

X X X **THE BATTLE OF AMSTERDAM**

QUAL 19.3A

MARCH 29, 21 CET - APRIL 8, 23.59 CET

10MIN AMRAP / MALE & MALE PARTNERS

MOVEMENTS	COMPLETED	POSS	MOVEMENTS	COMPLETED	POSS
30 DEADLIFTS 40KG		30	30 DEADLIFTS 40KG		330
20 BOX JUMPS		50	20 BOX JUMPS		350
30 CLEANS 40KG		80	30 CLEANS 40KG		380
20 BOX JUMP OVERS		100	20 BOX JUMP OVERS		400
30 SH. 2 OH 40KG		130	30 SH. 2 OH 40KG		430
20 BURPEE BOX JUMPS		150	20 BURPEE BOX JUMPS		450
30 DEADLIFTS 40KG		180	30 DEADLIFTS 40KG		480
20 BOX JUMPS		200	20 BOX JUMPS		500
30 CLEANS 40KG		230	30 CLEANS 40KG		530
20 BOX JUMP OVERS		250	20 BOX JUMP OVERS		550
30 SH. 2 OH 40KG		280	30 SH. 2 OH 40KG		580
20 BURPEE BOX JUMPS		300	20 BURPEE BOX JUMPS		600

**YOUR QUALIFIER 19.3A SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED AS GROUP A

TEAM NAME

X

TEAM SIGNATURE

X

JUDGE INT.

THE BATTLE OF AMSTERDAM

QUAL 19.3 B

MARCH 29, 21 CET - APRIL 8, 23.59 CET

10MIN AMRAP / FEMALE & FEMALE PARTNERS

MOVEMENTS	COMPLETED	POSS	MOVEMENTS	COMPLETED	POSS
30 DEADLIFTS 30KG		30	30 DEADLIFTS 30KG		330
20 BOX JUMPS		50	20 BOX JUMPS		350
30 CLEANS 30KG		80	30 CLEANS 30KG		380
20 BOX JUMP OVERS		100	20 BOX JUMP OVERS		400
30 SH. 2 OH 30KG		130	30 SH. 2 OH 30KG		430
20 BURPEE BOX JUMPS		150	20 BURPEE BOX JUMPS		450
30 DEADLIFTS 30KG		180	30 DEADLIFTS 30KG		480
20 BOX JUMPS		200	20 BOX JUMPS		500
30 CLEANS 30KG		230	30 CLEANS 30KG		530
20 BOX JUMP OVERS		250	20 BOX JUMP OVERS		550
30 SH. 2 OH 30KG		280	30 SH. 2 OH 30KG		580
20 BURPEE BOX JUMPS		300	20 BURPEE BOX JUMPS		600

**YOUR QUALIFIER 19.3A SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED AS GROUP B

TEAM NAME

X

TEAM SIGNATURE

X

JUDGE INT.