	172948	155570
302758	278208	237440	49	189093	171903	154630
300731	276345	235850	48	187943	170858	153690
298704	274482	234260	47	186794	169813	152750
296676	272619	232670	46	185644	168768	151810
294649	270756	231080	45	184495	167723	150870
292621	268893	229490	44	183345	166678	149930
290594	267030	227900	43	182196	165633	148990
288567	265167	226310	42	181046	164588	148050
286539	263304	224720	41	179897	163543	147110
284512	261441	223130	40	178747	162498	146170
282484	259578	221540	39	177598	161453	145230
280457	257715	219950	38	176448	160408	144290
278430	255852	218360	37	175299	159363	143350
276402	253989	216770	36	174149	158318	142410

POSILOVNA

TEST "ČISTÉ PAŽE" NA 5' - "váha činky (kg) x počet opakování x výška zdvihu (cm)"

CHLAPCI			body	DÍVKY		
2002	2003	2004		2002	2003	2004
274375	252126	215180	35	173000	157273	141470
272347	250263	213590	34	171850	156228	140530
270320	248400	212000	33	170701	155183	139590
268293	246537	210410	32	169551	154138	138650
266265	244674	208820	31	168402	153093	137710
264238	242811	207230	30	167252	152048	136770
262210	240948	205640	29	166103	151003	135830
260183	239085	204050	28	164953	149958	134890
258156	237222	202460	27	163804	148913	133950
256128	235359	200870	26	162654	147868	133010
254101	233496	199280	25	161505	146823	132070
252073	231633	197690	24	160355	145778	131130
250046	229770	196100	23	159206	144733	130190
248019	227907	194510	22	158056	143688	129250
245991	226044	192920	21	156907	142643	128310
243964	224181	191330	20	155757	141598	127370
241936	222318	189740	19	154608	140553	126430
239909	220455	188150	18	153458	139508	125490
237882	218592	186560	17	152309	138463	124550
235854	216729	184970	16	151159	137418	123610
233827	214866	183380	15	150010	136373	122670
231799	213003	181790	14	148860	135328	121730
229772	211140	180200	13	147711	134283	120790
227745	209277	178610	12	146561	133238	119850
225717	207414	177020	11	145412	132193	118910
223690	205551	175430	10	144262	131148	117970
221662	203688	173840	9	143113	130103	117030
219635	201825	172250	8	141963	129058	116090
217608	199962	170660	7	140814	128013	115150
215580	198099	169070	6	139664	126968	114210
213553	196236	167480	5	138515	125923	113270
211525	194373	165890	4	137365	124878	112330
209498	192510	164300	3	136216	123833	111390
207471	190647	162710	2	135066	122788	110450
205443	188784	161120	1	133917	121743	109510

BĚH NA 3000 METRŮ

CHLAPCI			body	DÍVKY		
2002	2003	2004		2002	2003	2004
09:45,0	09:55,5	10:06,1	80	11:47,9	11:57,8	12:07,7
09:46,0	09:56,5	10:07,1	79	11:49,1	11:59,0	12:08,9
09:47,0	09:57,6	10:08,1	78	11:50,3	12:00,2	12:10,2
09:48,0	09:58,6	10:09,2	77	11:51,5	12:01,4	12:11,4
09:49,0	09:59,6	10:10,2	76	11:52,7	12:02,7	12:12,6
09:50,0	10:00,6	10:11,2	75	11:53,9	12:03,9	12:13,9
09:51,0	10:01,6	10:12,3	74	11:55,1	12:05,1	12:15,1
09:52,0	10:02,7	10:13,3	73	11:56,3	12:06,3	12:16,4
09:53,0	10:03,7	10:14,3	72	11:57,5	12:07,6	12:17,6
09:54,0	10:04,7	10:15,4	71	11:58,7	12:08,8	12:18,9
09:55,5	10:06,2	10:16,9	70	12:00,6	12:10,6	12:20,7
09:57,0	10:07,7	10:18,5	69	12:02,4	12:12,5	12:22,6
09:58,5	10:09,3	10:20,0	68	12:04,2	12:14,3	12:24,5
10:00,0	10:10,8	10:21,6	67	12:06,0	12:16,2	12:26,3
10:01,5	10:12,3	10:23,2	66	12:07,8	12:18,0	12:28,2
10:03,0	10:13,9	10:24,7	65	12:09,6	12:19,8	12:30,1
10:04,5	10:15,4	10:26,3	64	12:11,4	12:21,7	12:31,9
10:06,0	10:16,9	10:27,8	63	12:13,3	12:23,5	12:33,8
10:07,5	10:18,4	10:29,4	62	12:15,1	12:25,4	12:35,7
10:09,0	10:20,0	10:30,9	61	12:16,9	12:27,2	12:37,5
10:10,5	10:21,5	10:32,5	60	12:18,7	12:29,0	12:39,4
10:12,3	10:23,3	10:34,3	59	12:20,9	12:31,3	12:41,6
10:14,0	10:25,1	10:36,1	58	12:22,9	12:33,3	12:43,7
10:15,8	10:26,9	10:38,0	57	12:25,1	12:35,5	12:46,0
10:17,5	10:28,6	10:39,7	56	12:27,2	12:37,6	12:48,1
10:19,3	10:30,4	10:41,6	55	12:29,4	12:39,8	12:50,3
10:21,0	10:32,2	10:43,4	54	12:31,4	12:41,9	12:52,4
10:22,8	10:34,0	10:45,2	53	12:33,6	12:44,1	12:54,7
10:24,5	10:35,7	10:47,0	52	12:35,6	12:46,2	12:56,8
10:26,3	10:37,6	10:48,8	51	12:37,8	12:48,4	12:59,0
10:28,0	10:39,3	10:50,6	50	12:39,9	12:50,5	13:01,2
10:29,8	10:41,1	10:52,5	49	12:42,1	12:52,7	13:03,4
10:31,5	10:42,9	10:54,2	48	12:44,1	12:54,8	13:05,5
10:33,3	10:44,7	10:56,1	47	12:46,3	12:57,0	13:07,7
10:35,0	10:46,4	10:57,9	46	12:48,4	12:59,1	13:09,9
10:36,8	10:48,3	10:59,7	45	12:50,5	13:01,3	13:12,1
10:38,5	10:50,0	11:01,5	44	12:52,6	13:03,4	13:14,2
10:39,3	10:50,8	11:02,3	43	12:53,6	13:04,4	13:15,2
10:41,0	10:52,5	11:04,1	42	12:55,6	13:06,5	13:17,3
10:43,0	10:54,6	11:06,1	41	12:58,0	13:08,9	13:19,8
10:45,0	10:56,6	11:08,2	40	13:00,5	13:11,4	13:22,3
10:47,0	10:58,6	11:10,3	39	13:02,9	13:13,8	13:24,8
10:49,0	11:00,7	11:12,4	38	13:05,3	13:16,3	13:27,3
10:51,0	11:02,7	11:14,4	37	13:07,7	13:18,7	13:29,8
10:53,0	11:04,8	11:16,5	36	13:10,1	13:21,2	13:32,3

BĚH NA 3000 METRŮ

CHLAPCI			body	DÍVKY		
2002	2003	2004		2002	2003	2004
10:55,0	11:06,8	11:18,6	35	13:12,6	13:23,6	13:34,7
10:57,0	11:08,8	11:20,7	34	13:15,0	13:26,1	13:37,2
10:59,0	11:10,9	11:22,7	33	13:17,4	13:28,6	13:39,7
11:01,0	11:12,9	11:24,8	32	13:19,8	13:31,0	13:42,2
11:03,0	11:14,9	11:26,9	31	13:22,2	13:33,5	13:44,7
11:05,0	11:17,0	11:28,9	30	13:24,6	13:35,9	13:47,2
11:07,0	11:19,0	11:31,0	29	13:27,1	13:38,4	13:49,7
11:09,0	11:21,0	11:33,1	28	13:29,5	13:40,8	13:52,2
11:11,0	11:23,1	11:35,2	27	13:31,9	13:43,3	13:54,6
11:13,0	11:25,1	11:37,2	26	13:34,3	13:45,7	13:57,1
11:15,0	11:27,1	11:39,3	25	13:36,7	13:48,2	13:59,6
11:17,0	11:29,2	11:41,4	24	13:39,2	13:50,6	14:02,1
11:19,0	11:31,2	11:43,4	23	13:41,6	13:53,1	14:04,6
11:21,0	11:33,3	11:45,5	22	13:44,0	13:55,5	14:07,1
11:23,0	11:35,3	11:47,6	21	13:46,4	13:58,0	14:09,6
11:25,0	11:37,3	11:49,7	20	13:48,8	14:00,5	14:12,1
11:27,0	11:39,4	11:51,7	19	13:51,3	14:02,9	14:14,5
11:29,0	11:41,4	11:53,8	18	13:53,7	14:05,4	14:17,0
11:31,0	11:43,4	11:55,9	17	13:56,1	14:07,8	14:19,5
11:33,0	11:45,5	11:57,9	16	13:58,5	14:10,3	14:22,0
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		
2002	2003	2004		2002	2003	2004
05:29,5	05:42,0	05:50,9	80	05:55,9	06:03,0	06:11,9
05:32,0	05:44,6	05:53,6	79	05:58,6	06:05,7	06:14,7
05:34,5	05:47,2	05:56,2	78	06:01,3	06:08,5	06:17,5
05:37,0	05:49,8	05:58,9	77	06:04,0	06:11,2	06:20,3
05:39,5	05:52,4	06:01,6	76	06:06,7	06:14,0	06:23,2
05:42,0	05:55,0	06:04,2	75	06:09,4	06:16,7	06:26,0
05:44,5	05:57,6	06:06,9	74	06:12,1	06:19,5	06:28,8
05:47,0	06:00,2	06:09,6	73	06:14,8	06:22,3	06:31,6
05:49,5	06:02,8	06:12,2	72	06:17,5	06:25,0	06:34,4
05:52,0	06:05,4	06:14,9	71	06:20,2	06:27,8	06:37,3
05:54,5	06:08,0	06:17,5	70	06:22,9	06:30,5	06:40,1
05:57,0	06:10,6	06:20,2	69	06:25,6	06:33,3	06:42,9
05:59,5	06:13,2	06:22,9	68	06:28,3	06:36,0	06:45,7
06:02,0	06:15,8	06:25,5	67	06:31,0	06:38,8	06:48,6
06:04,5	06:18,4	06:28,2	66	06:33,7	06:41,5	06:51,4
06:07,0	06:20,9	06:30,9	65	06:36,4	06:44,3	06:54,2
06:09,5	06:23,5	06:33,5	64	06:39,1	06:47,0	06:57,0
06:12,0	06:26,1	06:36,2	63	06:41,8	06:49,8	06:59,8
06:14,5	06:28,7	06:38,8	62	06:44,5	06:52,5	07:02,7
06:17,0	06:31,3	06:41,5	61	06:47,2	06:55,3	07:05,5
06:20,0	06:34,4	06:44,7	60	06:50,4	06:58,6	07:08,9
06:23,0	06:37,6	06:47,9	59	06:53,6	07:01,9	07:12,3
06:26,0	06:40,7	06:51,1	58	06:56,9	07:05,2	07:15,6
06:29,0	06:43,8	06:54,3	57	07:00,1	07:08,5	07:19,0
06:32,0	06:46,9	06:57,5	56	07:03,4	07:11,8	07:22,4
06:35,0	06:50,0	07:00,7	55	07:06,6	07:15,1	07:25,8
06:38,0	06:53,1	07:03,9	54	07:09,8	07:18,4	07:29,2
06:41,0	06:56,2	07:07,1	53	07:13,1	07:21,7	07:32,6
06:44,0	06:59,4	07:10,3	52	07:16,3	07:25,0	07:36,0
06:47,0	07:02,5	07:13,5	51	07:19,6	07:28,4	07:39,3
06:50,0	07:05,6	07:16,6	50	07:22,8	07:31,7	07:42,7
06:53,0	07:08,7	07:19,8	49	07:26,0	07:35,0	07:46,1
06:56,0	07:11,8	07:23,0	48	07:29,3	07:38,3	07:49,5
06:59,0	07:14,9	07:26,2	47	07:32,5	07:41,6	07:52,9
07:02,0	07:18,0	07:29,4	46	07:35,8	07:44,9	07:56,3
07:05,0	07:21,1	07:32,6	45	07:39,0	07:48,2	07:59,7
07:08,0	07:24,3	07:35,8	44	07:42,2	07:51,5	08:03,0
07:11,0	07:27,4	07:39,0	43	07:45,5	07:54,8	08:06,4
07:14,0	07:30,5	07:42,2	42	07:48,7	07:58,1	08:09,8
07:17,0	07:33,6	07:45,4	41	07:52,0	08:01,4	08:13,2
07:20,0	07:36,7	07:48,6	40	07:55,2	08:04,7	08:16,6
07:23,0	07:39,8	07:51,8	39	07:58,4	08:08,0	08:20,0
07:26,0	07:42,9	07:55,0	38	08:01,7	08:11,3	08:23,4
07:29,0	07:46,1	07:58,2	37	08:04,9	08:14,6	08:26,7
07:32,0	07:49,2	08:01,4	36	08:08,2	08:17,9	08:30,1

PLAVÁNÍ NA 400 METRŮ

CHLAPCI			body	DÍVKY		
2002	2003	2004		2002	2003	2004
07:35,0	07:52,3	08:04,6	35	08:11,4	08:21,2	08:33,5
07:38,0	07:55,4	08:07,8	34	08:14,6	08:24,5	08:36,9
07:41,0	07:58,5	08:11,0	33	08:17,9	08:27,8	08:40,3
07:44,0	08:01,6	08:14,2	32	08:21,1	08:31,1	08:43,7
07:47,0	08:04,7	08:17,4	31	08:24,4	08:34,4	08:47,1
07:51,0	08:08,9	08:21,6	30	08:28,7	08:38,9	08:51,6
07:55,0	08:13,1	08:25,9	29	08:33,0	08:43,3	08:56,1
07:59,0	08:17,2	08:30,1	28	08:37,3	08:47,7	09:00,6
08:03,0	08:21,4	08:34,4	27	08:41,6	08:52,1	09:05,1
08:07,0	08:25,5	08:38,7	26	08:46,0	08:56,5	09:09,6
08:11,0	08:29,7	08:42,9	25	08:50,3	09:00,9	09:14,1
08:15,0	08:33,8	08:47,2	24	08:54,6	09:05,3	09:18,7
08:19,0	08:38,0	08:51,4	23	08:58,9	09:09,7	09:23,2
08:23,0	08:42,1	08:55,7	22	09:03,2	09:14,1	09:27,7
08:27,0	08:46,3	09:00,0	21	09:07,6	09:18,5	09:32,2
08:31,0	08:50,4	09:04,2	20	09:11,9	09:22,9	09:36,7
08:35,0	08:54,6	09:08,5	19	09:16,2	09:27,3	09:41,2
08:39,0	08:58,7	09:12,7	18	09:20,5	09:31,7	09:45,7
08:43,0	09:02,9	09:17,0	17	09:24,8	09:36,1	09:50,3
08:47,0	09:07,0	09:21,3	16	09:29,2	09:40,5	09:54,8
08:51,0	09:11,2	09:25,5	15	09:33,5	09:44,9	09:59,3
08:55,0	09:15,3	09:29,8	14	09:37,8	09:49,4	10:03,8
08:59,0	09:19,5	09:34,0	13	09:42,1	09:53,8	10:08,3
09:03,0	09:23,6	09:38,3	12	09:46,4	09:58,2	10:12,8
09:07,0	09:27,8	09:42,6	11	09:50,8	10:02,6	10:17,3
09:11,0	09:31,9	09:46,8	10	09:55,1	10:07,0	10:21,9
09:15,0	09:36,1	09:51,1	9	09:59,4	10:11,4	10:26,4
09:19,0	09:40,2	09:55,3	8	10:03,7	10:15,8	10:30,9
09:23,0	09:44,4	09:59,6	7	10:08,0	10:20,2	10:35,4
09:27,0	09:48,5	10:03,9	6	10:12,4	10:24,6	10:39,9
09:31,0	09:52,7	10:08,1	5	10:16,7	10:29,0	10:44,4
09:35,0	09:56,8	10:12,4	4	10:21,0	10:33,4	10:48,9
09:39,0	10:01,0	10:16,6	3	10:25,3	10:37,8	10:53,5
09:43,0	10:05,2	10:20,9	2	10:29,6	10:42,2	10:58,0
09:47,0	10:09,3	10:25,2	1	10:34,0	10:46,6	11:02,5