

# THE BATTLE OF AMSTERDAM

# QUAL 19.1

MARCH 29, 21 CET - APRIL 8, 23.59 CET

## FOR TOTAL REPS - 3MIN AMRAP EACH SEGMENT

ATHLETE 1	1	2	3	4	5	6	7	8
15 THRUSTERS MALE: 42,5KG FEMALE: 30KG								
15 PULL UPS								
<b>POSSIBLE REPS</b>	<b>30</b>	<b>60</b>	<b>90</b>	<b>120</b>	<b>150</b>	<b>180</b>	<b>210</b>	<b>240</b>

**YOUR QUALIFIER 1A SCORE:  
FOR TOTAL REPS**

ATHLETE 2	1	2	3	4	5	6	7	8
15 THRUSTERS MALE: 42,5KG FEMALE: 30KG								
15 PULL UPS								
<b>POSSIBLE REPS</b>	<b>30</b>	<b>60</b>	<b>90</b>	<b>120</b>	<b>150</b>	<b>180</b>	<b>210</b>	<b>240</b>

**YOUR QUALIFIER 1B SCORE:  
FOR TOTAL REPS**

ATHLETE 3	REPS COMPLETED
21 THRUSTERS MALE: 42,5KG FEMALE: 30KG	
MAX PULL UPS	

**YOUR QUALIFIER 1C SCORE:  
FOR TOTAL REPS**

ATHLETE 3	REPS COMPLETED
21 THRUSTERS MALE: 42,5KG FEMALE: 30KG	
MAX PULL UPS	

**YOUR QUALIFIER 1D SCORE:  
FOR TOTAL REPS**

**EACH TEAM MEMBER COMPLETES 1 OF THE WORKOUTS. SCORE IS TOTAL REPS OF ALL ATHLETES**

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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