rok 2022

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	INZULÍN				GLYKÉMIA				INZULÍN				GLYKÉMIA			
čas	RÁN	O OBEI) VEČEF	R NOC	RÁNO	OBED	VEČER	NOC	RÁNO	OBED	VEČER	NOC	RÁNO	OBED	VEČER	NOC
1					8.7	6.1	6.7	5.3		6.0			8.7	5.6	8.9	7.4
2					7.1	6.0	8.4	6.2					7.9	5.7	7.2	6.2
3					5.9	6.2	6.2	6.5					8.7	6.5	9.2	5.4
4					6.8	5.6	9.6	6.9	7.0				9.2	6.9	8.4	5.4
5					6.8	6.3	7.4	7.7					6.6	10.1	7.7	5.2
6					7.1	5.2	7.5	7.0					7.6	11.1	6.4	5.2
7					7.9	6.1	6.4	7.1					6.1	5.8	7.6	5.4
8	8.0				4.5	4.1	9.2	5.2					6.8	5.9	5.4	4.9
9	4.0	7.0			6.3	8.8	7.2	8.1		7.5	6.0		7.6	7.3	7.6	8.1
10	3.5		9.0		5.4	9.5	10.5	4.2	5.0	8.0	7.0		9.1	7.3	9.0	6.5
11					10.1	5.1	7.5	5.3	4.5				5.1	10.2	8.2	6.6
12	3.5	4.5			6.0	6.1	7.2	6.7					5.7	10.4	6.1	5.1
13					7.4	8.9	7.3	6.4	4.0				6.3	9.3	7.0	5.4
14				4.0	5.1	8.0	7.5	6.3					6.7	6.8	5.8	5.1
15		8.0			5.7	8.4	9.0	5.4					6.9	5.2	6.3	7.8
16	4.5		5.0		6.2	10.2	6.0	8.9	7.0	7.0	8.0		6.5	6.5	7.3	5.0
17			7.0		8.3	9.6	7.1	6.8					4.9	5.2	7.8	5.3
18					6.1	9.7	6.6	5.9	6.0		6.0		7.6	6.9	8.5	5.7
19		6.0			6.7	8.5	8.3	6.6		5.5			5.5	8.9	9.6	7.8
20					7.0	12.8	7.0	6.7	7.0				9.2	7.7	8.6	10.9
21					6.0	6.8	6.1	6.2	5.0				8.0	8.0	6.3	15.4
22					6.3	6.1	7.6	6.4	4.5	5.5	5.0		6.9	9.7	5.2	5.4
23					9.2	10.5	4.8	5.9		7.0	9.5		10.2	11.1	5.2	4.5
24		7.0	8.0		5.8	6.8	9.0	4.4	4.5	8.0	5.0		6.7	7.7	6.2	6.6
25	6.0				8.3	7.5	7.7	6.6	5.0	10.0			5.8	6.1	7.2	6.3
26	8.0				9.3	5.5	8.2	7.8	4.5	10.0		4.0	4.6	5.8	9.2	4.1
27	7.0				8.3	7.5	7.1	12.6	4.5	6.0			5.4	6.3	6.6	5.7
28	6.0		6.0		9.7	5.8	6.9	5.4	3.0	5.0			4.8	5.0	4.4	4.3
29					6.3	6.0	6.4	5.6						9.0	7.1	8.2
30						9.8	9.2	6.7					8.3	7.5	6.4	5.1
31					9.8	8.0	8.9	5.5								