

ESO9 cup - tréninky 2020

29.-31.5.20		22. trénink - od K ke K		Body	Kontrol
A	Tomáš P.	0:30:53	10	15	
A	Lukáš	0:37:09	9	15	
A	Zdenek	0:40:41	8	15	
A	Ema	0:42:04	7	15	
A	Dave	0:48:40	6	15	
A	Fantomas	0:49:05	5	15	
A	Emil	0:49:38	4	15	
A	Verča	0:50:44	3	15	
A	Tom B.	0:54:53	2	15	
A	Eva L.	0:59:55	1	15	
B	Tonda Máč	0:35:44	10	8	
B	Klárka	0:39:10	9	8	
B	Miládka	0:52:23	8	8	
B	Hanča	0:56:12	7	8	
B	Olga	0:56:12	7	8	

25.-27.5.20		21. trénink - middle		Body	Kontrol
A	Dave	0:28:40	10	14	
A	Tomáš P.	0:30:02	9	14	
A	Lukáš	0:32:35	8	14	
A	Verča	0:35:19	7	14	
A	Julča	0:36:08	6	14	
A	Zdenek	0:38:19	5	14	
A	Peca	0:38:22	4	14	
A	Eva M.	0:39:14	3	14	
A	Tom B.	0:49:30	2	14	
A	Eva L.	0:51:52	1	14	
B	Tonda Máč	0:22:54	10	8	
B	Hanča	0:44:20	9	8	
B	Olga	0:44:20	9	8	
B	Miládka	0:45:59	7	8	

22.-24.5.20		20. trénink - vrstevnicovka		Body	Kontrol
A	Helča	0:53:05	10	11	
A	Tom B.	0:53:10	9	11	
A	Dave	0:55:47	8	11	
A	Lukáš	0:58:02	7	11	
A	Verča	1:15:22	6	11	
A	Tomáš P.	1:18:13	5	11	
A	Zdenek	1:18:13	5	11	
A	Eva L.	1:57:58	3	11	
A	Peca	0:58:45	2	10	
A	Emil	1:00:45	1	10	
A	Julča	1:15:44	0	10	
B	Tonda Máč	0:49:18	10	8	
B	Klárka	0:52:06	9	8	

B	Hanča	1:11:32	8	8
B	Olga	1:11:32	8	8
B	Miládka	1:19:06	6	8

18.-20.5.20	19. trénink - middle		Body	Kontrol
A	Dave	0:35:48	10	14
A	Tomáš P.	0:37:37	9	14
A	Ondra	0:40:26	8	14
A	Petr T.	0:46:38	7	14
A	Lukáš	0:48:20	6	14
A	Helča	0:49:58	5	14
A	Tonda	0:51:05	4	14
A	Zdenek	0:56:12	3	14
A	Verča	1:00:29	2	14
A	Peca	1:02:12	1	14
A	Eva M.	1:04:53	0	14
A	Emil	1:06:28	0	14
A	Eva L.	1:07:09	0	14
A	Julča	1:09:15	0	14
A	Tom B.	1:10:45	0	14
B	Tonda Máč	0:39:09	10	9
B	Klárka	0:43:19	9	9
B	Miládka	0:59:04	8	9
B	Hanča	1:02:10	7	9
B	Olga	1:02:10	7	9

15.-17.5.20	18. trénink - pruhy		Body	Kontrol
A	Ondra	0:24:03	10	13
A	Ema	0:30:54	9	13
A	Lukáš	0:32:02	8	13
A	Tomáš P.	0:32:40	7	13
A	Fantomas	0:37:58	6	13
A	Tom B.	0:38:20	5	13
A	Verča	0:39:21	4	13
A	Dave	0:40:25	3	13
A	Helča	0:45:09	2	13
A	Julča	0:46:24	1	13
A	Zdenek	0:47:29	0	13
A	Emil	0:49:27	0	13
A	Peca	0:50:20	0	13
A	Eva M.	0:55:00	0	13
A	Eva L.	1:03:50	0	13
B	Klárka	0:25:43	10	7
B	Tonda Máč	0:46:40	9	7
B	Miládka	0:48:42	8	7
B	Hanča	0:50:56	7	7
B	Olga	0:50:56	7	7

11.-13.5.20	17. trénink - middle		Body	Kontrol
A	Dave	0:28:36	10	14
A	Ondra	0:31:26	9	14
A	Ema	0:33:07	8	14
A	Martin	0:33:26	7	14
A	Tonda	0:34:34	6	14
A	Tomáš P.	0:35:00	5	14
A	Verča	0:36:17	4	14
A	Lukáš	0:37:12	3	14
A	Fantomas	0:37:58	2	14
A	Helča	0:38:46	1	14
A	Petr T.	0:41:05	0	14
A	Emil	0:43:51	0	14
A	Tom B.	0:44:54	0	14
A	Julča	0:51:37	0	14
A	Eva L.	0:54:54	0	14
A	Eva M.	0:55:13	0	14
A	Zdenek	0:55:20	0	14
B	Klárka	0:38:10	1	10
B	Hanča	0:45:04	9	10
B	Olga	0:45:04	9	10
B	Martá	0:46:51	7	10
B	Miládka	0:58:13	6	10

8.-10.5.20	16. trénink - od K ke K		Body	Kontrol
A	Dave	0:33:28	10	13
A	Ema	0:49:46	9	13
A	Tomáš P.	0:50:08	8	13
A	Lukáš	0:50:29	7	13
A	Verča	0:51:03	6	13
A	Emil	1:01:22	5	13
A	Zdenek	1:06:18	4	13
A	Tom B.	1:07:02	3	13
A	Julča	1:13:20	2	13
A	Eva L.	1:40:32	1	13
A	Helča	1:14:34	0	11
A	Eva M.	0:39:43	3*	B-9
B	Klárka	1:02:57	10	9
B	Tonda Máč	1:08:53	9	9
B	Miládka	1:09:18	8	9
B	Hanča	1:19:11	7	9
B	Olga	1:19:11	7	9

*Speciální body za upozornění, že chybí 1. kontrola na trati A.

4.-6.5.20	15. trénink - švýcarska		Body	Kontrol
A	Ema	0:39:49	10	12
A	Lukáš	0:41:21	9	12

A	Tomáš P.	0:44:21	8	12
A	Helča	0:47:03	7	12
A	Dave	0:47:15	6	12
A	Fantomas	0:50:41	5	12
A	Ondra	0:52:35	4	12
A	Julča	0:55:25	3	12
A	Zdenek	0:56:56	2	12
A	Petr T	0:57:33	1	12
A	Eva M.	1:03:55	0	12
A	Verča	1:12:21	0	12
A	Eva L.	1:20:21	0	12
A	Tom B.	1:20:44	0	12
A	Emil	1:03:44	0	8
B	Tonda Máč	0:29:23	10	8
B	Klárka	0:32:05	9	8
B	Marťa	0:33:57	8	8
B	Miládka	0:47:47	7	8
B	Hanča	0:46:00	6	2
B	Olga	0:46:00	6	2

1.-3.5.20 14. trénink - kombotech Body Kontrol

A	Lukáš	0:45:10	10	7
A	Tom B.	0:45:18	9	7
A	Dave	0:48:45	8	7
A	Fantomas	0:48:49	7	7
A	Tomáš P.	0:49:29	6	7
A	Helča	0:51:04	5	7
A	Ema	0:53:37	4	7
A	Emil	0:56:15	3	7
A	Verča	0:57:23	2	7
A	Eva L.	1:06:36	1	7
A	Zdenek	1:16:25	0	7
A	Eva M.	1:16:41	0	7
B	Tonda Máč	0:33:17	10	4
B	Marťa	0:43:12	9	4
B	Hanča	0:45:02	8	4
B	Olga	0:45:02	8	4
B	Miládka	0:56:25	6	4
B	Klárka	0:44:40	5	2

27.-29.4.20 13. trénink - had kontrol Body Kontrol

A	Dave	0:23:35	10	21
A	Ondra	0:24:15	9	21
A	Tomáš P.	0:27:21	8	21
A	Lukáš	0:28:07	7	21
A	Emil	0:32:25	6	21
A	Helča	0:32:39	5	21
A	Fantomas	0:34:45	4	21

A	Julča	0:35:12	3	21
A	Tonda	0:35:35	2	21
A	Tom B.	0:36:58	1	21
A	Petr T.	0:38:29	0	21
A	Marcel	0:40:11	0	21
A	Verča	0:40:56	0	21
A	Eva M.	0:43:03	0	21
A	Zdenek	0:50:30	0	21
A	Eva L.	0:57:02	0	21
B	Klárka	0:21:53	10	14
B	Tonda Máč	0:26:44	9	14
B	Marta	0:42:02	8	14
B	Miládka	0:47:58	7	14
B	Klaudie	0:51:00	6	14
B	Hanča	0:57:43	5	14
B	Olga	0:57:43	5	14

27.-29.4.20 13. trénink - had kontrol Body Kontrol

A	Dave	0:23:35	10	21
A	Ondra	0:24:15	9	21
A	Tomáš P.	0:27:21	8	21
A	Lukáš	0:28:07	7	21
A	Emil	0:32:25	6	21
A	Helča	0:32:39	5	21
A	Fantomas	0:34:45	4	21
A	Julča	0:35:12	3	21
A	Tonda	0:35:35	2	21
A	Tom B.	0:36:58	1	21
A	Petr T.	0:38:29	0	21
A	Marcel	0:40:11	0	21
A	Verča	0:40:56	0	21
A	Eva M.	0:43:03	0	21
A	Zdenek	0:50:30	0	21
A	Eva L.	0:57:02	0	21
B	Klárka	0:21:53	10	14
B	Tonda Máč	0:26:44	9	14
B	Marta	0:42:02	8	14
B	Miládka	0:47:58	7	14
B	Klaudie	0:51:00	6	14
B	Hanča	0:57:43	5	14
B	Olga	0:57:43	5	14

24.-26.4.20 12. trénink - vrstevnicovka Body Kontrol

A	Ondra	0:26:26	10	15
A	Vlad'ka R. UOL	0:33:03	9	15
A	Emil	0:34:11	8	15
A	Lukáš	0:34:27	7	15
A	Tomáš P.	0:35:35	6	15
A	Tom B.	0:39:58	5	15

A	Zdenek	0:46:32	4	15
A	Tonda	0:48:38	3	15
A	Helča	0:49:09	2	15
A	Verča	0:51:13	1	15
A	Dave	0:52:28	0	15
A	Marcel	0:53:03	0	15
A	Eva L.	0:54:08	0	15
B	Klárka	0:35:05	10	10
B	Tonda Máč	0:41:19	9	10
B	Hanča	0:46:01	8	10
B	Olga	0:46:01	8	10
B	Miládka	0:58:38	6	10

20.-22.4.20 11. trénink - middle Body Kontrol

A	Ondra	0:33:48	10	19
A	Ema	0:40:40	9	19
A	Dave	0:42:35	8	19
A	Hepik	0:43:59	7	19
A	Tonda	0:44:40	6	19
A	Tomáš P.	0:45:29	5	19
A	Peca	0:46:12	4	19
A	Lukáš	0:46:16	3	19
A	Emil	0:53:28	2	19
A	Helča	0:55:28	1	19
A	Zdenek	0:56:52	0	19
A	Fantomas	0:57:59	0	19
A	Verča	0:59:58	0	19
A	Marcel	1:00:16	0	19
A	Tom B.	1:03:18	0	19
A	Eva M.	1:03:36	0	19
A	Eva L.	1:09:20	0	19
A	Julča	1:02:02	0	18
B	Klárka	0:38:20	10	11
B	Marťa	0:42:55	9	11
B	Hanča	1:03:05	8	11
B	Olga	1:03:05	8	11
B	Miládka	1:10:10	6	11
B	Tonda Máč	0:51:38	5	10

17.-19.4.20 10. trénink - od K ke K Body Kontrol

A	Dave	0:35:28	10	15		
A	Helča	0:50:53	9	15		
A	Tomáš P.	0:52:41	8	15		
A	Lukáš	0:58:15	7	15		
A	Tonda	0:59:35	6	15	celkem	Body
A	Ema	1:06:00	5	15	300	10
A	Ondra	1:11:21	4	15	300	9
A	Eva M.	1:12:30	3	15	295	8
					292	7
						15

A	Tom B.	1:14:23	2	15	290	6	15
A	Zdenek	1:16:31	1	15	284	5	15
A	Verča	1:21:24	0	15	282	4	15
A	Fantomas	1:22:00	0	15	279	3	15
A	Eva L.	1:29:39	0	15	277	2	15
A	Emil		0	8	276	1	13
A	Marcel		0	8	276	0	15
B	Klárka	1:05:00	10	10	261	0	14
B	Marťa	1:12:07	9	10	257	0	15
B	Miládka	1:34:19	8	10	240	0	12
B	Tonda Máč	1:50:13	7	10	239	0	12
B	Hanča		6	1	222	10	12
B	Olga		6	1	210	9	11
					185	8	10
					140	7	8
13.-15.04.20	9. trénink - middle		Body	Kontrol	140	7	8

A	Ondra	0:28:09	10	14
A	Dave	0:30:00	9	14
A	Tomáš P.	0:32:18	8	14
A	Tonda	0:33:54	7	14
A	Lukáš	0:34:45	6	14
A	Helča	0:36:05	5	14
A	Hepik	0:37:00	4	14
A	Emil	0:39:17	3	14
A	Marcel	0:40:43	2	14
A	Zdenek	0:42:45	1	14
A	Tom B.	0:43:25	0	14
A	Julča	0:45:05	0	14
A	Eva M.	0:50:07	0	14
A	Verča	0:56:03	0	14
A	Eva L.	0:59:30	0	14
A	Kaja		0	
B	Klárka	0:22:17	10	8
B	Tonda Máč	0:26:10	9	8
B	Marťa	0:27:31	8	8
B	Miládka	0:31:49	7	8
B	Hanča	0:37:06	6	8
B	Olga	0:37:06	6	8

10.-12.04.20	8. trénink - scorelauf		body QR	odečet
A	Ondra	0:41:13	300	0
A	Lukáš	0:48:37	300	0
A	Tomáš P.	0:54:39	300	5
A	Hepik	0:57:58	300	8
A	Marcel	0:59:34	300	10
A	Emil	1:05:06	300	16
A	Tom B.	1:07:33	300	18
A	Zdenek	1:10:09	300	21
A	Eva M.	1:12:28	300	23

A	Dave	0:53:47	280	4
A	Kaja	1:13:44	300	24
A	Helča	0:58:51	270	9
A	Eva L.	1:32:47	300	43
A	Verča	0:48:20	240	0
A	Julča	0:50:59	240	1
B	Tonda Máč	0:57:42	230	8
B	Klárka	0:49:56	210	0
B	Miládka	1:04:40	200	15
B	Hanča	0:48:30	140	0
B	Olga	0:48:30	140	0

06.-08.04.20	7. trénink - middle		Body	Kontrol
A	Dave	0:27:12	10	16
A	Ondra	0:29:00	9	16
A	Ema	0:35:03	8	16
A	Tonda	0:35:05	7	16
A	Lukáš	0:45:28	6	16
A	Julča	0:45:59	5	16
A	Verča	0:46:55	4	16
A	Emil	0:49:21	3	16
A	Tomáš P.	0:49:59	2	16
A	Eva M.	0:55:00	1	16
A	Helča	1:01:42	0	16
A	Eva L.	1:04:44	0	16
A	Zdenek	1:11:39	0	16
A	Kaja	1:20:27	0	16
A	Tom B.	1:30:35	0	16
A	Marcel	1:34:09	0	16
B	Klárka	0:45:59	10	10
B	Marťa	0:47:40	9	10
B	Miládka	0:58:18	8	10
B	Hanča	1:00:46	7	10
B	Olga	1:00:46	6	10
B	Tonda Máč	1:11:10	5	10

30.03.-01.04.20	5. trénink - běžák		Body	Kontrol
A	Ondra	0:23:21	10	11
A	Tomáš P.	0:27:46	9	11
A	Lukáš	0:28:11	8	11
A	Dave	0:28:35	7	11
A	Tonda	0:29:54	6	11
A	Helča	0:29:56	5	11
A	Marcel	0:31:31	4	11
A	Hepik	0:32:30	3	11
A	Emil	0:32:33	2	11
A	Tom B.	0:34:45	1	11
A	Verča	0:36:54	0	11

A	Julča	0:37:30	0	11
A	Sylva	0:37:56	0	11
A	Zdenek	0:41:16	0	11
A	Eva L.	0:46:23	0	11
A	Kája	0:47:02	0	11
A	Eva M.	0:33:06	0	10
B	Klárka	0:23:28	10	8
B	Tonda Máč	0:31:54	9	8
B	Hanča	0:37:05	8	8
B	Marťa	0:43:50	7	8
B	Davča	0:44:05	6	8
B	Miladka	0:45:23	5	8

27.-29.03.2020 4. trénink - volné pořadí Body Kontrol

A	Ondra	0:42:17	10	22
A	Dave	0:49:20	9	22
A	Tomáš P.	0:54:48	8	22
A	Lukáš	0:58:59	7	22
A	Eva M.	1:08:56	6	22
A	Verča	1:11:54	5	22
A	Julča	1:11:58	4	22
A	Sylva	1:12:10	3	22
A	Zdenek	1:14:08	2	22
A	Eva L.	1:35:08	1	22
A	Marcel	1:45:15	0	22
A	Emil	0:49:31	0	21
A	Martin	1:01:13	0	21
A	Tom B.	1:20:20	0	21
A	Tonda	1:10:45	0	20
A	Helča	0:52:12	0	18
A	Kája		0	11
B	Klárka	1:05:51	10	18
B	Tonda Máč	1:57:00	9	16
B	Marťa	0:44:16	8	12
B	Miladka	1:11:03	7	12
B	Hanča	1:08:09	6	11
B	Olga	1:08:09	6	11

20.-22.03.2020 3. trénink - přespolák Body Kontrol

A	Ondra	0:24:48	10	11
A	Tonda	0:28:17	9	11
A	Dave	0:28:58	8	11
A	Tomáš P.	0:28:59	7	11
A	Emil	0:30:53	6	11
A	Lukáš	0:32:17	5	11
A	Julča	0:33:26	4	11
A	Marcel	0:33:38	3	11
A	Pepa P. KON	0:33:39	2	11

A	Verča	0:36:25	1	11
A	Sylva	0:37:21	0	11
A	Helča	0:38:36	0	11
A	Tom B.	0:39:25	0	11
A	Eva M.	0:40:02	0	11
A	Zdenek	0:41:48	0	11
A	Eva L.	0:45:52	0	11
B	Klárka	0:16:13	10	6
B	Tonda Máč	0:18:15	9	5
B	Marťa	0:19:47	8	6
B	Miladka	0:22:14	7	6
B	Davča	0:30:25	6	6
B	Hanča	0:31:27	5	6
B	Olga	0:33:27	4	6

20.-22.03.2020 2. trénink - dlouhé postupy Body Kontrol

			Body	Kontrol
A	Ondra	0:34:27	10	9
A	Dave	0:46:20	9	9
A	Tomáš P.	0:46:56	8	9
A	Zdenek	0:47:03	7	9
A	Helča	0:47:29	6	9
A	Lukáš	0:47:47	5	9
A	Tom B.	0:51:25	4	9
A	Verča	0:51:58	3	9
A	Eva M.	0:52:17	2	9
A	Tonda M.	0:53:02	1	9
A	Julča	0:54:33	0	9
A	Emil	0:59:03	0	9
A	Eva L.	1:05:31	0	9
B	Klárka	0:33:22	10	7
B	Hanča	0:47:44	9	7
B	Olga	0:49:02	8	7
B	Miladka	0:50:53	7	7
B	Marťa	0:52:41	6	7

16.-19.03.2020 1. trénink - normální trať Body Kontrol

			Body	Kontrol
A	Tomáš P.	0:39:09	10	11
A	Peca	0:42:10	9	11
A	Dave	0:43:16	8	11
A	Emil	0:43:27	7	11
A	Helča	0:44:18	6	11
A	Julča	0:45:13	5	11
A	Verča	0:52:44	4	11
A	Eva M.	0:53:42	3	11
A	Lukáš	0:57:25	2	11
A	Kája	0:57:25	2	11

A	Tom B.	0:57:59	0	11
A	Eva L.	1:08:00	0	11
B	Tonda Máč.	0:34:13	10	8
B	Marťa	0:43:00	9	8
B	Tonda	0:43:00	9	8
B	Hanča	0:53:30	7	8
B	Olga	0:53:30	7	8
Z	Miladka			5
Z	Zdenek			5