



- 1976
- 1985 PVS-ból átigazolások
- 2011 WMOC
- 2012 OB 33év után '79 terepen
- 2018 UP csoport



2018-2021 heti 4 edzés (7-10 éves)

2 technikai (télen: park és erdő)

1 rekortánon

1 hosszú (többnyire szint is)

2022 heti 5+1 edzés ((8)10 -14éves)

1 technikai

1 hosszú + technikai

1 rekortán

2 hosszú (benne szint is)

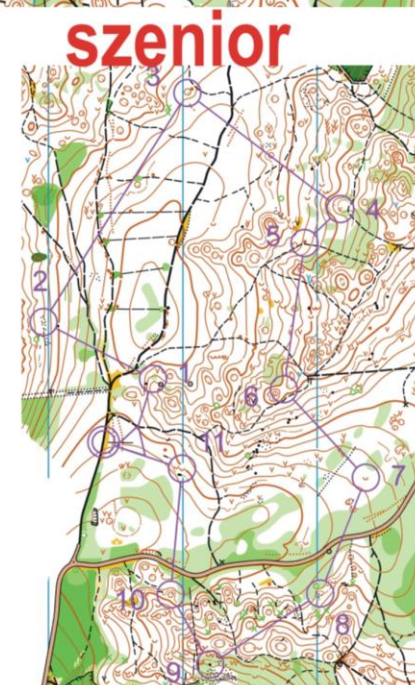
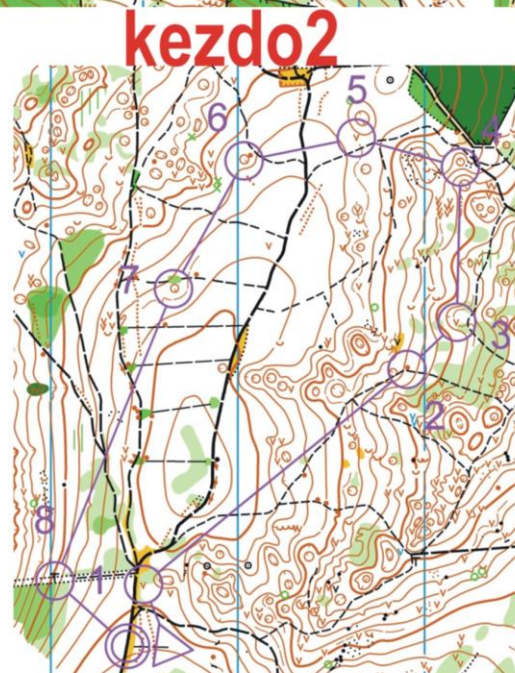
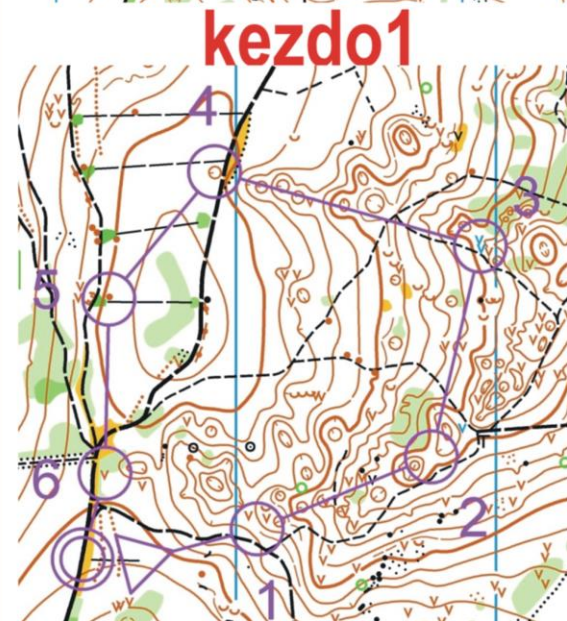
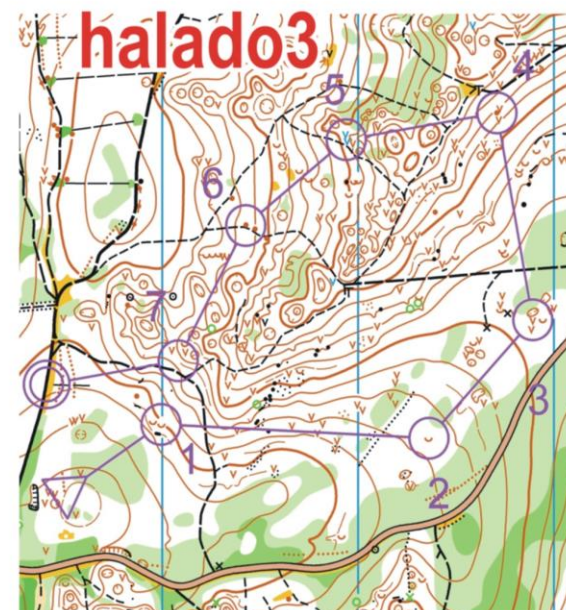
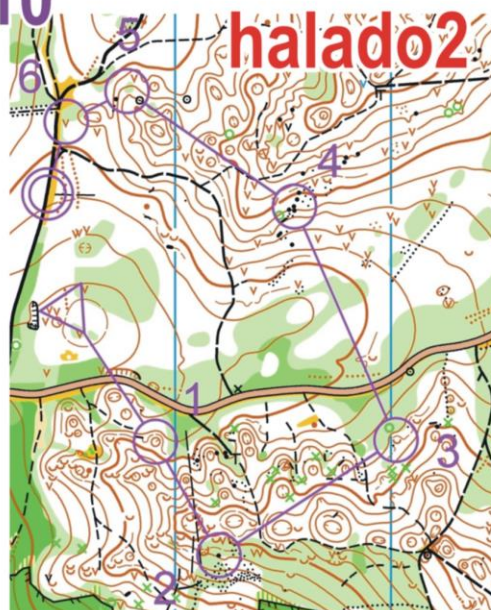
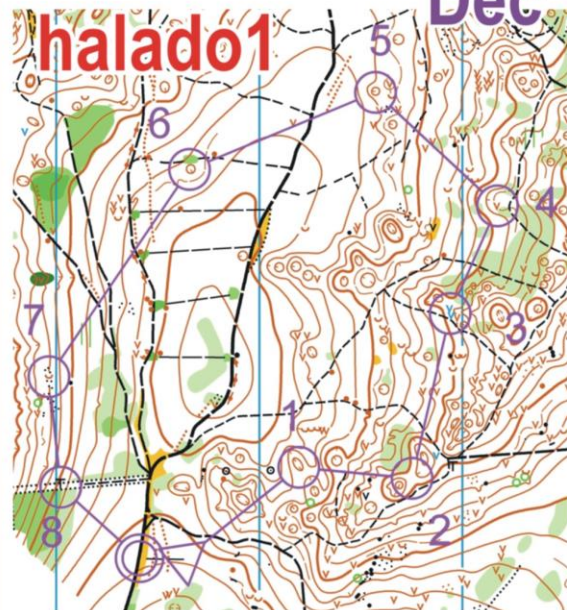
1 egyénileg (laza átmozgató 20-25p)

13 éves fiú edzése januárban (2023)

- H. 9km 160m szinttel
- K. Egyénileg
- Sz. 7 km rekortán 6x600m /200 jogg fartlek
2.11 - 15 - 17 - 19 - 25 - 18
- Cs. 9,5 km hosszú 160m szinttel
- P. 9,5 km hosszú 160m szinttel
- Sz. Technikai PVS edzések
- V.

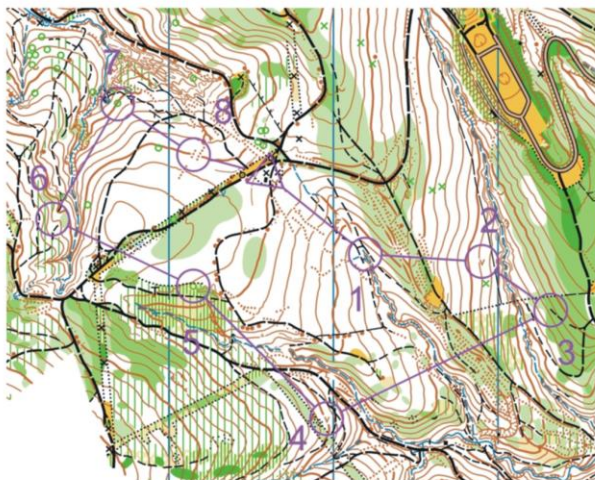
Dec.: 160-180 km

Dec 10

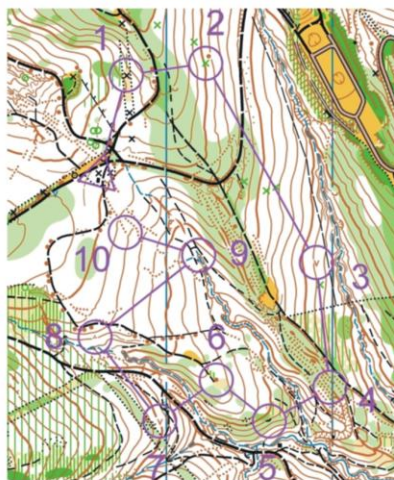


Dec 17

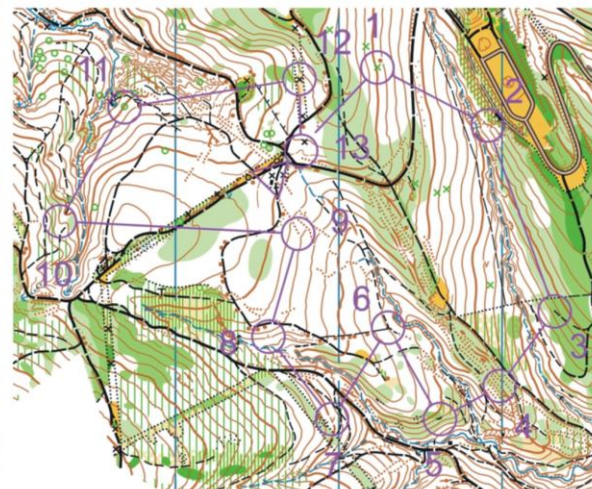
halado1



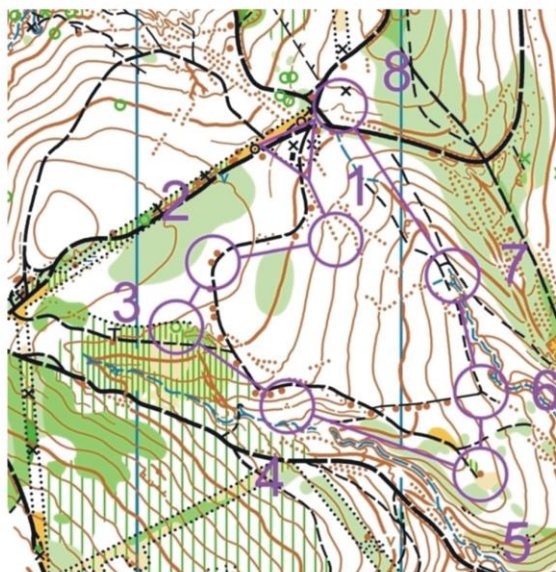
halado2



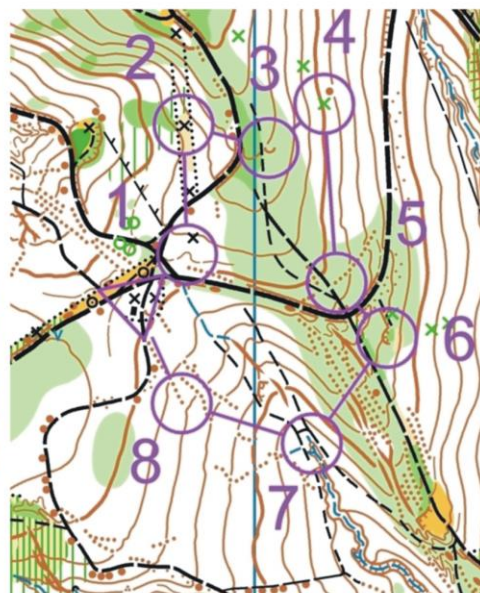
halado3



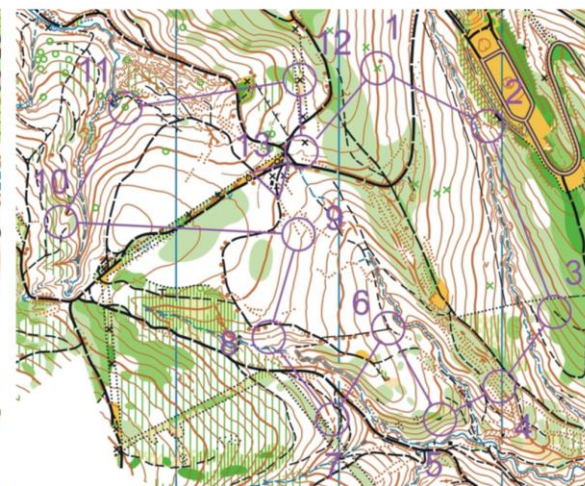
kezdo1



kezdo2

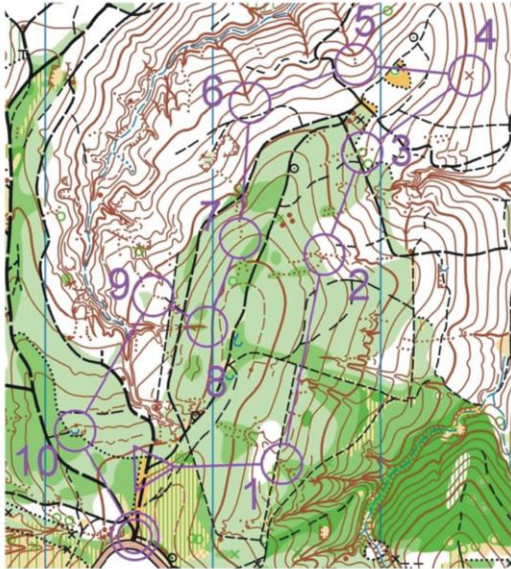


szenior

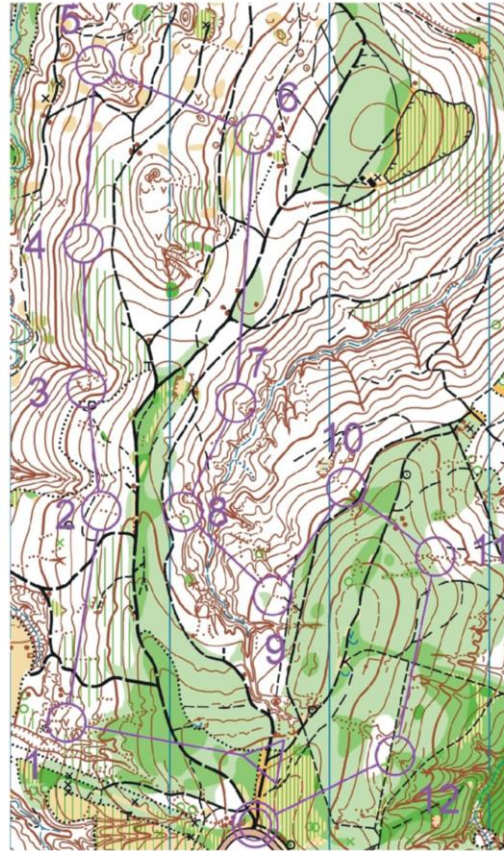


Dec 28

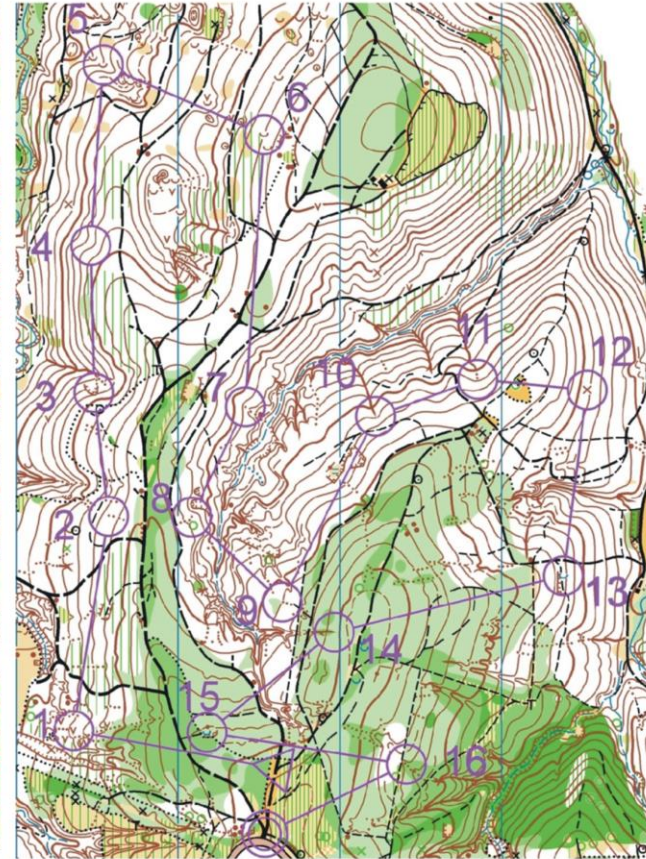
Halado1



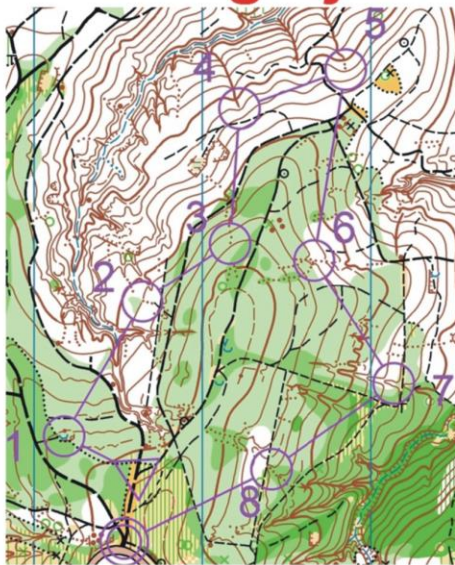
halado2



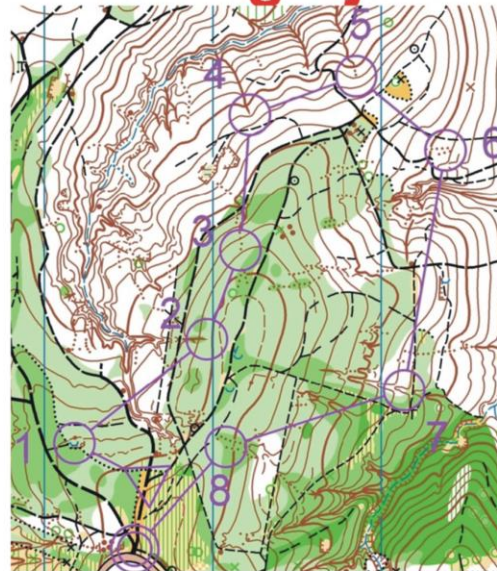
halado3



tömegrajt-1

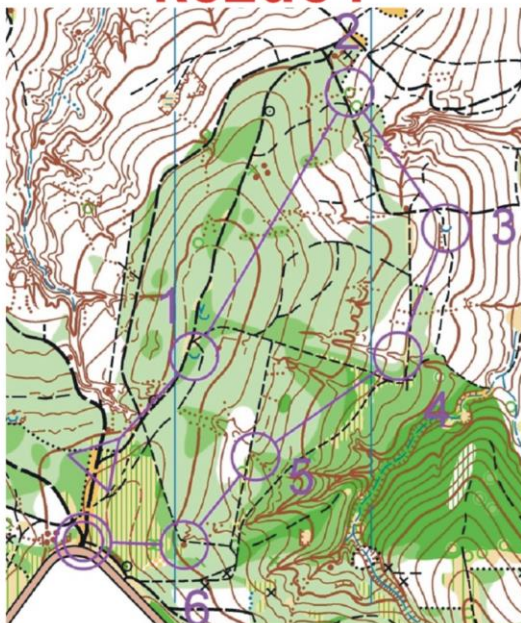


tömegrajt-2

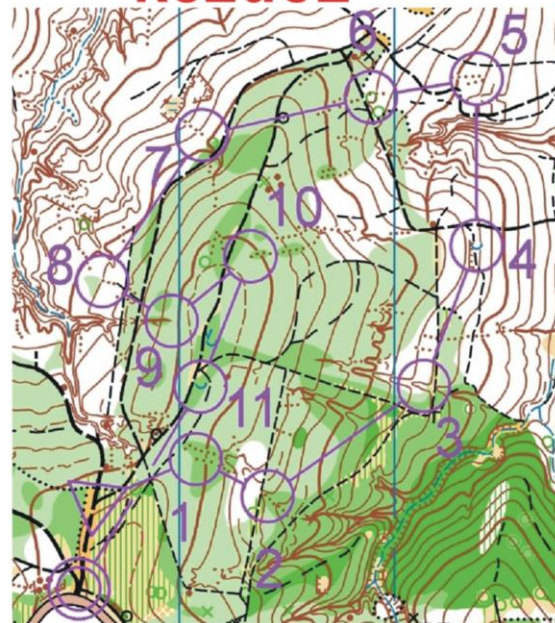


Dec 28

kezdo1



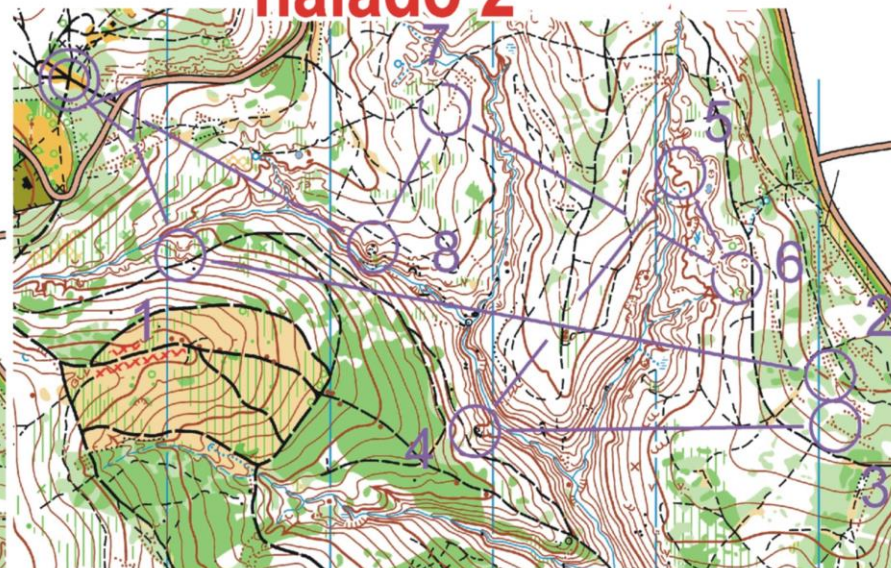
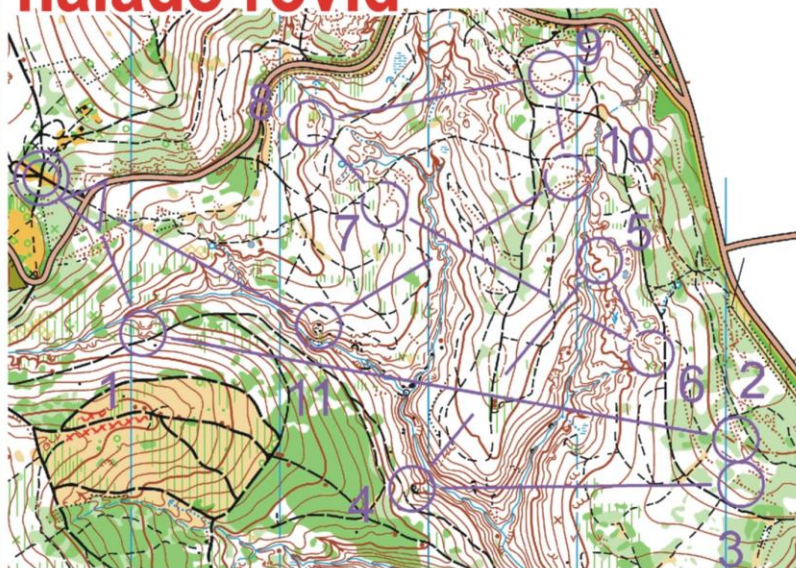
kezdo2



haladó rövid

Jan.28

haladó 2



kezdő1

szenior

