

WOD Log-Sheet

Date 12/13/11

WOD VRN

Athlete Name	Results
B90	34:41
DANNY	5 DUS
KYLIE	100 Last 400m complete +
Lonie	79 squats
Anthony	34:58
Andrew	35:xx 400m + 0 DU
Mary	100 sqt.
Koshi	32:55
Shawn	DNF @ 94 Doubles
Mike Vn	D.F.
Gloria	151 Squats
Brian	30 double under
Jen	200 squats
Stephanie	170 squats
Marianne	68 squats
quick P.	80 squats
Rusca	200 Squats + 400m run
Alice	200 squats
Crystal	77 Squats.
K3	108 squats
Y2AOPENG	82 SQUATS
ELGIN	0 DU
Omur	40 squats
Chris	DNF 200m
Allen	Squat 82
Steph Choy	squats 1.50
Florence	250 double under
Bonora	42 squats
Mario	121 squats

