MENO: Tomáš Demčák

2020

2020 APRÍL	ráno				doobeda								poobede										večer								počet		minúty			
	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	TURNAJ	TRÉNING	randori	technika	fyzička	iné
01.apr ST																																0	3	0	30	120	30
02.apr ŠT																																0	3	0	60	120	0
03.apr PI																																0	3	0	60	120	0
04.apr SO																																0	2	30	60	60	0
05.apr NE																																0	2	0	60	60	0
06.apr PO																																0	3	0	60	120	0
07.apr UT																																0	3	0	60	120	0
08.apr ST																																0	3	60	60	90	0
09.apr ŠT																																0	3	0	30	150	0
10.apr PI																																0	0	0	0	0	0
11.apr SO																																0	3	0	0	180	30
12.apr NE																																0	2	0	0	150	0
13.apr PO																																0	3	0	0	180	0
14.apr UT																																0	2	30	30	30	30
15.apr ST																																0	3	0	30	150	0
16.apr ŠT																																0	2	0	0	120	0
17.apr PI																																0	4	0	0	210	30
18.apr SO																																0	3	0	60	120	0
19.apr NE																																0	0	0	0	0	0
20.apr PO																																0	3	0	0	150	30
21.apr UT																																0	3	0	60	150	0
22.apr ST																																0	3	0	60	150	0
23.apr ŠT																																0	3	0	60	150	0
24.apr PI																																0	3	0	60	150	0
25.apr SO																																0	3	0	60	150	0
26.apr NE																																0	2	0	90	60	0
27.apr PO																																0	3	90	0	120	0
28.apr UT																																0	3	90	0	120	0
29.apr ST																																0	3	90	90	120	0
30.apr ŠT																																0	3	90	0	120	0
																															SPOLU	0	79	480	1080	3540	150