

WOD Log-Sheet

Date 1/25/12 WOD Hot & Heavy

Athlete Name	Results
Amler	R#1-2:52 R#2-2:45 R#3 2:22 42#
Amanda	R# 2:47 2:35 2:31 42#
Jemma	R#1-2:45 ; 2-2:40 ; 3-2:10 (42)
Johanna	R#3 ; 2:55 ; 2:59, 3:00 #45
MARIA	R# 1-2:40 2:40 2:35 30#
GIL	R#1-2:45 2:38 2:32 35#
Darrell	Rx3 , 2:43, 2:41, 2:31 95#
MARVIN	Rx3 , 2:30/2:37/2:16 75#
Yoshi	Box , 2:19 / 2:38 / 2:48 95#
Ricardo	1:40 , 1:44 , 1:38
MICHAEL M.	1:38 , 1:39 , 1:39
Kelson Vu	1:45, 1:28, 1:29 (65#)
Selam	1:48, 1:40, 1:30 27#
Nicole	1:33, 1:28, 1:28 27#
CHRIS	#95 1:48, 1:36, 1:30
Tamie	134 ; 137 , 147 #52
ALVIN	95# 1:46, 2:02, 1:52
ABHI	
Kyle	115# 1:57, 1:56, 2:24
Andrew	95# 1:54, 2:09, 2:09
TRAC	2:41, 2:26, 2:40
DAVID W	2:18 2:14 2:15 #95
tmzi	(57#) 7 ~ 4 ~ (52#) 2:38
HYONCHU	9 , 3:00 , 8 65#
MARY	2:28 , 2:44, 2:45 42#
Dave G.	1:45 , 2:07 ; 2:21 85#
NIKE TUNG	7 ; 2:57 ; 2:50
Mik W	2:20, 2:33, 2:23 135
JOIE	2:05, 2:01, 1:48

WOD Log-Sheet

Date 1-25-2012 WOD _____

Athlete Name	Results
Carol (Modify)	2:03 1:54 1:35 #15 Power Snatch
JEFF	1:57, 2:11, 2:41 @85 PS
Edward	2:00, 2:15, 2:10
MICHELLE	1:40, 1:40, 1:46 (47#)
Vanessa M	1:58, 1:54, 2:06
GLORIA	2:03, 1:50, 2:04 (47#)
LANDON	1:47, 1:43, 1:45 (95#)
Laly	1:48, 2:00, 2:06 (221bs)
Huy Nguyen (2)	2:25, 2:08, 2:25 (95#)
Shannon	1:37, 1:47, 1:52 RX
Brian Ha	1:50, 1:57, 1:47
Brittney	2:05, 2:00, 1:42 (45#)
Erwin	1:57, 1:50, 2:10 95#
KYU	2:29 2:31 2:31, 2:35
Huy	1:39, 2:09, 2:30 #135
Leets	1:44, 1:44, 1:47 #55
Alice	2:41, 2:46, 2:34 65#
Jen	1:36, 1:36, 1:43 42#
Kwin N. ¹⁰⁴	2:39, 2:28, 2:28 65#
SABA	1:39 1:39 1:45 42#
TAM	1:44, 1:40, 1:39
DUC	1:30 @65 ; 1:38, 1:38 @75
neda	1:36; 1:46; 1:50 #42
Halina	1:40, 1:52, 1:39 #42
BEN	1:40, 1:40, 1:40 #65
TRI	1:59, 2:25, 2:38 #115
ICK	2:02, 2:05, 1:56 115#
ANTH	2:12, 2:02, 2:19 #55
DANNY	2:04, 1:58, 2:06 (95#)

