

# BATTLE OF ANATOLIA 2019 ELEME WOD'U

## SCALED KATEGORİ

### WOD

#### A

#### B

#### AMRAP 8 MİN

#### FOR TIME

#### SÜRE / REP

3-3, 6-6, 9-9

3+3

6

25/20 Calories Row

Hang Squat cleans M: 40, W: 30 kg

6+6

18

50 Pull ups

Box Jump overs M:60, W: 50 CM

9+9

36

25/20 Calories Row

cap time 5 minutes

3-3, 6-6, 9-9

3+3

42

Hang Squat cleans M: 50, W: 35 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: 60, W:40 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: 70, W:45 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: 80, W:50 KG

6+6

162

Box Jump overs M:60, W: 50 CM

9+9

180

A- TOPLAM

