

THE BATTLE OF AMSTERDAM

QUAL 19.1

MARCH 29, 21 CET - APRIL 8, 23.59 CET

FOR TIME - "FRAN-STERDAM" / TIME CAP: 20MIN

| ATHLETE 1 | 21 | 15 | 9 |
|--|----------------|------------|------------|
| THRUSTERS 30KG | | | |
| PULL UPS | | | |
| POSSIBLE REPS | 42 | 72 | 90 |
| YOUR QUALIFIER 1A SCORE: FOR TIME | | | |
| ATHLETE 2 | 21 | 15 | 9 |
| THRUSTERS 42,5KG | | | |
| PULL UPS | | | |
| POSSIBLE REPS | 132 | 162 | 180 |
| YOUR QUALIFIER 1B SCORE: FOR TIME | | | |
| ATHLETE 3 | 9 | 7 | 5 |
| THRUSTERS 42,5KG | | | |
| BAR MUSCLE UPS | | | |
| POSSIBLE REPS | 198 | 212 | 222 |
| YOUR QUALIFIER 1C SCORE: FOR TIME | | | |
| ATHLETE 4 | 9 | 7 | 5 |
| THRUSTERS 60KG | | | |
| BAR MUSCLE UPS | | | |
| POSSIBLE REPS | 240 | 254 | 264 |
| YOUR QUALIFIER 1D SCORE: FOR TIME | | | |
| EACH TEAM MEMBER COMPLETES 1 OF THE WORKOUTS. TIE BREAKER AFTER EACH WORKOUT. | | | |
| TEAM NAME | TEAM SIGNATURE | JUDGE INT. | |
| X | X | | |