

On-Ramp WOD Log-Sheet

Date 9/26 WOD BS/DL/~~BS/DL~~ "TAIL PIPE"

Athlete Name	Results
Darrell	160# / 245# / 5:23
HENRY N.	165 / 205 / 5:23
DVC	175 / 225 / 5:14
Yoshi	BS #155 / DL #205 / 5:14 (#25)
MARVIN	160# / 195# / 5:14
Annie	185 / 225 / 4:14 (25#)
Teagan	115 / 135 / 5:21
Jimmy	85 / 115 / ~7min w/20 burpees
Nicole	47 / 105 / 7:26
Tamie	85 / 120 / 7:26
HONG HONG	115 / 135 / 4:55
JULIE HONG	105 / 135 / 4:55
♥ Jmai ♥	70 / 135 / 8:14
Carl	72 / 110 / 8:27 Row Zoom (3)
Reed	255# / 325# / 8:14
Hug Nguyen	155# / 190# / 5:10
KRIS	135# / 165# / 5:10
Andrew + Gary Gerald	"Tail Pipe" 5:32
Andrew	185 BS / 275 DL
TRI	215 BS / 295 DL → Nam, Tri 4:44 35#
Shawn	235 BS / 335 DL → 5:25 Shawn / Mohamud
Scosan Vu	5:46 TAIL PIPE
Stephanie Leung	BS #170 / DL #210 / PIPE 6:06
Brian	BS #185 / DL 235 / PIPE 5:35
ANNIE ☺	BS #105 / DL #130 / PIPE 5:35 25#
LITA	BS #105 / DL #130 / PIPE 5:57
Caitlyn	BS #90 / DL #130 / PIPE 6:18
Danny	BS #205 / DL #205 / PIPE 6:04 25#
Crystal	BS 105# / DL 130# / TAIL PIPE 6:18 15#

