

WOD Log-Sheet

Date 02/22/2012 WOD _____

Athlete Name	Results
Link	#95 200 m, 260m, 230m
Jemma	#55 140m, 187m, 230m
Nancy Yamamoto	#55 (20" box) 155 / 170 / 126
MARU W	95# 185 / 279 / 292 24" 221 / 180 / 130 m m m
Crystal	85# 127m, 188m, 155m (24") (20") (20")
CHRISTINE	
CHRISTINE	65# 123, 132, 139
SHANE	65# 160, 164, 167
Susan W	95# 268, 226, 250 20" box
JEFF	115# (123, 222, 147) 24" box
Brian M	685 Row 30" box jump
MICHAEL M.	153, 236, 239 #135
Tamie	65# -0, 147, 155 24" jump
ALVIN	115# 291, 226, 241 24"
TRAC	Rx, 173, 194, 250m
NICOLE	164, 212, 200 45lb 20" jump
Jharra	93, 249, 206 44# 12" jump
Vanessa M	149, 165, 179
MIKE TUNG	22A; 300; 240 @ 155 lbs. scale
BRIAN	263, 232, 204 135/64
DAVID W	194, 161, 106 95#
Carol Modify	163, 187, 205 20# ball
HYONCHU	233, 155, 190 #85, 20"
MARY	180, 165, 195 #65, 20"
Nick	155# 330, 162, 164
Erwin	155# 300, 85, 266 24"
Tina	145# 83, 163, 180 12"

WOD Log-Sheet

Date 2/28/12 WOD _____

Athlete Name	Results
Yoshi	145# 338, 310, 0
Edgard	115# 170, 184, 190
Michelle Y.	65# 104/216/217
Jen	65# 222/212/211 Baby Box
Coals	95# 174/142/128
Shannon	RX 305/140/174
Minh	65# 195/165/197
Shaun	RX (1) 0 meters (2) 155# 324m (3) Rx=310m
Jewelsphammers	95# 217/202/220
Leets	95# 0/20/08
K/Ue	96# 187, 153, 146
Young	226 227 205
Amler	(1) 198 198
Brian Ha	115# 315, 286, 263
Kevin	95# 262, 258, 268
TAM	75/65# 151, 106, 185
Andrew	(1) 155# DNF (2) 135#, 262m (3) 260m
TERENCE	155# 230, 210, 255
Michelle W.	65# 237, 231, 218
Alice	(1) 0m (2) 20m (3) 107m 95#
K3	332m, 309m, 235m 155#
XIAOPENG	#135 255 279 285
Tony A	#95 260 230 219
Marianne	#115 104 87 137
PHILIP	#115 114 199 135
Andrew Vu	#135 273, 206, 241

