

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

| CHLAPCI |      |      | body | DÍVKY |      |      |
|---------|------|------|------|-------|------|------|
| 1999    | 2000 | 2001 |      | 1999  | 2000 | 2001 |
| 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 |      |      |
|---------|------|------|------|-------|------|------|
| 1999    | 2000 | 2001 |      | 1999  | 2000 | 2001 |
| 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   |         |         |
|---------|---------|---------|------|---------|---------|---------|
| 1999    | 2000    | 2001    |      | 1999    | 2000    | 2001    |
| 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   |         |         |
|---------|---------|---------|------|---------|---------|---------|
| 1999    | 2000    | 2001    |      | 1999    | 2000    | 2001    |
| 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 |