

WOD Log-Sheet

Date 8/26/11 WOD Dirty 30

Athlete Name	Results
Holmhooboo	40:32
Duc	41:45 (#95, #25, DU)
Cathy	50:15 (#55, #25, DU)
MARINA	39:30 (Box 20") 25# swings 65# push
TRAC	27:26 ☺ 180 snails
Kyle	34:43 24", 95# push, 45# swing
BDO - see you all in Nov.!	27:51 - triple unders
Tamie	43:26 single 24"
EDWIN	36:55 24" 95#, 70DP
Cindy	36:46 16" 42#, 25lb swing
mei	37:59 16" 65# 25lb swing
Paulina	39:52
TUKE HOOBOO	40:42 #10 med. ball / #25 lbs swing d/y / #65pp
CRYSTAL LOW	42:30 #25
Carol (SCALE) #25	41:13 (to bar) Pull up (A) discs
tmai	43:20
Hue Nguyen	30 blue knee caps #30 sw / 85# push
KRIS	31:02 65pp, 45# swing, d/y 114# ball
Ken	32:15 PK - Double unders
mychal	28:32 Rx
Shawn	26:38 (also double unders) (except used 1.5pp)
Gerald	33:12 Rx
Brian	36:14 Rx x30 triple under YAY!
Jewasphammers	35:35
PATRY	39:50
TAMU	44:38
Alice	38:38 (24", 65#, 30# swing, DU)
KYLE	39:39
TRi	32:12 - Double under

