

SUMMARY:

Title: Monitoring of the sports performance of the best czech hurdler, P.Svoboda, on 110 metres hurdles.

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Objectives:

The goal of the paper has been an analysis of the sports performance between the years 2002 – 2010 and selected kinematics parameters of the hurdler Petr Svoboda.

Methodology:

Content analysis of the results of hurdle races between 2002-2010 was used in this work. The best result values and the arithmetic average of the 5 best results each year were compared. I also made the analysis of technical parameters of the hurdle overrun evaluating all the overrunning phases on the basis of watching. Then the measuring of selected kinematics parameters had been made which was later compared with the results of other European hurdlers.

Conclusion:

The results of the paper show that during the monitored period the sports performance decreased at first but then increased significantly. The analysis of the hurdle overrun style in the years 2009 and 2010 shows a certain improvement between the two years. The acquired data also testify to the good mastery of the hurdle overrun style of the monitored racer.

Keywords: Hurdle race, Technique, Performance