

THE BATTLE OF AMSTERDAM

QUAL 19.3A

MARCH 29, 21 CET - APRIL 8, 23.59 CET

FOR TIME THEN REPS - MALE / MALE - TIME CAP: 10MIN

MOVEMENTS	COMPLETED	POSS	MOVEMENTS	COMPLETED	POSS
30 DEADLIFTS 40KG		30	20 TOES TO BAR		230
20 BOX JUMPS		50	20 SH. 2 OH 60KG		250
30 CLEANS 40KG		80	20 HS PUSHUPS		270
20 TOES TO BAR		100	10 DEADLIFTS 80KG		280
30 SH. 2 OH 40KG		130	20 BOX JUMPS		300
20 HS PUSHUPS		150	10 CLEANS 80KG		310
20 DEADLIFTS 60KG		170	20 TOES TO BAR		330
20 BOX JUMPS		190	10 SH. 2 OH 80KG		340
20 CLEANS 60KG		210	20 HS PUSHUPS		360

**YOUR QUALIFIER 19.3A SCORE:
FOR TIME THEN REPS**

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS OR REPS COMPLETED

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

FOR TIME THEN REPS - FEMALE / FEMALE - TIME CAP: 10MIN

MOVEMENTS	COMPLETED	POSS	MOVEMENTS	COMPLETED	POSS
30 DEADLIFTS 30KG		30	20 TOES TO BAR		230
20 BOX JUMPS		50	20 SH. 2 OH 40KG		250
30 CLEANS 30KG		80	20 HS PUSHUPS		270
20 TOES TO BAR		100	10 DEADLIFTS 60KG		280
30 SH. 2 OH 30KG		130	20 BOX JUMPS		300
20 HS PUSHUPS		150	10 CLEANS 60KG		310
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