



Hiperkapnijsko - hipoksični trening

Co2 & O2 apnea tablice

Kada sam započela ozbiljnije trenirati ronjenje na dah, vrlo brzo sam shvatila koliko je **tolerancija na CO₂** važna za moju sigurnost, udobnost i napredak u svakom zaronu. Iako je kapacitet pluća bitan, najveći izazov najčešće nije nedostatak kisika, nego porast ugljičnog dioksida u tijelu. Upravo zato redovito radim **CO₂ tablice**, koje su mi postale ključni dio mog treninga.

Zašto su CO₂ tablice važne

Tijekom svakog zadržavanja daha CO₂ se nakuplja, a moje tijelo mi šalje sve intenzivnije signale da moram disati. Prije nego sam počela trenirati CO₂ tablice, ti signali bi me brzo izbacili iz ravnoteže, a u glavi bi mi se javljala panika. Dugoročno korištenje CO₂ tablica pomoglo mi je da:

- smanjim intenzitet kontrakcija dijafragme
- mentalno se opustim u fazama visokog CO₂
- zadržavam dah duže, ali i kontroliranije
- povećam udobnost tijekom cijelog ronjenja
- zaronim dublje i mirnije, uz manji stres

Važnost istezanja prije CO₂ treninga

Prije nego krenem s CO₂ tablicama, uvijek odvojim 15-20 minuta za **lagano istezanje tijela i otvaranje prsnog koša**. To mi je postalo jednako važno kao i sam trening jer:

- **opušta dijafragmu** i smanjuje ranu nelagodu tijekom zadržavanja daha
- povećava **fleksibilnost prsnog koša**, što mi omogućuje dublji i lakši udah
- smanjuje napetost u ramenima, vratu i međurebrenim mišićima
- pomaže mi da usporim puls i mentalno se pripremim
- sprječava osjećaj pritiska u grudima tijekom početka apneje

Najčešće radim jednostavne vježbe poput dubokih pregiba, otvaranja prsnog koša unazad, bočnih istezanja, laganog vakuuma i svjesnog dijafragmalnog disanja. Nakon takvog zagrijavanja apneje mi uvijek teku opuštenije.

Kako treniram CO₂ tablice

Kod CO₂ tablica zadržavanje daha ostaje isto, dok se **pauze progresivno skraćuju**. Primjerice, ako radim apneje od 1:30 minuta, pauze smanjujem od 1:30, preko 1:00 i 45 sekundi, sve do 15 sekundi. To me postupno uvodi u zonu visokog CO₂ i uči me kako ostati smirena.

Najčešće treniram:

- **2–3 puta tjedno**, nikada uzastopno
- uz smireno disanje i potpuno mirno okruženje
- isključivo na suhom, radi sigurnosti

Kada treniram

Najbolje mi odgovara:

- ujutro, natašte
- ili navečer, nekoliko sati nakon jela

Tako je tijelo opuštenije i disanje stabilnije.

Prehrana prije treninga

Prije CO₂ treninga uvijek biram laganu hranu ili ništa. Ako trebam mrvicu energije:

- pojedem voćku
- uzmem šaku orašastih plodova
- popijem lagani shake

Izbjegavam tešku i masnu hranu jer diže puls i otežava apneju.

Kako mi povećana CO₂ tolerancija pomaže u ronjenju

Bolja tolerancija CO₂ donijela mi je brojne koristi:

- **duže i mirnije zadržavanje daha**
- smirenije reagiranje na kontrakcije
- ekonomičnije trošenje kisika
- veće samopouzdanje pod vodom
- sigurnije i opuštenije zarone

Što više treniram, to se pod vodom osjećam stabilnije i prisutnije. Čak i kada CO₂ raste, ostajem pribrana i fokusirana, što čini svaki zaron ugodnijim i sigurnijim.

Hipoksično
O2 tablica

Hiperkapnijsko
CO2 tablica

FAZA
1

| Set | Vent | Statika | Statika% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:00 | 0:45 | 38% |
| 2 | 2:00 | 1:00 | 50% |
| 3 | 2:00 | 1:15 | 63% |
| 4 | 2:00 | 1:30 | 75% |
| 5 | 2:00 | 1:45 | 88% |
| 6 | 2:00 | 2:00 | 100% |
| 7 | 2:00 | 2:15 | 113% |
| 8 | 2:00 | 2:30 | 125% |
| | 16:00:00 | 13:00:00 | 29:00:00 |

| Set | Vent | Statika | Vent% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:45 | 1:30 | 183% |
| 2 | 2:30 | 1:30 | 167% |
| 3 | 2:15 | 1:30 | 150% |
| 4 | 2:00 | 1:30 | 133% |
| 5 | 1:45 | 1:30 | 117% |
| 6 | 1:30 | 1:30 | 100% |
| 7 | 1:15 | 1:30 | 83% |
| 8 | 1:00 | 1:30 | 67% |
| | 15:00:00 | 12:00:00 | 25:15:00 |

FAZA
2

| Set | Vent | Statika | Statika% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:00 | 1:00 | 50% |
| 2 | 2:00 | 1:15 | 63% |
| 3 | 2:00 | 1:30 | 75% |
| 4 | 2:00 | 1:45 | 88% |
| 5 | 2:00 | 2:00 | 100% |
| 6 | 2:00 | 2:15 | 113% |
| 7 | 2:00 | 2:30 | 125% |
| 8 | 2:00 | 2:45 | 138% |
| | 16:00:00 | 15:00:00 | 31:00:00 |

| Set | Vent | Statika | Vent% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:30 | 1:30 | 167% |
| 2 | 2:15 | 1:30 | 150% |
| 3 | 2:00 | 1:30 | 133% |
| 4 | 1:45 | 1:30 | 117% |
| 5 | 1:30 | 1:30 | 100% |
| 6 | 1:15 | 1:30 | 83% |
| 7 | 1:00 | 1:30 | 67% |
| 8 | 0:45 | 1:30 | 50% |
| | 11:15:00 | 12:00:00 | 23:15:00 |

FAZA
3

| Set | Vent | Statika | Statika% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:00 | 1:15 | 63% |
| 2 | 2:00 | 1:30 | 75% |
| 3 | 2:00 | 1:45 | 88% |
| 4 | 2:00 | 2:00 | 100% |
| 5 | 2:00 | 2:15 | 113% |
| 6 | 2:00 | 2:30 | 125% |
| 7 | 2:00 | 2:45 | 138% |
| 8 | 2:00 | 3:00 | 150% |
| | 16:00:00 | 17:00:00 | 33:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:15 | 1:30 | 150% |
| 2 | 2:00 | 1:30 | 133% |
| 3 | 1:45 | 1:30 | 117% |
| 4 | 1:30 | 1:30 | 100% |
| 5 | 1:15 | 1:30 | 83% |
| 6 | 1:00 | 1:30 | 67% |
| 7 | 0:45 | 1:30 | 50% |
| 8 | 0:30 | 1:30 | 33% |
| | 9:15:00 | 12:00:00 | 21:15:00 |

FAZA
4

| Set | Vent | Statika | Statika% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:00 | 1:30 | 75% |
| 2 | 2:00 | 1:45 | 88% |
| 3 | 2:00 | 2:00 | 100% |
| 4 | 2:00 | 2:15 | 113% |
| 5 | 2:00 | 2:30 | 125% |
| 6 | 2:00 | 2:45 | 138% |
| 7 | 2:00 | 3:00 | 150% |
| 8 | 2:00 | 3:15 | 163% |
| | 16:00:00 | 19:00:00 | 35:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 1:30 | 133% |
| 2 | 1:45 | 1:30 | 117% |
| 3 | 1:30 | 1:30 | 100% |
| 4 | 1:15 | 1:30 | 83% |
| 5 | 1:00 | 1:30 | 67% |
| 6 | 0:45 | 1:30 | 50% |
| 7 | 0:30 | 1:30 | 33% |
| 8 | 0:15 | 1:30 | 17% |
| | 9:00:00 | 12:00:00 | 21:00:00 |

Hipoksično
O2 tablica

Hiperkapnijsko
CO2 tablica

FAZA
5

| Set | Vent | Statika | Statika% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:00 | 1:45 | 88% |
| 2 | 2:00 | 2:00 | 100% |
| 3 | 2:00 | 2:15 | 113% |
| 4 | 2:00 | 2:30 | 125% |
| 5 | 2:00 | 2:45 | 138% |
| 6 | 2:00 | 3:00 | 150% |
| 7 | 2:00 | 3:15 | 163% |
| 8 | 2:00 | 3:30 | 175% |
| | 16:00:00 | 21:00:00 | 37:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 1:45 | 114% |
| 2 | 1:45 | 1:45 | 100% |
| 3 | 1:30 | 1:45 | 86% |
| 4 | 1:15 | 1:45 | 71% |
| 5 | 1:00 | 1:45 | 57% |
| 6 | 0:45 | 1:45 | 43% |
| 7 | 0:30 | 1:45 | 29% |
| 8 | 0:15 | 1:45 | 14% |
| | 9:00:00 | 14:00:00 | 23:00:00 |

FAZA
6

| Set | Vent | Statika | Statika% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:00 | 2:00 | 100% |
| 2 | 2:00 | 2:15 | 113% |
| 3 | 2:00 | 2:30 | 125% |
| 4 | 2:00 | 2:45 | 138% |
| 5 | 2:00 | 3:00 | 150% |
| 6 | 2:00 | 3:15 | 163% |
| 7 | 2:00 | 3:30 | 175% |
| 8 | 2:00 | 3:45 | 188% |
| | 16:00:00 | 23:00:00 | 39:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 2:00 | 100% |
| 2 | 1:45 | 2:00 | 88% |
| 3 | 1:30 | 2:00 | 75% |
| 4 | 1:15 | 2:00 | 63% |
| 5 | 1:00 | 2:00 | 50% |
| 6 | 0:45 | 2:00 | 38% |
| 7 | 0:30 | 2:00 | 25% |
| 8 | 0:15 | 2:00 | 13% |
| | 9:00:00 | 16:00:00 | 25:00:00 |

FAZA
7

| Set | Vent | Statika | Statika% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:00 | 2:15 | 113% |
| 2 | 2:00 | 2:30 | 125% |
| 3 | 2:00 | 2:45 | 138% |
| 4 | 2:00 | 3:00 | 150% |
| 5 | 2:00 | 3:15 | 163% |
| 6 | 2:00 | 3:30 | 175% |
| 7 | 2:00 | 3:45 | 188% |
| 8 | 2:00 | 4:00 | 200% |
| | 16:00:00 | 25:00:00 | 41:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 2:15 | 89% |
| 2 | 1:45 | 2:15 | 78% |
| 3 | 1:30 | 2:15 | 67% |
| 4 | 1:15 | 2:15 | 56% |
| 5 | 1:00 | 2:15 | 44% |
| 6 | 0:45 | 2:15 | 33% |
| 7 | 0:30 | 2:15 | 22% |
| 8 | 0:15 | 2:15 | 11% |
| | 9:00:00 | 18:00:00 | 27:00:00 |

FAZA
8

| Set | Vent | Statika | Statika% |
|-----|-----------------|-----------------|-----------------|
| 1 | 2:00 | 2:30 | 125% |
| 2 | 2:00 | 2:45 | 138% |
| 3 | 2:00 | 3:00 | 150% |
| 4 | 2:00 | 3:15 | 163% |
| 5 | 2:00 | 3:30 | 175% |
| 6 | 2:00 | 3:45 | 188% |
| 7 | 2:00 | 4:00 | 200% |
| 8 | 2:00 | 4:15 | 212% |
| | 16:00:00 | 27:00:00 | 43:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 2:30 | 80% |
| 2 | 1:45 | 2:30 | 70% |
| 3 | 1:30 | 2:30 | 60% |
| 4 | 1:15 | 2:30 | 50% |
| 5 | 1:00 | 2:30 | 40% |
| 6 | 0:45 | 2:30 | 30% |
| 7 | 0:30 | 2:30 | 20% |
| 8 | 0:15 | 2:30 | 10% |
| | 9:00:00 | 20:00:00 | 29:00:00 |

Hipoksično
O2 tablica

Hiperkapnijsko
CO2 tablica

FAZA
9

| Set | Vent | Statika | Statika% |
|-----------------|-----------------|-----------------|----------|
| 1 | 2:00 | 2:45 | 138% |
| 2 | 2:00 | 3:00 | 150% |
| 3 | 2:00 | 3:15 | 163% |
| 4 | 2:00 | 3:30 | 175% |
| 5 | 2:00 | 3:45 | 188% |
| 6 | 2:00 | 4:00 | 200% |
| 7 | 2:00 | 4:15 | 212% |
| 8 | 2:00 | 4:30 | 225% |
| 16:00:00 | 29:00:00 | 45:00:00 | |

| Set | Vent | Statika | Vent% |
|----------------|-----------------|-----------------|-------|
| 1 | 2:00 | 2:45 | 73% |
| 2 | 1:45 | 2:45 | 64% |
| 3 | 1:30 | 2:45 | 55% |
| 4 | 1:15 | 2:45 | 45% |
| 5 | 1:00 | 2:45 | 36% |
| 6 | 0:45 | 2:45 | 27% |
| 7 | 0:30 | 2:45 | 18% |
| 8 | 0:15 | 2:45 | 9% |
| 9:00:00 | 22:00:00 | 31:00:00 | |

FAZA
10

| Set | Vent | Statika | Statika% |
|-----------------|-----------------|-----------------|----------|
| 1 | 2:00 | 3:00 | 150% |
| 2 | 2:00 | 3:15 | 163% |
| 3 | 2:00 | 3:30 | 175% |
| 4 | 2:00 | 3:45 | 188% |
| 5 | 2:00 | 4:00 | 200% |
| 6 | 2:00 | 4:15 | 212% |
| 7 | 2:00 | 4:30 | 225% |
| 8 | 2:00 | 4:45 | 238% |
| 16:00:00 | 32:45:00 | 48:45:00 | |

| Set | Vent | Statika | Vent% |
|----------------|-----------------|-----------------|-------|
| 1 | 2:00 | 3:00 | 67% |
| 2 | 1:45 | 3:00 | 58% |
| 3 | 1:30 | 3:00 | 50% |
| 4 | 1:15 | 3:00 | 42% |
| 5 | 1:00 | 3:00 | 33% |
| 6 | 0:45 | 3:00 | 25% |
| 7 | 0:30 | 3:00 | 17% |
| 8 | 0:15 | 3:00 | 8% |
| 7:15:00 | 24:00:00 | 31:15:00 | |

FAZA
11

| Set | Vent | Statika | Statika% |
|-----------------|-----------------|-----------------|----------|
| 1 | 2:00 | 3:15 | 163% |
| 2 | 2:00 | 3:30 | 175% |
| 3 | 2:00 | 3:45 | 188% |
| 4 | 2:00 | 4:00 | 200% |
| 5 | 2:00 | 4:15 | 212% |
| 6 | 2:00 | 4:30 | 225% |
| 7 | 2:00 | 4:45 | 238% |
| 8 | 2:00 | 5:00 | 250% |
| 16:00:00 | 33:00:00 | 49:00:00 | |

| Set | Vent | Statika | Vent% |
|----------------|-----------------|-----------------|-------|
| 1 | 2:00 | 3:15 | 62% |
| 2 | 1:45 | 3:15 | 54% |
| 3 | 1:30 | 3:15 | 46% |
| 4 | 1:15 | 3:15 | 38% |
| 5 | 1:00 | 3:15 | 31% |
| 6 | 0:45 | 3:15 | 23% |
| 7 | 0:30 | 3:15 | 15% |
| 8 | 0:15 | 3:15 | 8% |
| 9:00:00 | 26:00:00 | 33:15:00 | |

FAZA
12

| Set | Vent | Statika | Statika% |
|-----------------|-----------------|-----------------|----------|
| 1 | 1:45 | 3:15 | 186% |
| 2 | 1:45 | 3:30 | 200% |
| 3 | 1:45 | 3:45 | 214% |
| 4 | 1:45 | 4:00 | 229% |
| 5 | 1:45 | 4:15 | 243% |
| 6 | 1:45 | 4:30 | 257% |
| 7 | 1:45 | 4:45 | 271% |
| 8 | 1:45 | 5:00 | 286% |
| 14:00:00 | 33:00:00 | 48:45:00 | |

| Set | Vent | Statika | Vent% |
|----------------|-----------------|-----------------|-------|
| 1 | 2:00 | 3:15 | 62% |
| 2 | 1:45 | 3:15 | 54% |
| 3 | 1:30 | 3:15 | 46% |
| 4 | 1:15 | 3:15 | 38% |
| 5 | 1:00 | 3:15 | 31% |
| 6 | 0:45 | 3:15 | 23% |
| 7 | 0:30 | 3:15 | 15% |
| 8 | 0:15 | 3:15 | 8% |
| 9:00:00 | 26:00:00 | 33:15:00 | |

Hipoksično
O2 tablica

Hiperkapnijsko
CO2 tablica

FAZA
13

| Set | Vent | Statika | Statika% |
|-----------------|------|-----------------|-----------------|
| 1 | 1:30 | 3:15 | 217% |
| 2 | 1:30 | 3:30 | 233% |
| 3 | 1:30 | 3:45 | 250% |
| 4 | 1:30 | 4:00 | 267% |
| 5 | 1:30 | 4:15 | 283% |
| 6 | 1:30 | 4:30 | 300% |
| 7 | 1:30 | 4:45 | 317% |
| 8 | 1:30 | 5:00 | 333% |
| 12:00:00 | | 33:00:00 | 46:45:00 |

| Set | Vent | Statika | Vent% |
|----------------|------|-----------------|-----------------|
| 1 | 2:00 | 3:30 | 57% |
| 2 | 1:45 | 3:30 | 50% |
| 3 | 1:30 | 3:30 | 43% |
| 4 | 1:15 | 3:30 | 36% |
| 5 | 1:00 | 3:30 | 29% |
| 6 | 0:45 | 3:30 | 21% |
| 7 | 0:30 | 3:30 | 14% |
| 8 | 0:15 | 3:30 | 7% |
| 9:00:00 | | 28:00:00 | 35:15:00 |

FAZA
14

| Set | Vent | Statika | Statika% |
|-----------------|------|-----------------|-----------------|
| 1 | 1:15 | 3:15 | 260% |
| 2 | 1:15 | 3:30 | 280% |
| 3 | 1:15 | 3:45 | 300% |
| 4 | 1:15 | 4:00 | 320% |
| 5 | 1:15 | 4:15 | 340% |
| 6 | 1:15 | 4:30 | 360% |
| 7 | 1:15 | 4:45 | 380% |
| 8 | 1:15 | 5:00 | 400% |
| 10:00:00 | | 33:00:00 | 43:00:00 |

| Set | Vent | Statika | Vent% |
|----------------|------|-----------------|-----------------|
| 1 | 2:00 | 3:45 | 53% |
| 2 | 1:45 | 3:45 | 47% |
| 3 | 1:30 | 3:45 | 40% |
| 4 | 1:15 | 3:45 | 33% |
| 5 | 1:00 | 3:45 | 27% |
| 6 | 0:45 | 3:45 | 20% |
| 7 | 0:30 | 3:45 | 13% |
| 8 | 0:15 | 3:45 | 7% |
| 9:00:00 | | 30:00:00 | 39:00:00 |

FAZA
15

| Set | Vent | Statika | Statika% |
|----------------|------|-----------------|-----------------|
| 1 | 1:00 | 3:15 | 325% |
| 2 | 1:00 | 3:30 | 350% |
| 3 | 1:00 | 3:45 | 375% |
| 4 | 1:00 | 4:00 | 400% |
| 5 | 1:00 | 4:15 | 425% |
| 6 | 1:00 | 4:30 | 450% |
| 7 | 1:00 | 4:45 | 475% |
| 8 | 1:00 | 5:00 | 500% |
| 8:00:00 | | 33:00:00 | 41:00:00 |

| Set | Vent | Statika | Vent% |
|----------------|------|-----------------|-----------------|
| 1 | 2:00 | 4:00 | 50% |
| 2 | 1:45 | 4:00 | 44% |
| 3 | 1:30 | 4:00 | 38% |
| 4 | 1:15 | 4:00 | 31% |
| 5 | 1:00 | 4:00 | 25% |
| 6 | 0:45 | 4:00 | 19% |
| 7 | 0:30 | 4:00 | 13% |
| 8 | 0:15 | 4:00 | 6% |
| 9:00:00 | | 32:00:00 | 41:00:00 |

FAZA
16

| Set | Vent | Statika | Statika% |
|----------------|------|-----------------|-----------------|
| 1 | 1:00 | 3:30 | 350% |
| 2 | 1:00 | 3:45 | 375% |
| 3 | 1:00 | 4:00 | 400% |
| 4 | 1:00 | 4:15 | 425% |
| 5 | 1:00 | 4:30 | 450% |
| 6 | 1:00 | 4:45 | 475% |
| 7 | 1:00 | 5:00 | 500% |
| 8 | 1:00 | 5:15 | 525% |
| 8:00:00 | | 35:00:00 | 43:00:00 |

| Set | Vent | Statika | Vent% |
|----------------|------|-----------------|-----------------|
| 1 | 2:00 | 4:15 | 47% |
| 2 | 1:45 | 4:15 | 41% |
| 3 | 1:30 | 4:15 | 35% |
| 4 | 1:15 | 4:15 | 29% |
| 5 | 1:00 | 4:15 | 24% |
| 6 | 0:45 | 4:15 | 18% |
| 7 | 0:30 | 4:15 | 12% |
| 8 | 0:15 | 4:15 | 6% |
| 9:00:00 | | 34:00:00 | 43:00:00 |

Hipoksično
O2 tablica

Hiperkapnijsko
CO2 tablica

FAZA
17

| Set | Vent | Statika | Statika% |
|-----|----------------|-----------------|-----------------|
| 1 | 1:00 | 3:45 | 375% |
| 2 | 1:00 | 4:00 | 400% |
| 3 | 1:00 | 4:15 | 425% |
| 4 | 1:00 | 4:30 | 450% |
| 5 | 1:00 | 4:45 | 475% |
| 6 | 1:00 | 5:00 | 500% |
| 7 | 1:00 | 5:15 | 525% |
| 8 | 1:00 | 5:30 | 550% |
| | 8:00:00 | 37:00:00 | 45:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 4:30 | 44% |
| 2 | 1:45 | 4:30 | 39% |
| 3 | 1:30 | 4:30 | 33% |
| 4 | 1:15 | 4:30 | 28% |
| 5 | 1:00 | 4:30 | 22% |
| 6 | 0:45 | 4:30 | 17% |
| 7 | 0:30 | 4:30 | 11% |
| 8 | 0:15 | 4:30 | 6% |
| | 9:00:00 | 36:00:00 | 45:00:00 |

FAZA
18

| Set | Vent | Statika | Statika% |
|-----|----------------|-----------------|-----------------|
| 1 | 1:00 | 4:00 | 400% |
| 2 | 1:00 | 4:15 | 425% |
| 3 | 1:00 | 4:30 | 450% |
| 4 | 1:00 | 4:45 | 475% |
| 5 | 1:00 | 5:00 | 500% |
| 6 | 1:00 | 5:15 | 525% |
| 7 | 1:00 | 5:30 | 550% |
| 8 | 1:00 | 5:45 | 575% |
| | 8:00:00 | 39:00:00 | 47:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 4:45 | 42% |
| 2 | 1:45 | 4:45 | 37% |
| 3 | 1:30 | 4:45 | 32% |
| 4 | 1:15 | 4:45 | 26% |
| 5 | 1:00 | 4:45 | 21% |
| 6 | 0:45 | 4:45 | 16% |
| 7 | 0:30 | 4:45 | 11% |
| 8 | 0:15 | 4:45 | 5% |
| | 9:00:00 | 38:00:00 | 47:00:00 |

FAZA
19

| Set | Vent | Statika | Statika% |
|-----|----------------|-----------------|-----------------|
| 1 | 1:00 | 4:15 | 425% |
| 2 | 1:00 | 4:30 | 450% |
| 3 | 1:00 | 4:45 | 475% |
| 4 | 1:00 | 5:00 | 500% |
| 5 | 1:00 | 5:15 | 525% |
| 6 | 1:00 | 5:30 | 550% |
| 7 | 1:00 | 5:45 | 575% |
| 8 | 1:00 | 6:00 | 600% |
| | 8:00:00 | 41:00:00 | 49:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 5:00 | 40% |
| 2 | 1:45 | 5:00 | 35% |
| 3 | 1:30 | 5:00 | 30% |
| 4 | 1:15 | 5:00 | 25% |
| 5 | 1:00 | 5:00 | 20% |
| 6 | 0:45 | 5:00 | 15% |
| 7 | 0:30 | 5:00 | 10% |
| 8 | 0:15 | 5:00 | 5% |
| | 9:00:00 | 40:00:00 | 49:00:00 |

FAZA
20

| Set | Vent | Statika | Statika% |
|-----|----------------|-----------------|-----------------|
| 1 | 1:00 | 4:30 | 450% |
| 2 | 1:00 | 4:45 | 475% |
| 3 | 1:00 | 5:00 | 500% |
| 4 | 1:00 | 5:15 | 525% |
| 5 | 1:00 | 5:30 | 550% |
| 6 | 1:00 | 5:45 | 575% |
| 7 | 1:00 | 6:00 | 600% |
| 8 | 1:00 | 6:15 | 625% |
| | 8:00:00 | 43:00:00 | 51:00:00 |

| Set | Vent | Statika | Vent% |
|-----|----------------|-----------------|-----------------|
| 1 | 2:00 | 5:15 | 38% |
| 2 | 1:45 | 5:15 | 33% |
| 3 | 1:30 | 5:15 | 29% |
| 4 | 1:15 | 5:15 | 24% |
| 5 | 1:00 | 5:15 | 19% |
| 6 | 0:45 | 5:15 | 14% |
| 7 | 0:30 | 5:15 | 10% |
| 8 | 0:15 | 5:15 | 5% |
| | 9:00:00 | 42:00:00 | 51:00:00 |