

TESTY 3.ročník soustředění ROŠTÍN 2010 - SCM Goju Ryu

11.7.2010

| pořadí | Jméno a Příjmení | stáří (věk) | běh 15 minut | VO2 max z 15 min | běh 12 minut | běh/relax/běh 60s/3min/60s | běh/relax/b/r/b/r/b/b 60/3/60/2/60/1/60 | 30 m / sprint | 30 s úder P | 30 s úder L | dřepy 60s | klik 60s | sed/leh 60s | celkem body |
|--------|-----------------------|-------------|--------------|------------------|--------------|----------------------------|---|---------------|-------------|-------------|-----------|----------|-------------|-------------|
| 1 | Vojtěch Kříž | 18 | 4800 m | 65,464 | 2700 m | 650 m | 1275 m | 4,57 | 109 | 92 | 59 | 60 | 50 | 9790 |
| 2 | Jakub Záboj | 25 | 4400 m | 60,87733333 | 2450 m | 615 m | 1150 m | 4,92 | 109 | 105 | 70 | 60 | 52 | 8946 |
| 3 | Richard Klar | 17 | 4300 m | 59,73066667 | 2400 m | 625 m | 1200 m | 4,54 | 143 | 105 | 58 | 62 | 48 | 8874 |
| 4 | Martin Adamec | 15 | 4450 m | 61,45066667 | 2250 m | 550 m | 1250 m | 4,61 | 90 | 90 | 70 | 58 | 48 | 8793 |
| 5 | Karel Imříšek | 16 | 4100 m | 57,43733333 | 2450 m | 625 m | 1275 m | 4,29 | 108 | 96 | 65 | 45 | 63 | 8778 |
| 6 | Ondřej Maštalíř | 14 | 4300 m | 59,73066667 | 2200 m | 600 m | 1175 m | 4,66 | 110 | 87 | 68 | 60 | 68 | 8603 |
| 7 | Kristýna Dvořáková | 18 | 4300 m | 59,73066667 | 2100 m | 600 m | 1200 m | 4,57 | 103 | 92 | 61 | 60 | 47 | 8498 |
| 8 | Alessandro Tamborlani | 15 | 4050 m | 56,864 | 2150 m | 625 m | 1125 m | 4,92 | 93 | 82 | 53 | 44 | 54 | 8227 |
| 9 | Petra Žídková | 20 | 3900 m | 55,144 | 2200 m | 600 m | 1175 m | 4,95 | 94 | 96 | 46 | 41 | 49 | 8155 |
| 10 | Petr Kopečný | 11 | 3900 m | 55,144 | 2100 m | 625 m | 1150 m | 4,83 | 95 | 90 | 72 | 50 | 54 | 8081 |
| 11 | Simona Forstová | 16 | 3900 m | 55,144 | 2150 m | 550 m | 1100 m | 5,11 | 105 | 90 | 45 | 45 | 68 | 8003 |
| 12 | Patrik Zelinka | 14 | 3900 m | 55,144 | 1950 m | 575 m | 1125 m | 4,98 | 102 | 75 | 0 | 48 | 52 | 7774 |
| 13 | Anetka Šabová | 11 | 3900 m | 55,144 | 1850 m | 525 m | 1050 m | 5,55 | 80 | 70 | 53 | 53 | 56 | 7578 |
| 14 | Lucie Michálková | 18 | 3400 m | 49,41066667 | 2100 m | 625 m | 1150 m | 4,72 | 100 | 83 | 57 | 22 | 49 | 7559 |
| 15 | Katka Žídková | 17 | 3450 m | 49,984 | 2100 m | 575 m | 1075 m | 5,48 | 90 | 90 | 53 | 27 | 43 | 7471 |
| 16 | Pavel Urban | 15 | 3550 m | 51,13066667 | 1950 m | 525 m | 1125 m | 4,70 | 101 | 76 | 47 | 50 | 49 | 7418 |
| 17 | Sabina Forstová | 12 | 3400 m | 49,41066667 | 1850 m | 525 m | 1025 m | 5,45 | 85 | 74 | 51 | 35 | 54 | 7059 |
| 18 | Křížová Sabina | 11 | 3450 m | 49,984 | 1850 m | 500 m | 1025 m | 5,35 | 70 | 70 | 50 | 24 | 45 | 7055 |
| 19 | Veronika Kopečná | 15 | 3600 m | 51,704 | 2050 m | 0 m | 1075 m | 4,77 | 105 | 96 | 58 | 38 | 57 | 7036 |
| 20 | Mateo Tamborlani | 11 | 3450 m | 49,984 | 1750 m | 500 m | 1025 m | 6,01 | 93 | 83 | 54 | 45 | 54 | 7003 |
| 21 | David Súkal | 11 | 3400 m | 49,41066667 | 1850 m | 450 m | 975 m | 5,98 | 101 | 113 | 48 | 34 | 43 | 6974 |
| 22 | Tomáš Hujňák | 9 | 3150 m | 46,544 | 1800 m | 475 m | 1025 m | 5,70 | 88 | 101 | 66 | 50 | 50 | 6749 |
| 23 | Jonášek Janík | 11 | 2950 m | 44,25066667 | 1850 m | 550 m | 1025 m | 5,58 | 98 | 94 | 52 | 51 | 52 | 6665 |
| 24 | Dominika Šabová | 9 | 3250 m | 47,69066667 | 1800 m | 475 m | 700 m | 6,15 | 80 | 64 | 50 | 35 | 45 | 6458 |
| 25 | Marek Blažek | 10 | 2500 m | 39,09066667 | 1550 m | 450 m | 950 m | 6,26 | 108 | 91 | 55 | 33 | 31 | 5729 |
| 26 | Eliška Škrancová | 8 | 2750 m | 41,95733333 | 1250 m | 500 m | 950 m | 6,20 | 100 | 100 | 50 | 26 | 20 | 5714 |
| 27 | Lukáše Romana | 12 | 2500 m | 39,09066667 | 1550 m | 450 m | 875 m | 5,59 | 90 | 84 | 40 | 32 | 47 | 5630 |
| 28 | Jakub Jaborník | 13 | 1950 m | 32,784 | 1600 m | 625 m | 650 m | 6,47 | 90 | 140 | 52 | 33 | 52 | 5153 |
| 29 | Michael Weibrenner | 9 | 0 m | 10,424 | 1850 m | 450 m | 875 m | 6,16 | 60 | 72 | 51 | 47 | 57 | 3409 |
| 30 | Lukáš Semela | 13 | 0 m | 10,424 | 2200 m | 550 m | 0 m | 4,92 | 98 | 69 | 67 | 0 | 51 | 3030 |
| 31 | Filip Baran | 11 | 0 m | 10,424 | 1100 m | 425 m | 975 m | 5,92 | 65 | 65 | 45 | 50 | 35 | 2704 |
| 32 | Marek Zálešák | 11 | 0 m | 10,424 | 1800 m | 525 m | 0 m | 5,89 | 96 | 89 | 42 | 0 | 36 | 2582 |
| 33 | Eliška Zálešáková | 8 | 0 m | 10,424 | 600 m | 400 m | 0 m | 7,45 | 100 | 100 | 50 | 0 | 20 | 1263 |
| 34 | Vojtěch Nedvídek | 11 | 2550 m | 39,664 | 0 m | 0 m | 0 m | 0,00 | 0 | 0 | 0 | 0 | 0 | 2550 |
| 35 | | | | | | | | | | | | | | |