

WOD Log-Sheet

Date 2/10/12 WOD "DIANE"

Athlete Name	Results
Mei lissa	6:40 95#
Joie	6:34 #95
Nancy Le	6:55 #35 / 1:12 ^{1:33} 2:27 2:10 2:15 2:19 2:12 2:24 2:10
Jemma	6:58 #70
Ms. T	9:41 #75
Linh	13:05 #135
Darrell	13:49 #235 / box 24" HSPK
MARVIN	8:53 #135 / Box 20" HSPK
BRITA	1:12, 1:12, 1:12
FRANCIS	1:29, 1:26, 1:29
Jennifer	1:13, 1:10, 1:12
Anne	8:32 185#
Nicole	7:52 85#
Ricardo	6:25 #185
Jamie	7:57 #105
Belam	8:14 85#
JEFF	12:21 185#
AWIN	8:24 185#
Tony A	5:52 185# / 25#
Andrew V.	10:05 (225# / Box stick bugle)
Kyle	7:18 RX
ALEX	12:19 RX
TRAC	6:19 (PR)
TERENCE	6:30 155# / Box
BRIAN	5:42 135lbs / Box
Michelle Y.	95# 5:21
Michelle W.	95# 6:57
DANNY	6:59 (135# ; 45# dumbbell press)
Kevin U	7:05 (105#)

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Athlete Name	Results
Susan Vu 115#	7:06 HS(S)
Mario	7:49 175lbs
Mike V	#225 16:26
Mei	5:35 (115#), Stink Bug
Alice	7:44 (115#), KIPPING HS push-ups
LALY	72lbs 5:29
TAM	85lbs 9:36
TRI	RX:225 8:35
Leets	10:50 105# , STINK BUG ON BOX
Jewelsphammers	11:42 145# , stink bug
ANNE ↓	7:30 85# , PRESSES? 15#
Hay Nguyen C1	6:34 165# ; box 115M
Thien	6:21 #115
Stephanie	8:28 #135 ' on box
Amanda	6:31 #115 Stink bug
XZAO PENG	8:07 #145 , ON BOX
Brittney	5:35 #115 , stinkbug
Lilia	6:15 #125 , stinkbug
Ken Ng	5:20 #145 , on box
neda	6:07 #115 ; stinkbug
SABA	9:21 #85 → #75 ; stinkbugs
Walke 155	10:37
Brian	11:49 #185
K3	11:26 Rx dl , scaled hspu
LISA	9:41 stinkbug 105# DL
Monica	11:03 95lb scaled hspu
Chang	6:20 135lb Scaled hspu
Jul	13:10 - 205lb - Box - HSPU
J. Linn	10:55 135# 8:55