**HIMPUNAN PENJELAJAH DAN PENCINTA ALAM (HPPA)**

**SMK NEGERI 22 JAKARTA**

**ANAPHALIS JAVANICA**

**PEMBINAAN KARAKTER DAN WAWASAN KEBANGSAAN**

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**AGENDA LATIHAN PESERTA DIKLAT CALON ANGGOTA SAPALA ANGKATAN IX**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NO | NO ANGGOTA | NAMA | 3-10 | 10-10 | 17-10 | 24-10 | 31-10 | 7-11 | 14-11 | 21-11 | 28-11 | -12 |
| 1. Pembukaan | 2. Tes Fisik Awal | 3. Survival | 4. Tenda / Bivak | 5. Navigasi Darat | 6. ManjPerj / Packing | 7. PPGD | 8. Teknik Memasak | 9. Tali Temali | 10. Tes Fisik Akhir |
| 1 | CA.17.09.2.001 | DELLA ROHMA DWI ASTININGSIH  | √ | 12:10 |  |  |  |  |  |  |  |  |
| 2 | CA.17.09.1.002 | DIMAS JULIANTO | √ | 24:28 |  |  |  |  |  |  |  |  |
| 3 | CA.17.09.2.003 | ELI ASTUTI  | √ | 13:07 |  |  |  |  |  |  |  |  |
| 4 | CA.17.09.1.004 | FANDI BASKARA | √ | 20:38 |  |  |  |  |  |  |  |  |
| 5 | CA.17.09.2.005 | KEZIA CECILIA VANESSA | √ | 13:07 |  |  |  |  |  |  |  |  |
| 6 | CA.17.09.1.006 | MUHAMMAD FADLI PUTRA PRIBADI | √ | 24:28 |  |  |  |  |  |  |  |  |
| 7 | CA.17.09.1.007 | MUHAMAD HERAL | √ | 20:38 |  |  |  |  |  |  |  |  |
| 8 | CA.17.09.1.009 | MUHAMMAD RIZKY | X | 20:38 |  |  |  |  |  |  |  |  |
| 9 | CA.17.09.2.010 | NURIKA ULY | √ | 08:01 |  |  |  |  |  |  |  |  |
| 10 | CA.17.09.1.011 | RIFQI ALFIAN | √ | 20:38 |  |  |  |  |  |  |  |  |
| 11 | CA.17.09.1.012 | RIHAN FISABILILLAH A | X | 20:38 |  |  |  |  |  |  |  |  |
| 12 | CA.17.09.2.013 | SALMA SABILLA | √ | 12:10 |  |  |  |  |  |  |  |  |
| 13 | CA.17.09.2.014 | SURYANI  | √ | 14:10 |  |  |  |  |  |  |  |  |
| 14 | CA.17.09.2.015 | YUNITA HERAWATI  | √ | 13:07 |  |  |  |  |  |  |  |  |
| 15 | CA.17.09.2.016 | FRISKA PUTRI KURNIASARI | √ |  |  |  |  |  |  |  |  |  |
| 16 | CA.17.09.1.017 | MUHAMAD IMAN | √ | 22:34 |  |  |  |  |  |  |  |  |
| 17 | CA.17.09.2.018 | KURNIAWATI | √ |  |  |  |  |  |  |  |  |  |
| 18 | CA.17.09.2.019 | WYNNONA KYLA AMARA | X |  |  |  |  |  |  |  |  |  |
| 19 | CA.17.09.1.020 | MUHAMMAD ZIDNI FALAH | √ | 24:28 |  |  |  |  |  |  |  |  |
| 20 | CA.17.09.1.021 | JOHAN | √ | 22:34 |  |  |  |  |  |  |  |  |
| 21 | CA.17.09.1.022 | APRIANTO PERNANDO SIAHAAN | √ | 22:02 |  |  |  |  |  |  |  |  |
| Ritme Latihan FIsik |  | 0 | 5 | 10 | Lari Beban | Renang | Gor 10 | Gor 15 | Gor Beban | Gor 20 |