

## **Abstract**

### **Title:**

Analysis of factors influencing the success of competitors in the X-Alps competition.

### **Work objective:**

The main objective of this work is the analysis of physiological parameters and level of flying skills of the only one Czech representative in the X-Alps competition and comparison of these results with the world's elite competitors involved in this extreme competition.

### **Method:**

Method of personal descriptive case study was used for this thesis. Necessary data were collected by laboratory measurement and by questionnaire. In the laboratory measurement we used appropriate tests for physical fitness. In questionnaire we used method of CAWI - Computer Assisted Web Interviewing.

### **Results:**

Czech representative, three times participated in the X-Alps, is trained individual with a high level of aerobic fitness. In the stress tests reached VO<sub>2</sub>max 70,8 ml/ kg/min and ventilation 171.8 l/min. His weakness in this competition is a low number of annual flying hours and only little experience with flying in a terrain of high mountains.

### **Key words:**

Paragliding, X-Alps, Adventure race, physical fitness, paragliding skills

