

WOD Log-Sheet

Date _____ WOD Lucky 7, Death by Snatches

Athlete Name	Results
Mychal	Lucky 7 - 10:57 (RX)
Lauren	Lucky 7 - 15:27
Suzette	lucky 7 - 5 rounds + 7 pull ups
Kim	5 complete rds
Shannon	Lucky 7 13:16 50#
Susan Vu	5 RDS + 20# 5 RDS 15:31
KYUE	10 RDS #52
Tran	lucky 7 12 rounds 22lbs.
Imai	8 rounds snatches, 45#
LANSHT (2)	9 rounds #65
Mike Vh	Lucky 7 13:45
Andrew	Snatches, 8 rds (95#)
Shawn	Snatch Death, 12 + 11 on 13th
KRIS	LUCKY 7 13:51
Peel	Round 8 + 6
Kyle	Lucky 7 12:44
XIAOPENG	LUCKY 7 15:48
Alice	Lucky 7 15:26 25# 6 rounds
Erwin	D by S 8 rds
ANNE!!	Lucky 7 15:56
Crystal	Lucky 7 16:25
Ryan.	11 Rounds, 7 reps 95#
- 1 < 3	D by S 9 rounds 95#
Pusa	6 RS LUCKY 7
Steph Choy	Death by Snatches complete 70# 45lbs
Lina	snatch complete 9 #45
Lilia	Lucky 7 6 RS + 7 pull ups
elgin	Lucky 7 12:05
Yuan	Lucky 7 9:52

WOD Log-Sheet

Date 10-21-2011

WOD DEATH BY SNATCHES + LUCKY 7

Athlete Name	Results
DJC	
Subson VU	65# Snatches RD 10
Tamie	42# Snatches RD 11
Jehesphammers	65# snatches 10 RDS + 6 reps
Shawn	"Lucky 7" 10:45 mins @ 50#
Red	Rucky 7 15:33
Yoshi	65# snatches RD 10
Andrew	"Lucky 7" 15:24 (2 x 45#)
Brian	Lucky 7 11:37 (#25 x 2)
K3	Lucky 7 13:51 (45# x 2)
AN VO	Lucky 7 up to 6 rounds (25 and 25)
Stephanie	Lucky 7 & 7 rounds overtime 17:16
Darryl U	Lucky 7 7 rounds 15:58 ☺
MIKE TUNG	11 ROUNDS
LEETS	LUCKY 7 - 6 RDS 15:27
Jimmy	75# snatches 7 rounds
MICHENE	Lucky 7 - 7 RDS 17:39
Horny	Snatches 8 rds
Marianne	lucky (6)
Joyce	Lucky 7 10 rounds 15:08
Paul	Lucky 7 7# 17:09
SAM	10 RDS 42#
NEBSON	12 RDS 45#
Erwin	Lucky 7 - 14:04 45#
Chris S	Snatches - 10 rds
Ryan	Lucky 7 - 13:47
Elgin	Snatches 9
Crystal	Snatches 10 52#

