

WOD Log-Sheet

Date 2/1/2013 WOD _____

Athlete Name	Results
BRAD	Push Press 1RM 175# R1 3:26 ^{RW DU CTB} R2 6:15
JOE	PP 1RM 115# R1 3:41/10/7 ^{DW CTB} R2=7:30
JENN	85# , 4:22, ①, ③, 6:45
TOM	PP 105# , 4:12, 15, 6, 6:28
GERARD	PP 1RM 165# 3:24, 15, 4, 7:00
CAROL MOD WOD	#22 1RM, 4:03, 126, 6, 8:30
MARVIN	PUSH PRES 135# 1RM 3:45, 2, 7/7:07
Koshi	PP 155# (PR) 2:49, 114, 3, 5:38
Wendy	PP 82# 1:58, 6 SS/D, 8, 4:31
Krista S.M.	PP 77 2:01, 10 PU, 8 CTB 5:27
Klaus	PP 135 3:54 Run, 10 DU 3 PU 5:15
KEVIN V	PP 130# 4:24, 44 SWGUS, 7 CHEST TO BAR, 6:54
KEVIN D	PP 72# , 745 4 DU, 5 PU, 825 8 DU SPN
JOHN	PP 72# 4:34, 20 DU 6 PU(S), 6:41
BRIAN	155 (PR) 3:40/4:00 100/82 single, 8/2
SEAN A	PP 165# (PR) Row 3:22/3:38 88 DU, 2 MW
ALVIN	PP 170# (PR) 3:22/3:28 24/24 O/A
TRAC	205# (PR), 2:52/118 DU/6 MU, 8:10
Cathy D.	# 75 4:28/ 4 DU / 4 MU
MIKE JUNG	185 LBS; 2'57" / 45 DU / 7 MU ; 7:25"
Alice	95# , 4:09, 34 DU, 5 CTB , 5:45
Andrew	125# , 3:51, 98 DU, 4 MU , 7:12
Zach	225# PP 3:43/25 DU/2 MW, 5:44
Erwin	185# , 3:26, 11, 4 ; 5:44
BRIAN	165 lbs , 3:06, 36, 0 → DNF
FLYNN	120 3:40, 14, 5 CTB
Shanna	#85 (PR) 3:44/22/3
Wendee	#177 PP 5:29/9/6
Oliver	#155 2:58/19/11 CTB

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Clifton	225 PR 4:43 38/0 4:43, 1 100 40 PR
Tackie	95 PR 5:18, 5/2, 5:28
Berremy	185 PR 4:14 / 17/8, 4:40
Shawn	215# (PR) 3:14 / 62 DU / 3 MU's / 6'15
Brian Ho	160 # (PR) 3:16 / 63 DU / 5 MU's / 6:17
Hion	#105 PPR SC 357, 16, 5, 6:10
Charlie	55 # 5 min 50, 9 Pull up
GREG	165# (PR) 4:38, 2, 2, 8:36
NEIL	155# 4:16, 4, 4 scap, 7:00
Roxana	62# 5:34, 1, 12 greenband, 7:37
Shari	90# (PR) 4:47, 6, 5, 5:26
Jennifer	85# 4:48, 6, 7, 5:15
Dylan	215# 3:07, 31, 5, 6:42
Jen	100# 4:46, 21, 0, 4:46, 35, 0
Rose	57# / 5:00 10/15 / 6:00 10/15
Dan	115# / 7:40, 2, 12 greenband, 8:35
GARY	105 / 4:18, 4, 10 / 4:27, 6, 14
MARK M	#165 PPR 3:50 1/2 mile, 4, 4-6:54 total
Tom Lue	#155 PPR 4:30 11 pu, 7 pu, 6:45
Jessica	#105 PPR 4:37 2 du, 15 pull up 8:09
JANIFER	#100 PPR 5:20 7 du, 7 pull 6:20
JIMMY L	135 PP 3:58, 2 DU, 0M/0 / 4:08, 2 DU, 0M/0
Jessie Pedrona	175 PP 6:18, 1 DU / 8:19, 1 DU
EDWIN	165 PR 3:24 1 DU, 1 MU, 3:39 6:39 1/4
Sid	105# Pops of Box, 100 Row, 25 (15x2) Pms, 11 1/2