

WOD Log-Sheet

Date 2-21 WOD _____

Athlete Name	Results
Mei	65, 75, 85 ^F , 85, 95, 100, 105 ^F , 1Rd + 14 power snatch
Susan Vu ^{2 RD + 10} _{6 snatch}	45, 65, 75, 85, 95, 100 ^F , 100 PR, 105 ^F fail
BRIAN	45, 65, 85, 95, 115 ^F , 105, 115 ^F , 115 PR / ^{2 PR} _{24 PR}
Erwin	45, 65, 95, 115, 125 ^(PR) , 125 ^(F) , 125 ^(F) 1rd + 3 snatches
Kylie	42-52-62-67-72-77 ^f -77 ^f 1RD
Jewelshammers	42-52-62-67-72-77-82 ^f -82 1RD + 13 snatches
Shannon	155# 7 RND 7 Double unders
Caitlyn	45, 50, 57, 62, 67, 67 ^(F) , 67 ^(F) 2 PRS @ 42#
Stephanie	80, 85, 90, 95, 100, 110 ^(F) 1rd @ 11 25 lbs
Huy Ngye. (2)	90 95, 105, 115, 125 ^(F) , 125 ^(F) , 125 ^(F) 1rd + 3
Alice	45, 50, 57, 62, 67, 72, 82 ^(F) , 77 ^(F) 1RD 10 PS
Lita	45, 50, 57, 62, 67, 72, 82 ^(F) , 77 ^(F) 1RD 30 DU'S
Michael	50, 75, 95, 105, 135, 2 rounds 60SR, 2-
Mike T.	125, 130 F 1 short 95 lbs
Halina	62 : 67 : 77 ^F [^{42#} 2rd + 8 snatches]
Brian Ha	45-65-85-95-115-135 ^(F) 1 RD + 14 snatches
gloria	62, 2 PRS + 2 snatches
Danny	95 / 135 + 1 round (2) 60x
Andrew V.	105 ^(at#) / 7/rd + 7 PS
XIAOPENG	105# 1 RD + 7 SNATCHES
K3	45, 65, 95, 115, 135, 155 ^(PR) , 165 ^(F) 1RD + 10 snatches ^{Rx}
Annie	80-85-95-100-105-110-115 / 3 + 10 DU
Andrew Vu	115-135 ^(F) -135-145 ^(F) -145 ^(F) -135-145 ^(F) / 2 PRS + 10 snatches
DANNY	45 - 65 - 85 - 95 - 115 - 125 / 1rd + 10 snatches
EDWIN	45, 55, 95, 115 2 PRS @ 1 SNATCH PR
PAUL	45, 65, 95, 105, 115 ^(F) , 115 ^(F) , 115 ^(F) 2 PRS 10 snatches
monica	2 rounds 50lbs
Lilia	22, 32, 42, 45, 50, 55, 60, + 2 RD + 60 singles
Sol	PR-120lb - 2 RD + 9 PS-65lb - 8yr

