

# BATTLE OF ANATOLIA 2019 ELEME WOD'U

## MASTER 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 50 kg

6+6

18

20 Bar muscle ups

Box Jump overs 60 cm

9+9

36

20 Toes to bar

cap time 5 minutes

3-3, 6-6, 9-9

3+3

42

Hang Squat cleans 60 kg

6+6

54

ATLET İSİM

JUDGE İSİM

Box Jump overs 60 cm

9+9

72

##### TIE BREAK

3-3, 6-6, 9-9

3+3

78

Hang Squat cleans 70 kg

6+6

90

Box Jump overs 60 cm

9+9

108

3-3, 6-6, 9-9

3+3

114

Hang Squat cleans 80 kg

6+6

126

Box Jump overs 60 cm

9+9

144

3-3, 6-6, 9-9

3+3

150

Hang Squat cleans 90 kg

6+6

162

Box Jump overs 60 cm

9+9

180

A- TOPLAM

