

BATTLE OF ANATOLIA 2019 ELEME WOD'U

ELITE KATEGORİ

WOD

A

B

AMRAP 8 MİN

FOR TIME

SÜRE / REP

3-3, 6-6, 9-9

3+3

6

20 Toes to bar

Hang Squat cleans M: 60, W:40 KG

6+6

18

20 Bar muscle ups

Box Jump overs M:60, W: 50 CM

9+9

36

20 Toes to bar

cap time 5 minutes

3-3, 6-6, 9-9

3+3

42

Hang Squat cleans M: 70, W:45 KG

6+6

54

ATLET İSİM

JUDGE İSİM

Box Jump overs M:60, W: 50 CM

9+9

72

TIE BREAK

3-3, 6-6, 9-9

3+3

78

Hang Squat cleans M: 80, W:50 KG

6+6

90

Box Jump overs M:60, W: 50 CM

9+9

108

3-3, 6-6, 9-9

3+3

114

Hang Squat cleans M: 90, W:55 KG

6+6

126

Box Jump overs M:60, W: 50 CM

9+9

144

3-3, 6-6, 9-9

3+3

150

Hang Squat cleans M: 100, W:60 KG

6+6

162

Box Jump overs M:60, W: 50 CM

9+9

180

A- TOPLAM

