

WOD Log-Sheet

Date 01/27/12 WOD _____

Athlete Name	Results
Jemma	62lb ; 3 rounds + 2 wall balls
neda	75# ; 3 rounds & 7 WBS #14
DUC	#140 ; 3 rounds 10 WBS RX
SABA	42# ; 3 rounds + 12 WBS
MARIA	# 32 , 3 rounds & 6 WBS
Parrell	#135 10 reps 1RM max 155, 2 ^{20#} rounds + 7 box pistols
Jie	#80 10 rep 3 rounds
BRIAN	#115 10 rep , 3 rds , 8 pistol
LEETS	#95, 3 RDS + 8 WBS
MAZUIN	#115 10 REP / 4 ROUND WALLBALL SCALE PISTOL #
Melissa	65# ; 3 rds + 8 WBS ; 2 mile cagnot
JONATHAN	#135 , 4 rds + 6 pistols , 3 mile row
caitlin	6:11 "Fran lite"
Brian M	6:00 4 rds + 6 pistols (135#)
Ricardo D.	#135 3 1/2 rounds ball/pistol
ELLA	#115 / 5 RDS ! 10# WALLBALLS
Susan VU	#125 5 RDS ! 10# 5:34
Nicole	#52 / 3 1/2 10#
Selam	#47 / 3 1/2 10#
EDWIN	175 / 5 RDS & 2 PISTOLS (S)
JEFF ^{+ 400m}	135 / 3 rounds (+ time)
JAMIE	#57 / 4 rds + 3 #10 wall balls
ACVIN	#135! / 5 RDS - 5:42
MICHAEL M	#135 / 5 RDS - 5:36
Huy Nguyen (2)	#55 / 15M 4 rds + 7 pistols
Gary	#155 4 rds
Vanessa M	#82 4 rds
MIKE TUNG	185 LBS ; 5'11" R
Jennifer	42# & 5 rds - 11 squats! (box) #10

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Athlete Name	Results
Michelle (PR)	82# clean/jerk - 3 rds + 8 pistols
Gloria	82# clean/jerk 3 rds
Mario	135lb (PR) - 3 rds + 10 wbs
Mei	95# clean/jerk ⁽¹⁾ - ⁽²⁾ 5:26
Tran	52# clean/jerk 3 rds + 2 wbs
Phong	115# 5 Round + 7 pistols
Lauren	42lbs 3 rds + 9 pistols
Yanti	95lb / 3 rds
Laly	62lbs / 3 rds
Ben	85lb / 4rd
Kyle	#105 / 4 rds
Shannon	#70(s) 5:42 (RX)
Andrew	185# C&J / 3 rds + 10 pistols
Brittney	#55 C&J / 3 rds + 12 wallball ^(11#)
Annie	145# / 5:13
ANTH	85# 4rd + 8 WB
Amy	#245pr 3rd + 2 pistol
Marianne	#115 2rd 10 pistol
Joyce	#52 4th rd. 9 wallballs
Jackqueline	4
Yang	3
Stephanie	4 10 wallball
K3	185# C&J, 4rd 6 wallballs (RX)
Stephanie Choy	85lbs C&J @ ; 3 rd @ 10 ball
Mike	115 lbs C&J ; 3 rd, + 4 WB
Samantha	105# C&J ; 3 rds + 10 WB
TRAC	205, 4:41