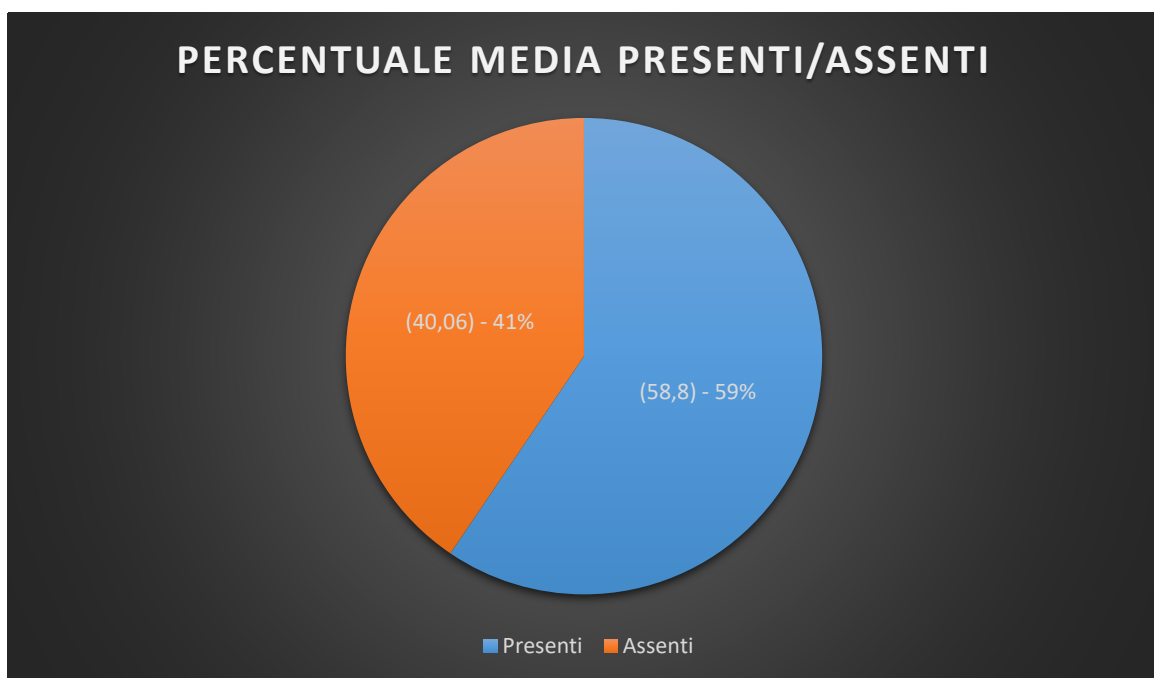
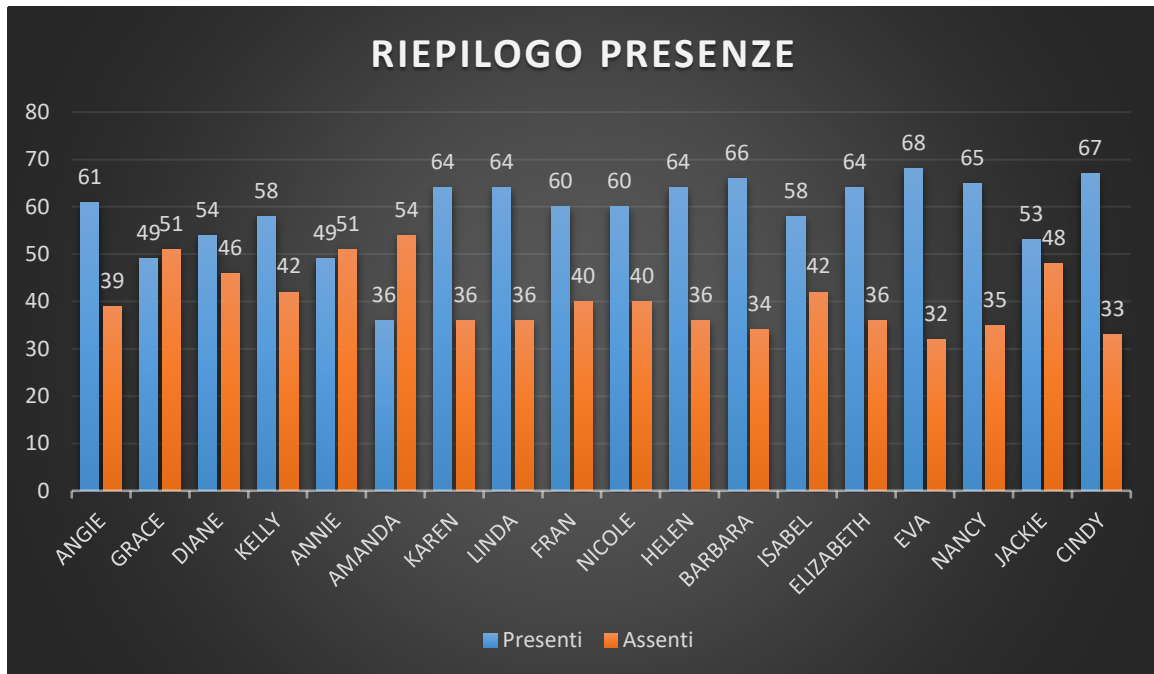


BENCHMARK ANALISYS 22/23

CAMPIONE DI 100 ATLETI:



“ANGIE” – FOR TIME - CAP TIME 30’

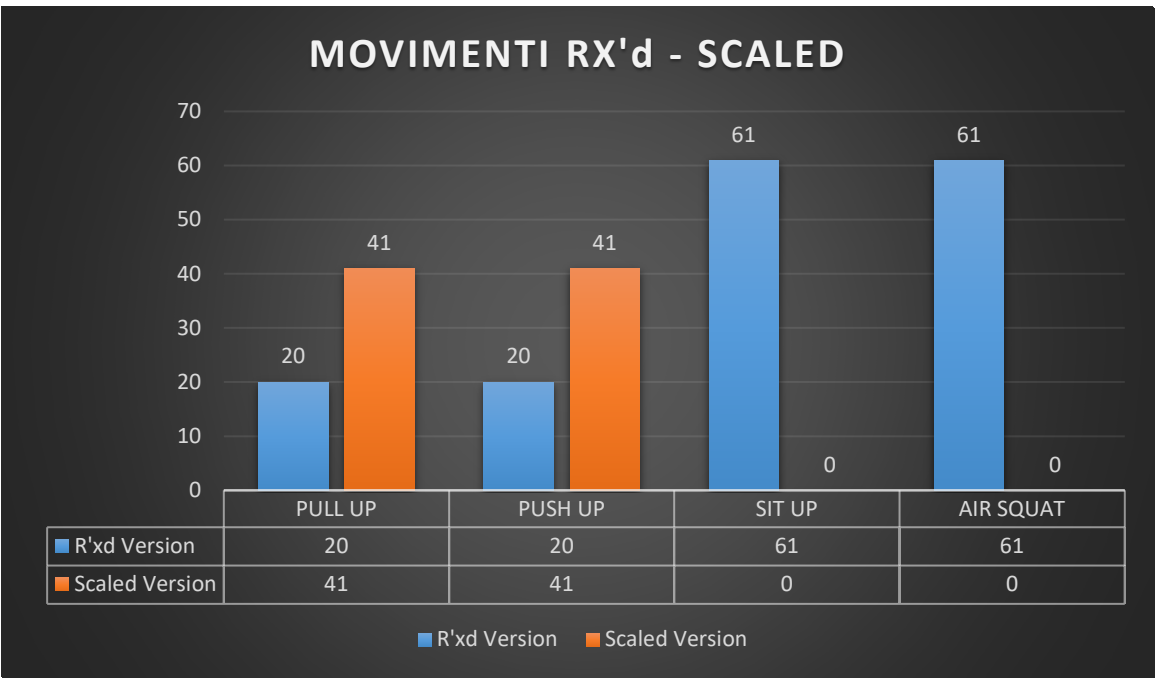
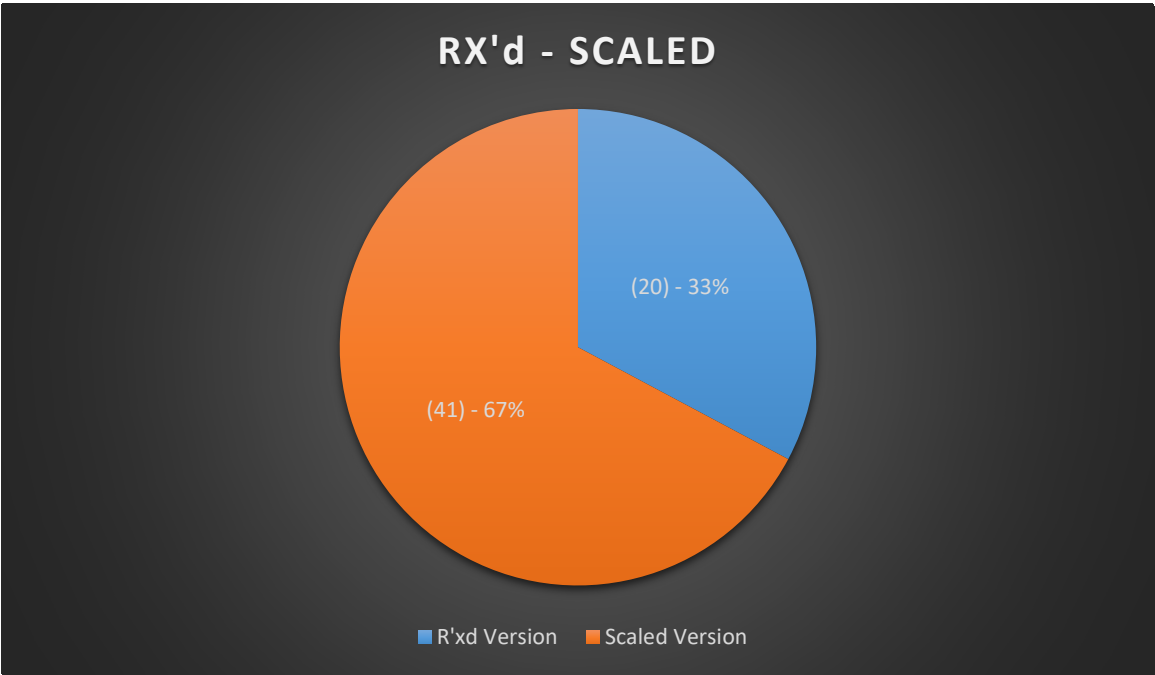
100 PULL UPS

100 PUSH UPS

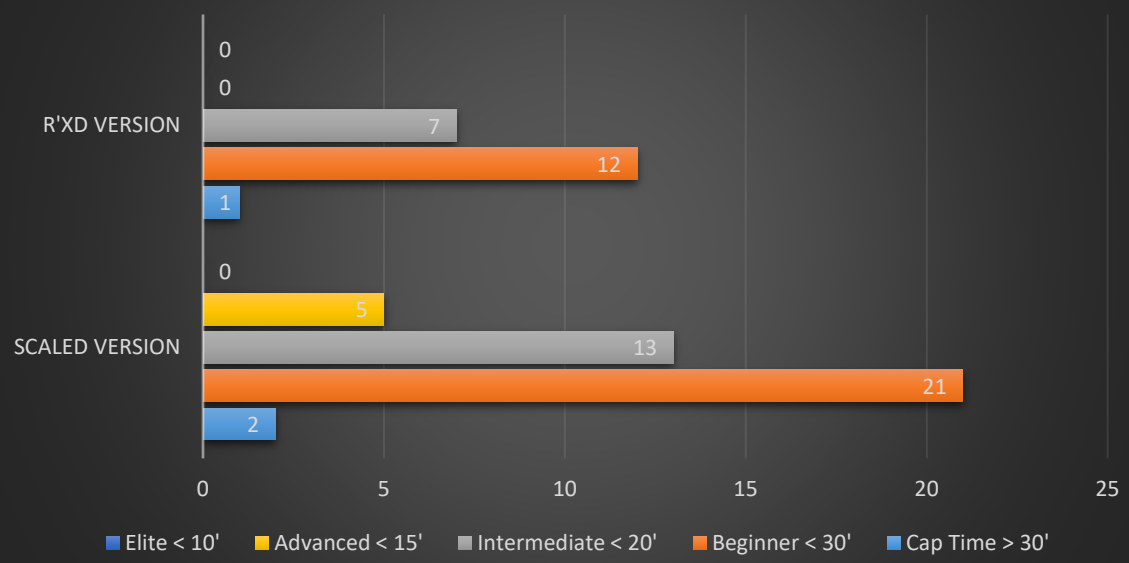
100 SIT UPS

100 AIR SQUATS

61 PARTECIPANTI



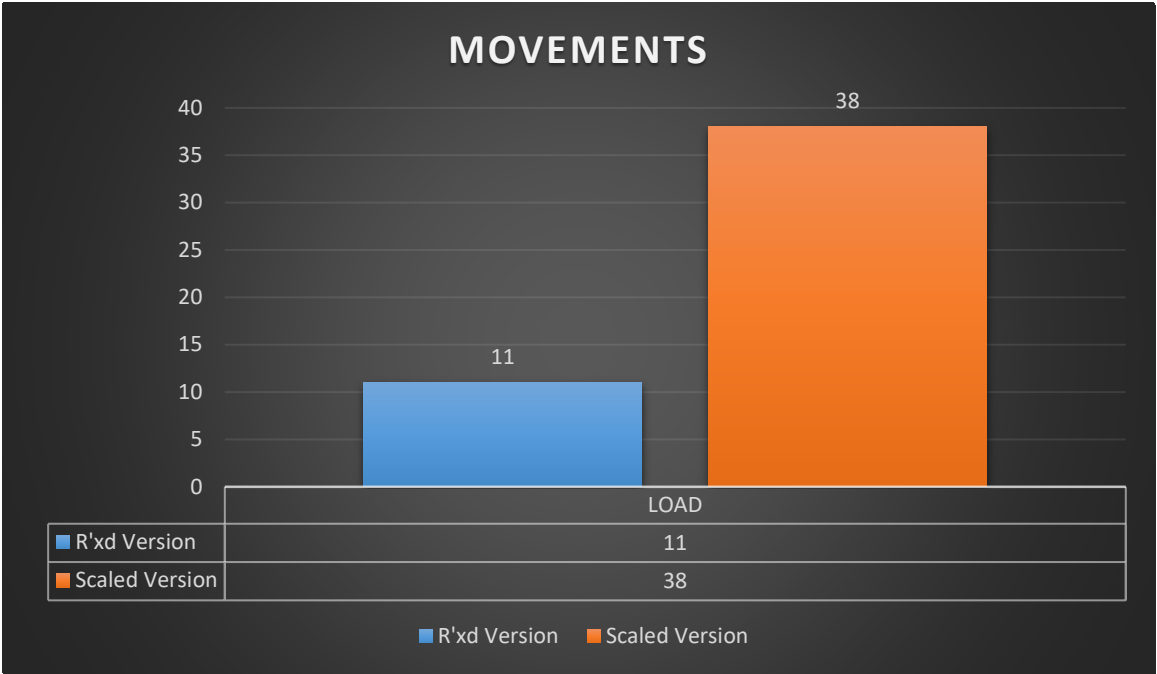
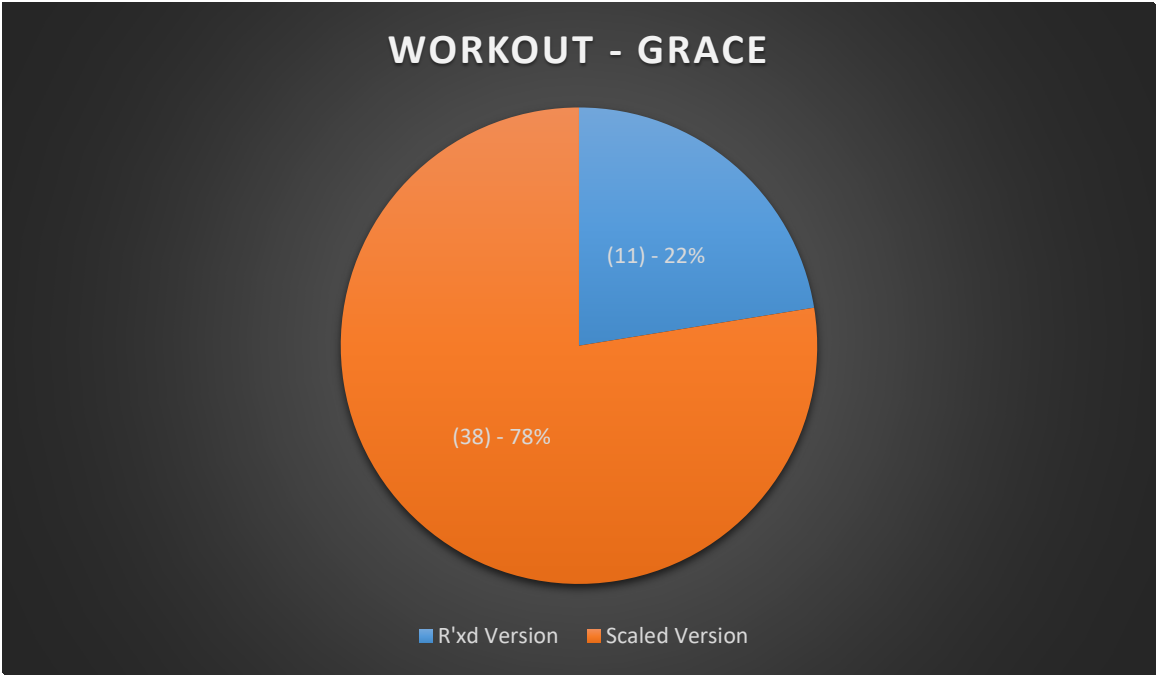
PERCENTUALE DEGLI SCORE



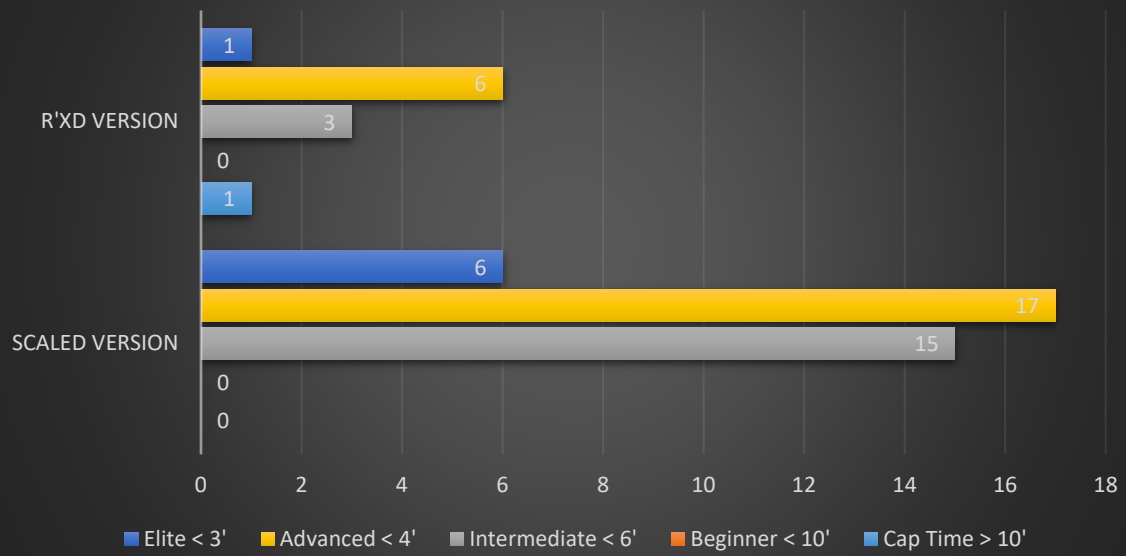
“GRACE” – FOR TIME – CAP TIME 10’

30 CLEAN & JERKS 61/43 Kg

49 PARTECIPANTI



AVERAGE SCORE

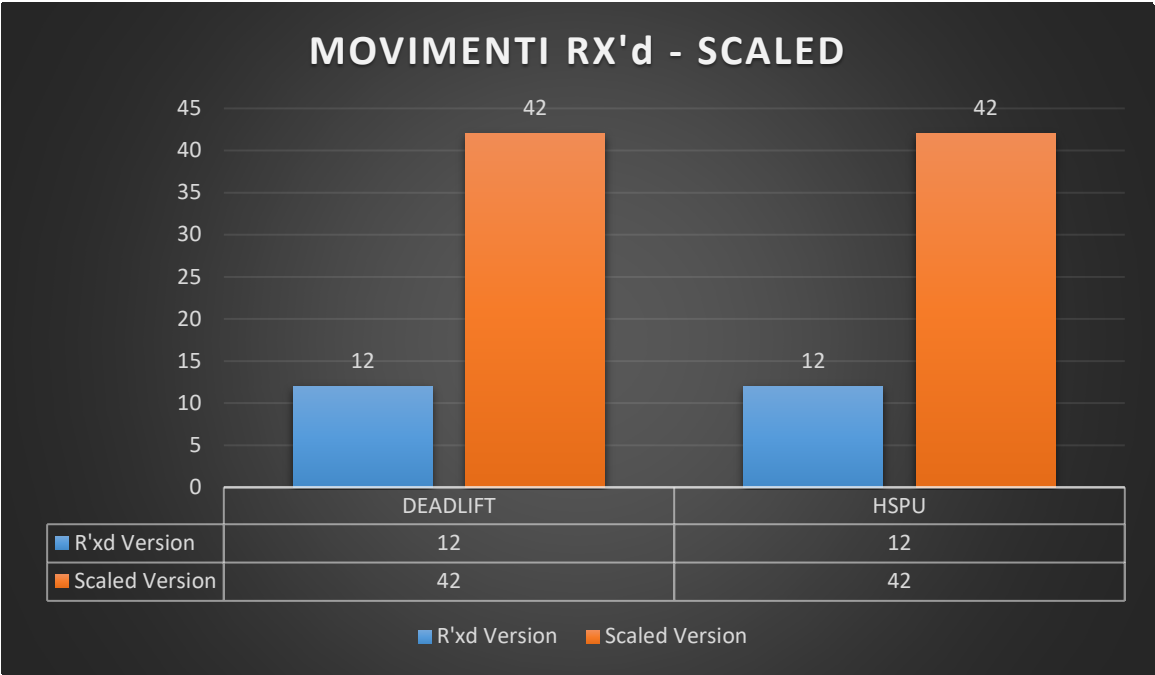
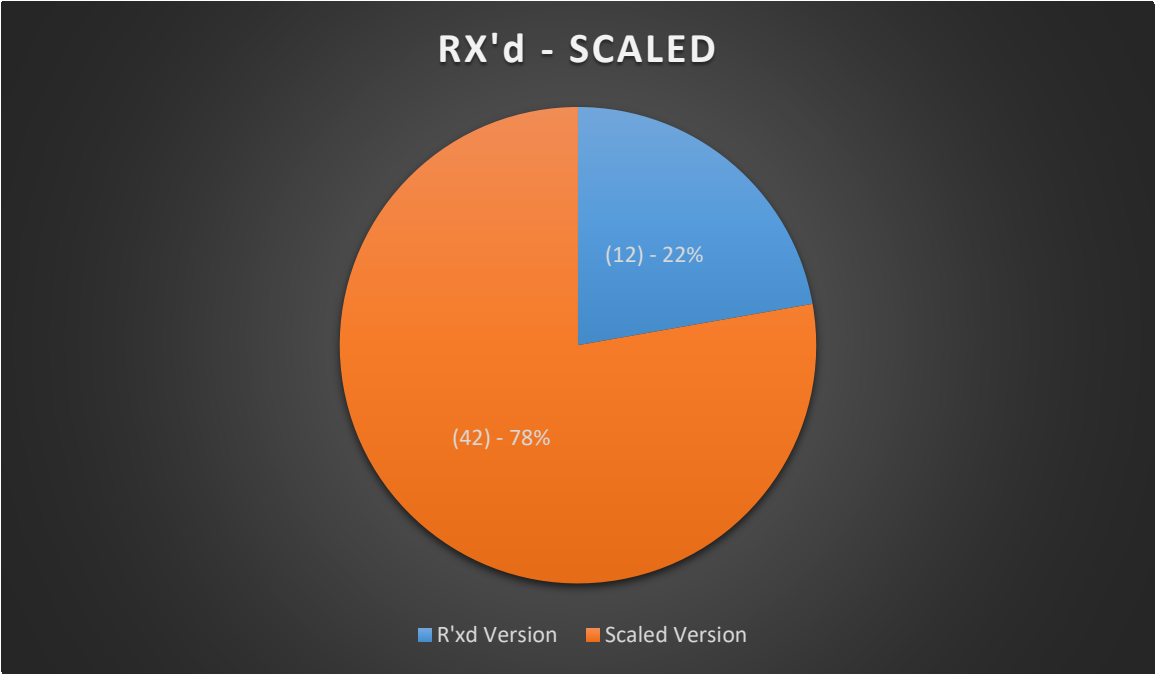


“DIANE” – FOR TIME – CAP TIME 10’

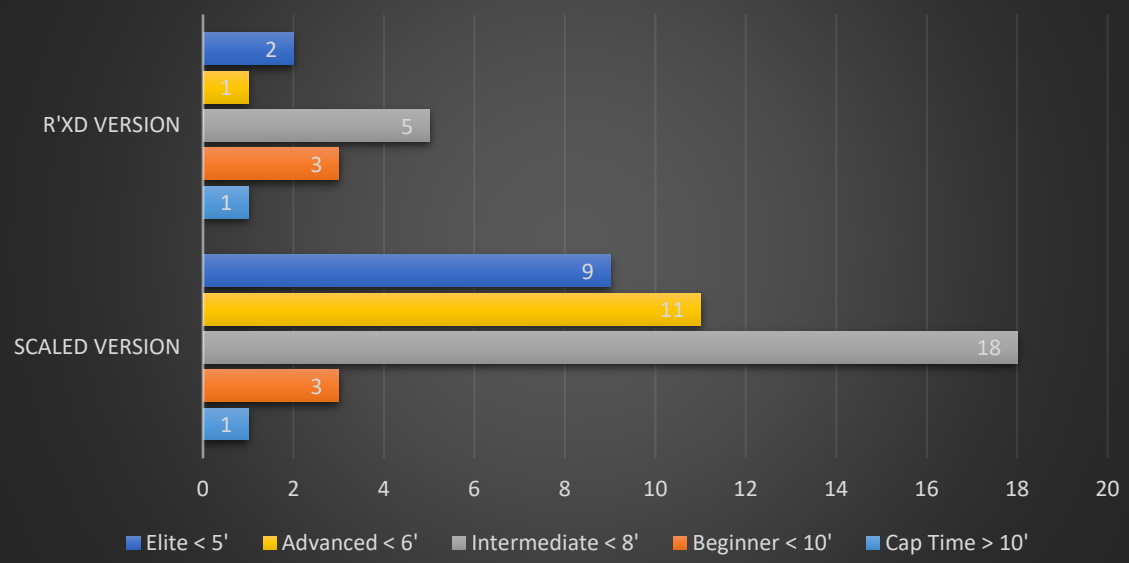
21/15/9 DEADLIFTS 102/73 Kg

21/15/9 HSPU

54 ATHLETES :



PERCENTUALE DEGLI SCORE



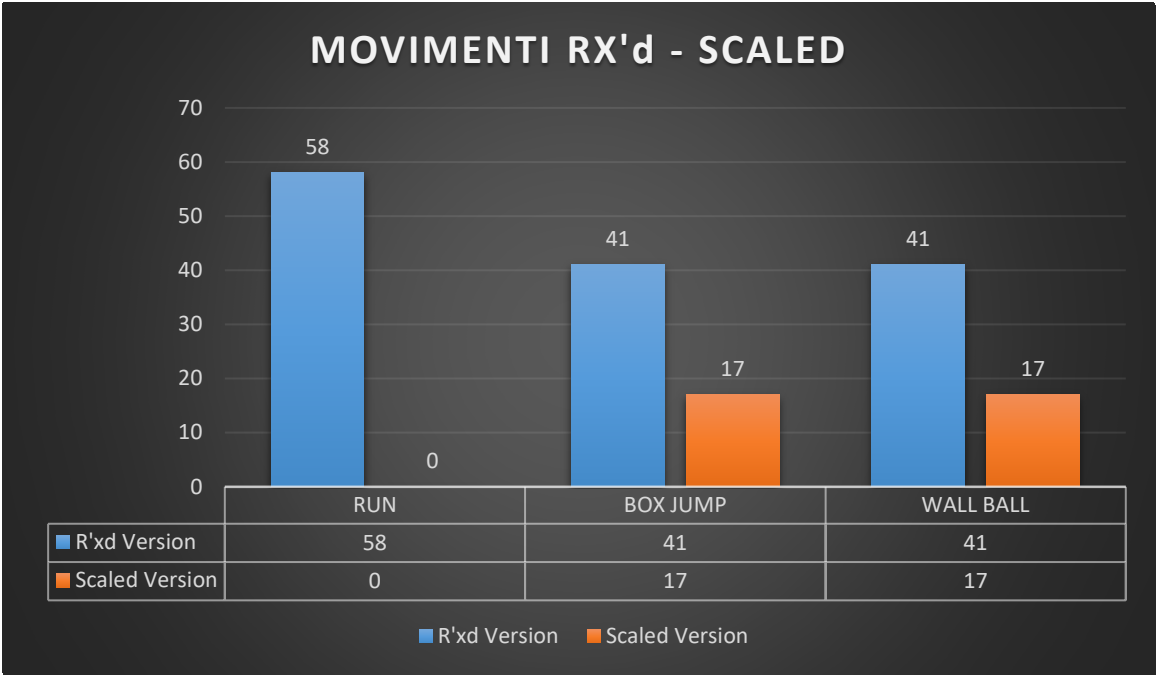
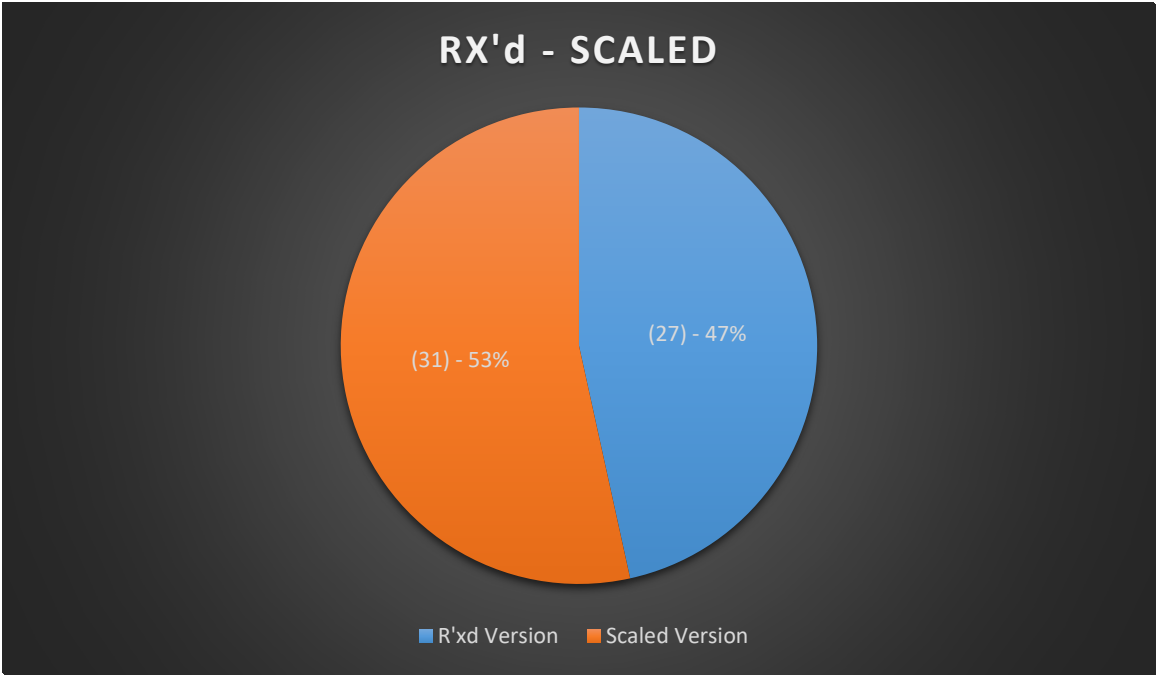
“KELLY” – 5RFT - CAP TIME 40’

400 Mt. RUN

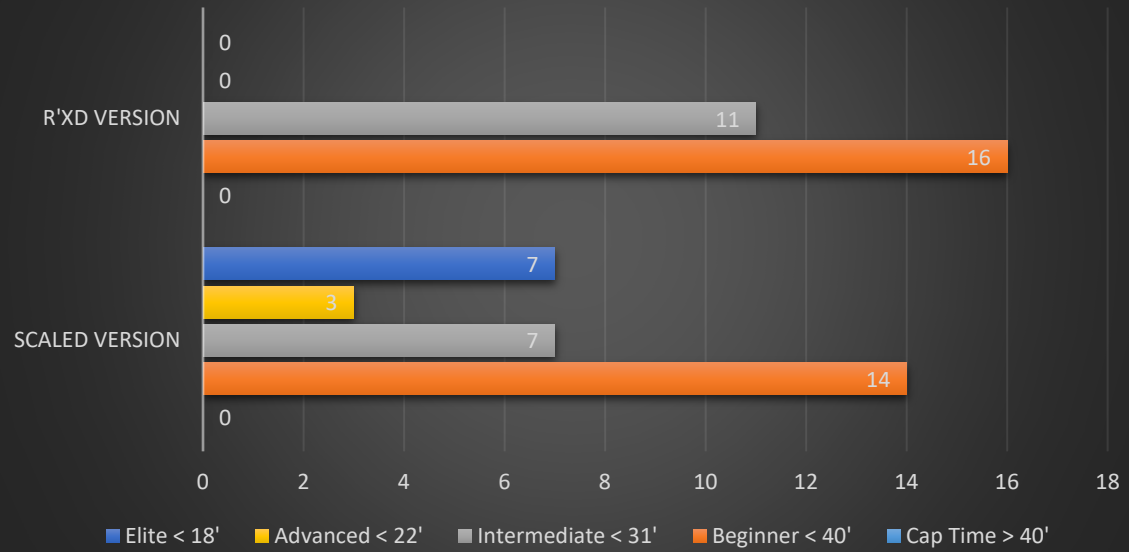
30 BOX JUMPS 60/50 Cm

30 WALL BALLS 9/6 KG

58 PARTECIPANTI



PERCENTUALE DEGLI SCORE

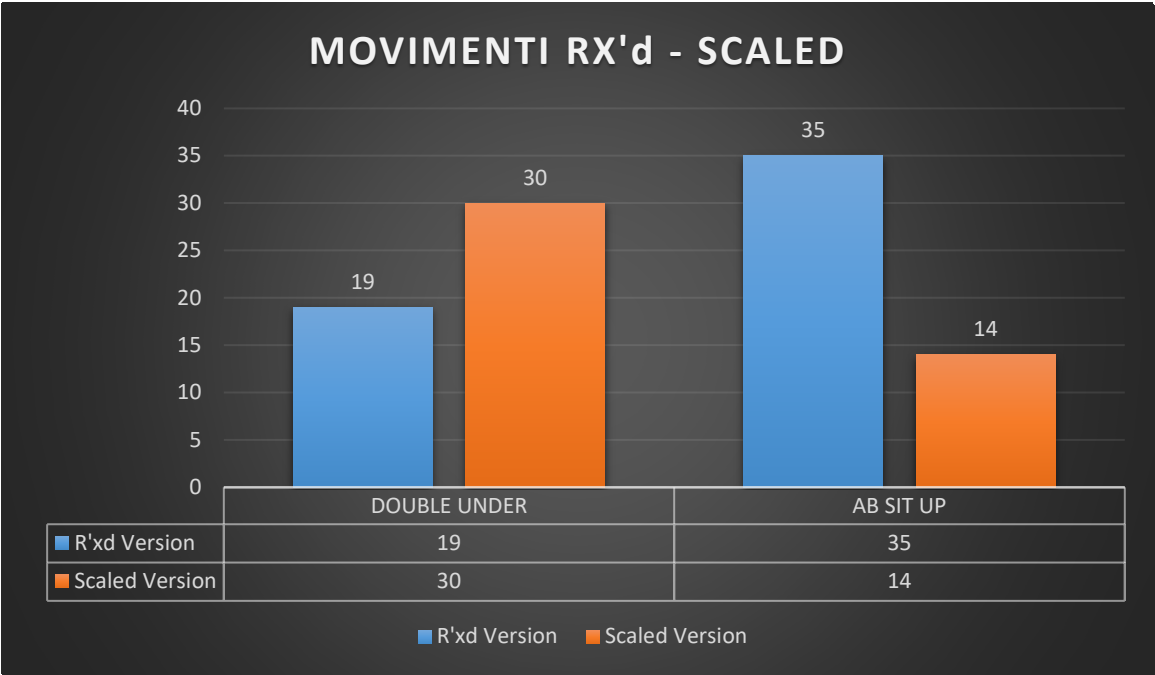
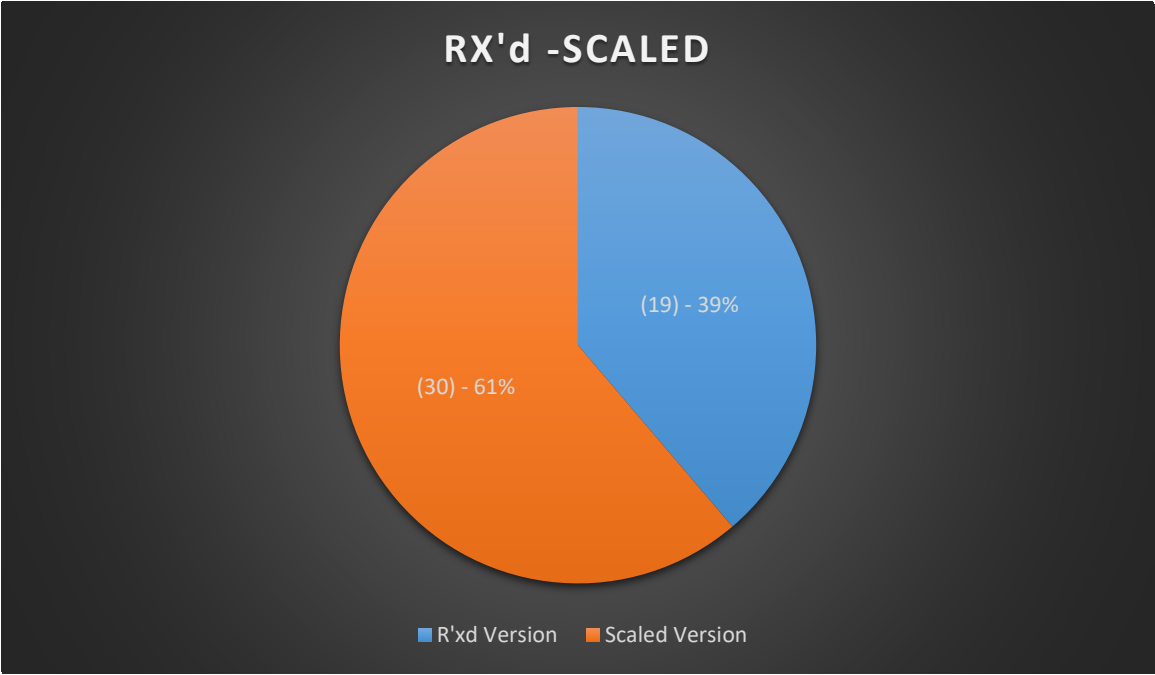


“ANNIE” – FOR TIME – CAP TIME 12’

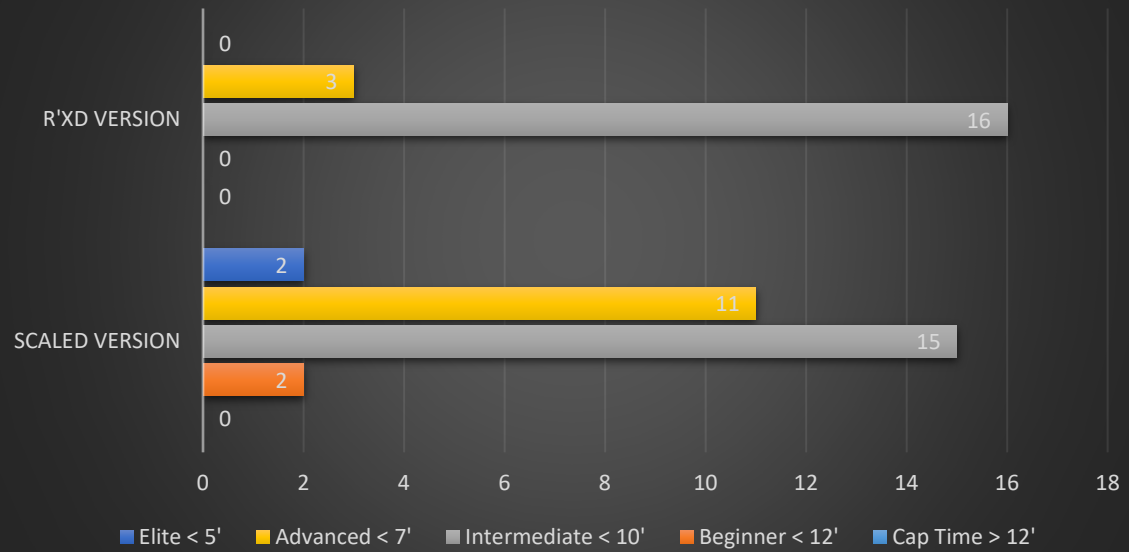
50/43/30/20/10 DOUBLE UNDERS

50/40/30/20/10 AB SIT UPS

49 PARTECIPANTI



PERCENTUALE DEGLI SCORE

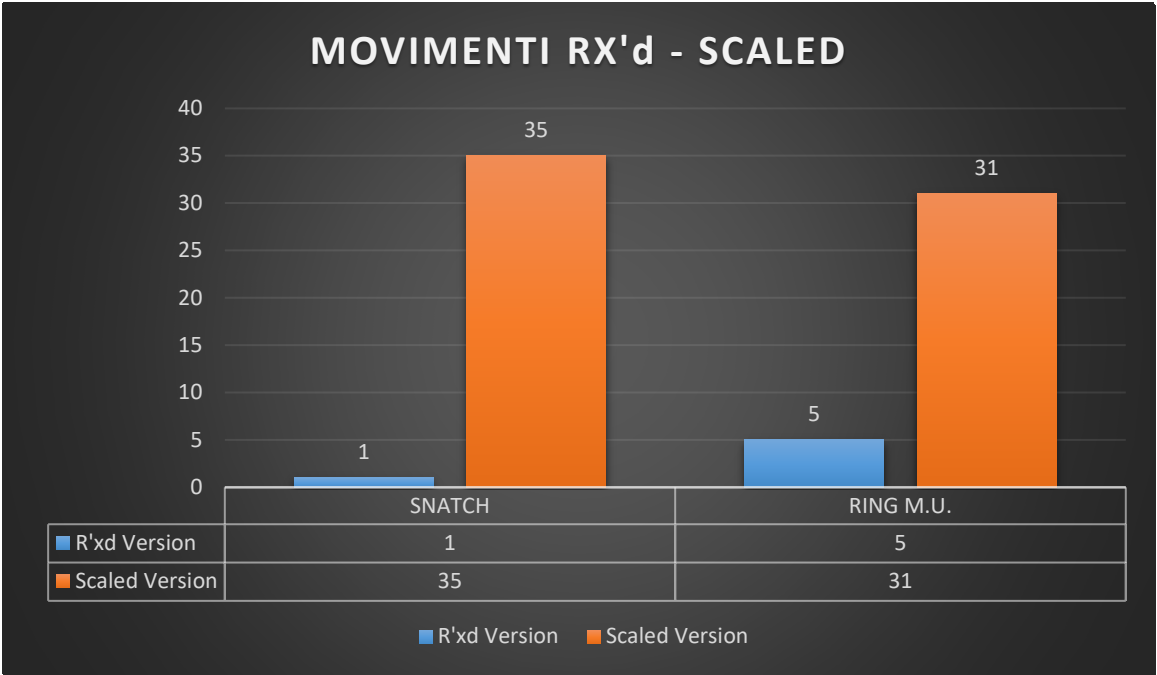
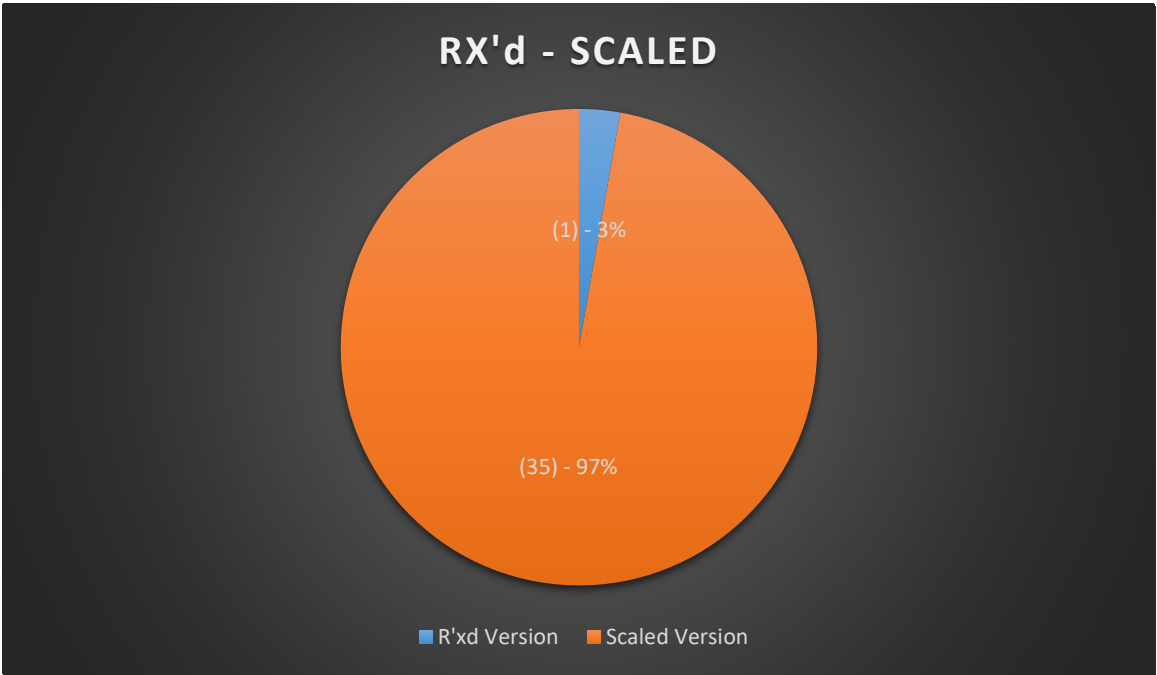


“AMANDA” – FOR TIME – CAP TIME 12’

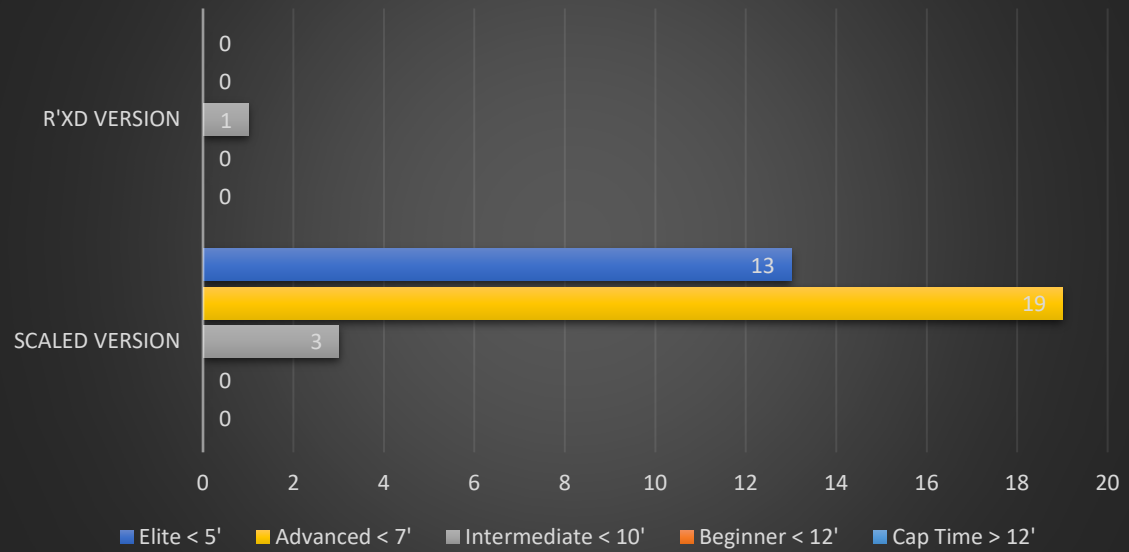
9/7/5 RING MUSCLE UPS

9/7/5 SQUAT SNATCHES 61/43 Kg

36 PARTECIPANTI



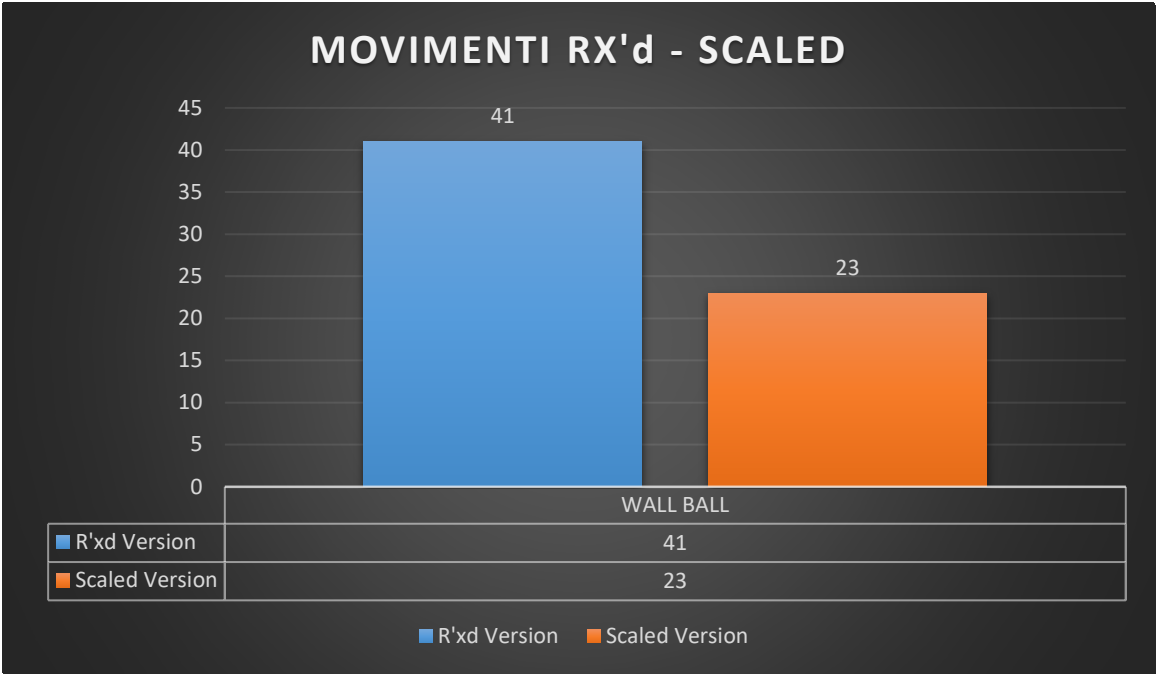
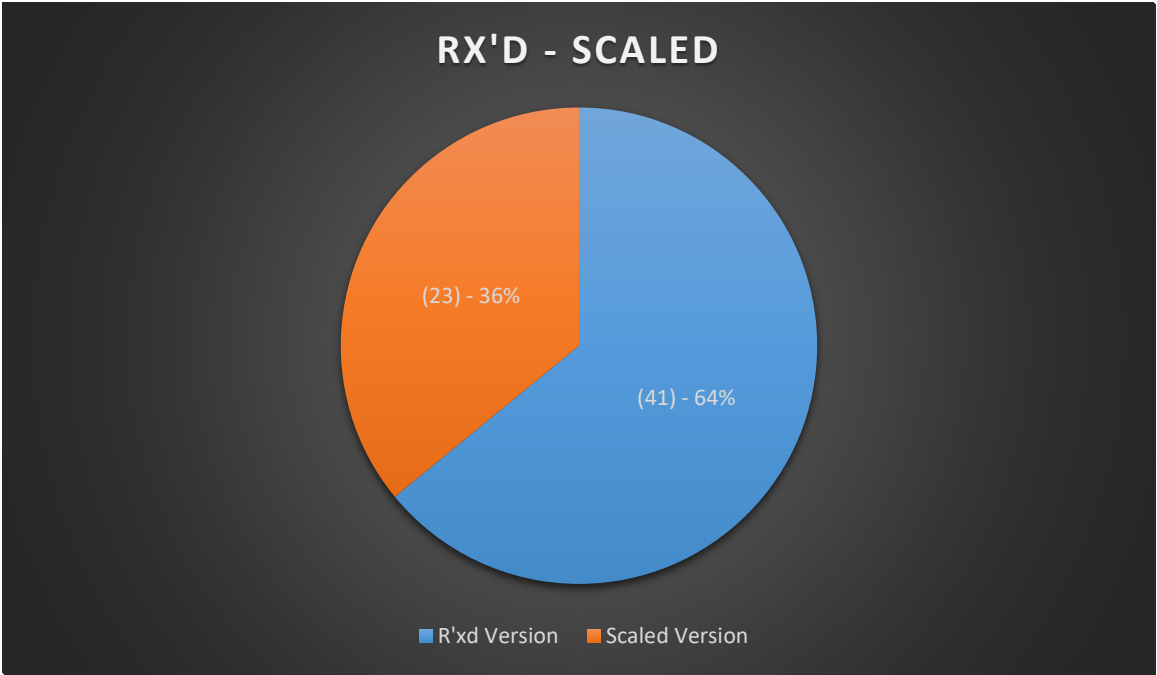
PERCENTUALE DEGLI SCORE



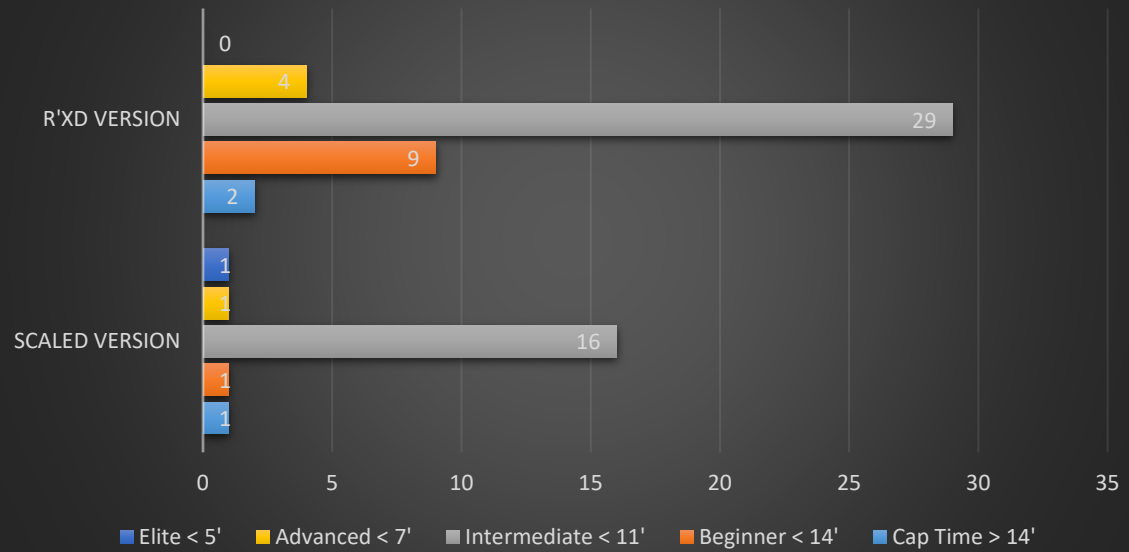
“KAREN” – FOR TIME – CAP TIME 14’

150 WALL BALLS 9/6 Kg

64 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“LINDA” – FOR TIME – CAP TIME 30’

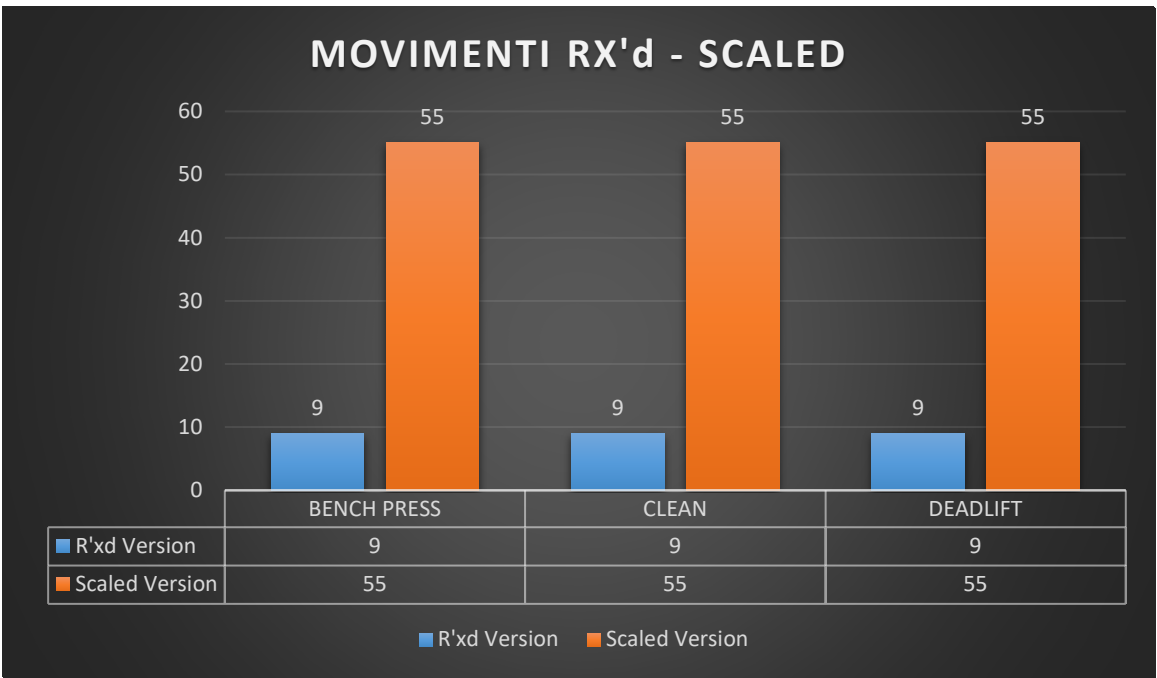
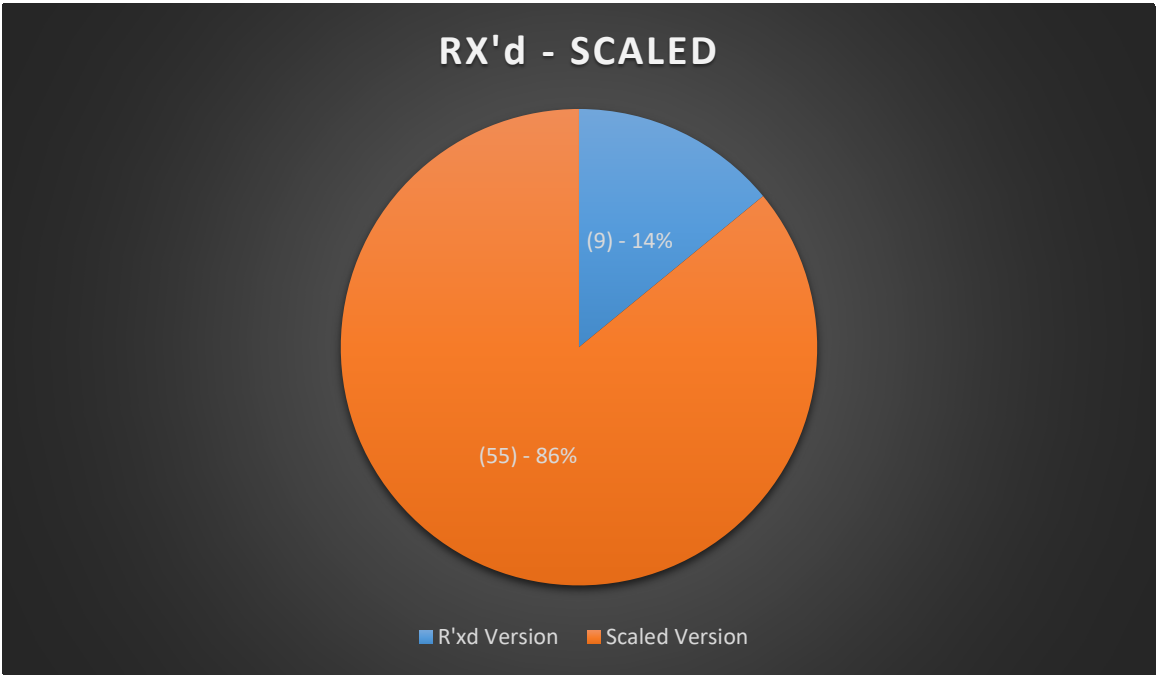
10/9/8/7/6/5/4/3/2/1

DEADLIFTS # 1½ BW

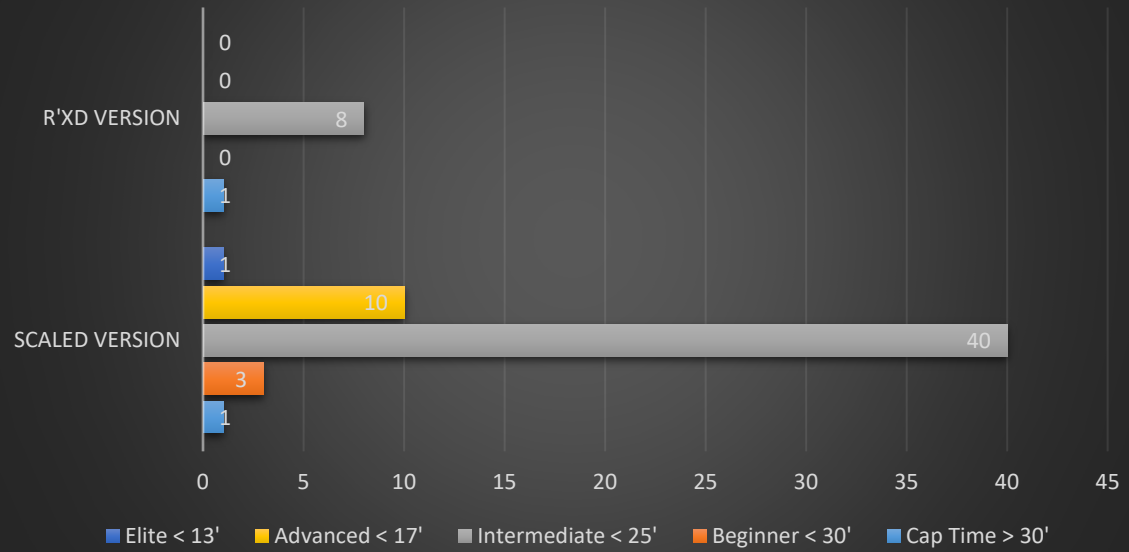
BENCH PRESS # BW

CLEANS # ¾ BW

64 PARTECIPANTI



PERCENTUALE DEGLI SCORE

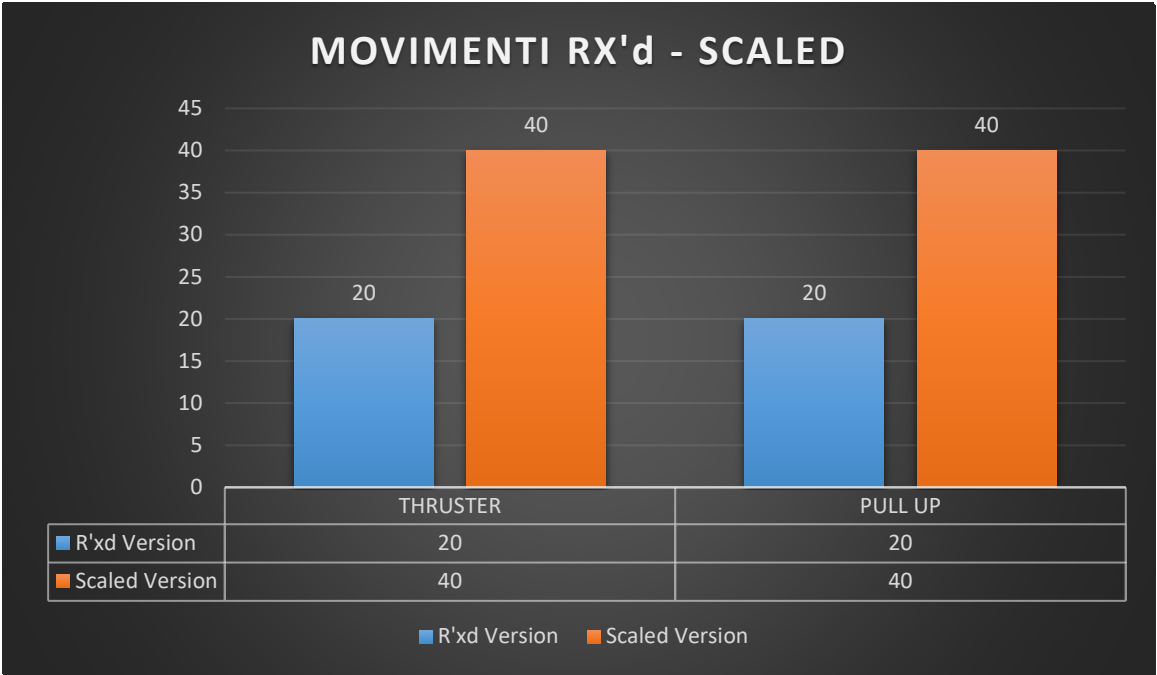
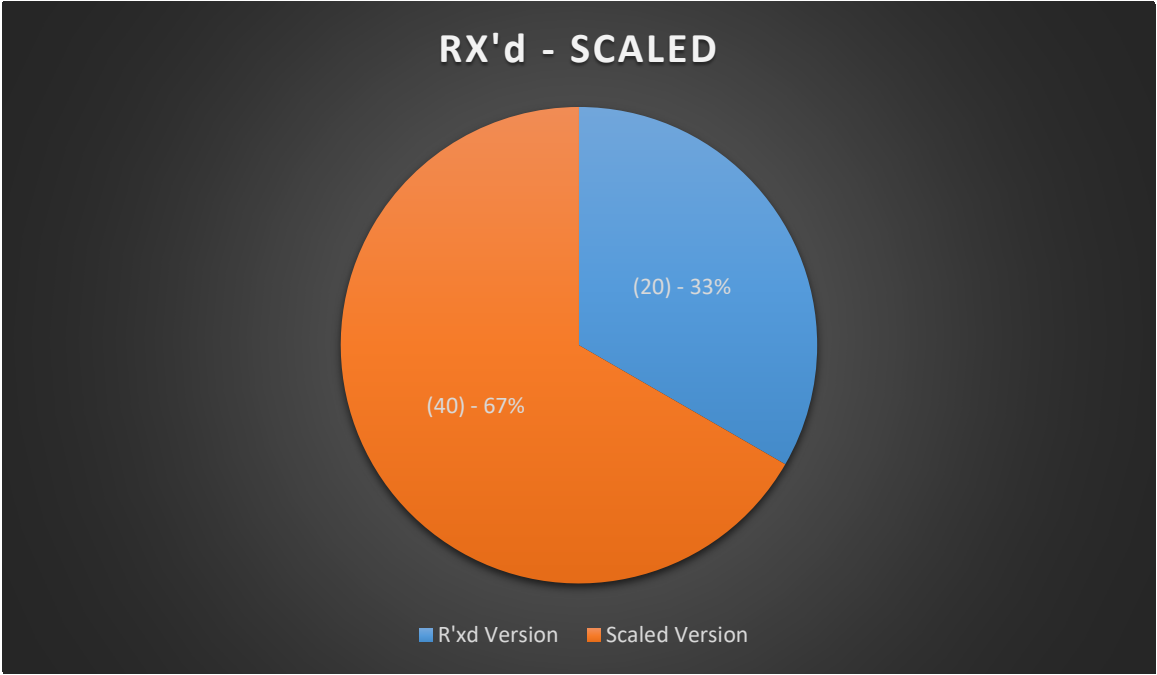


“FRAN” – FOR TIME – CAP TIME 10’

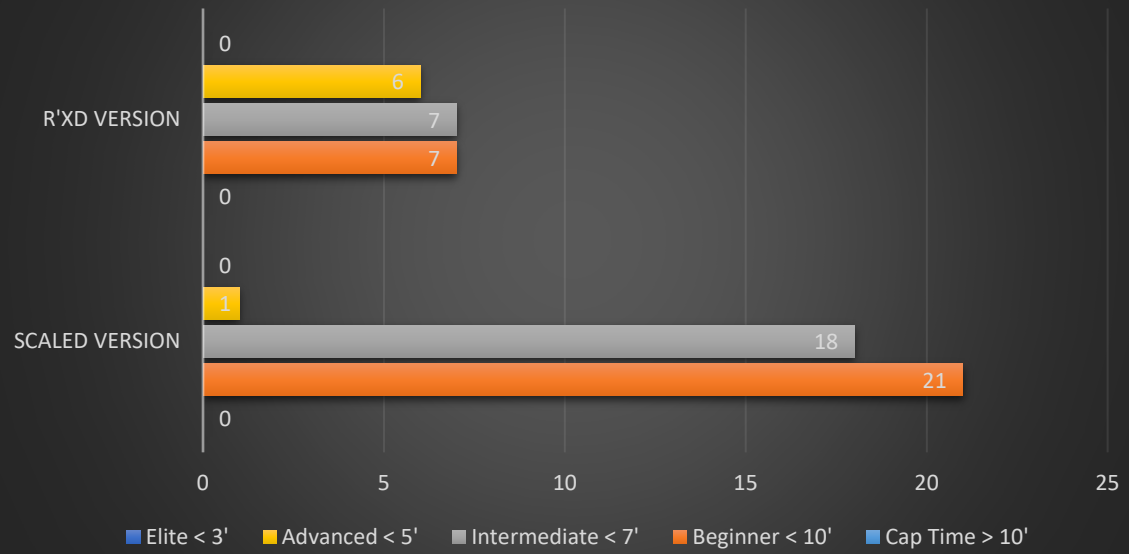
21/15/9 THRUSTERS # 43/30 Kg

21/15/9 PULL UPS

60 PARTECIPANTI



PERCENTUALE DEGLI SCORE

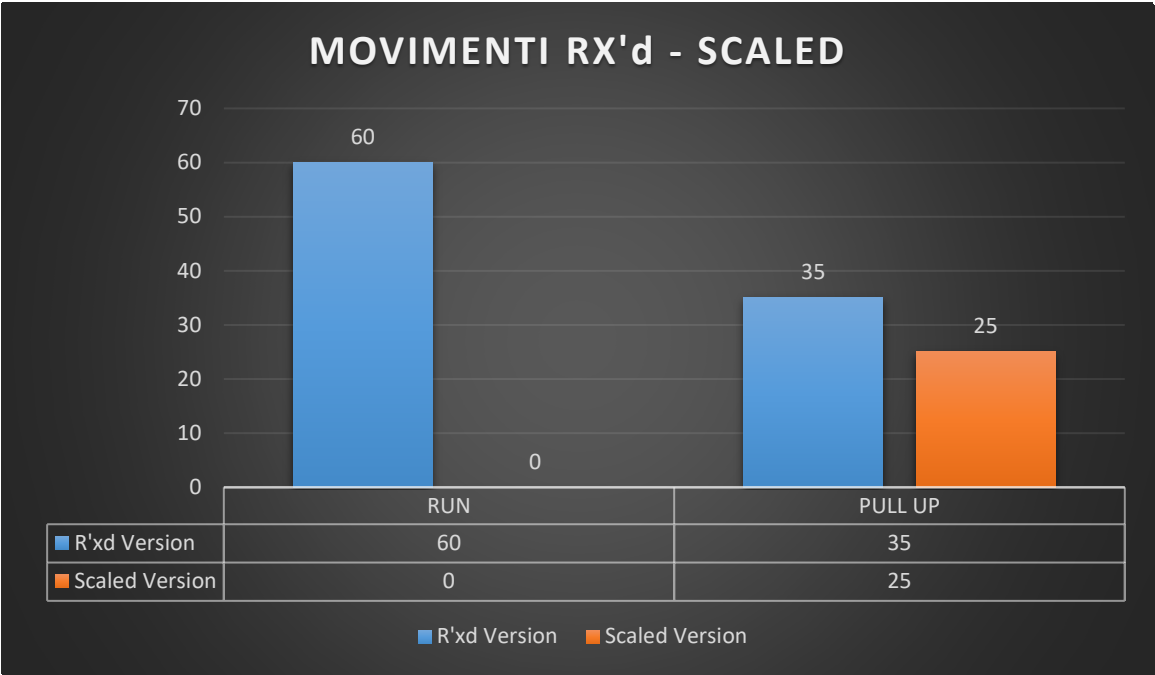
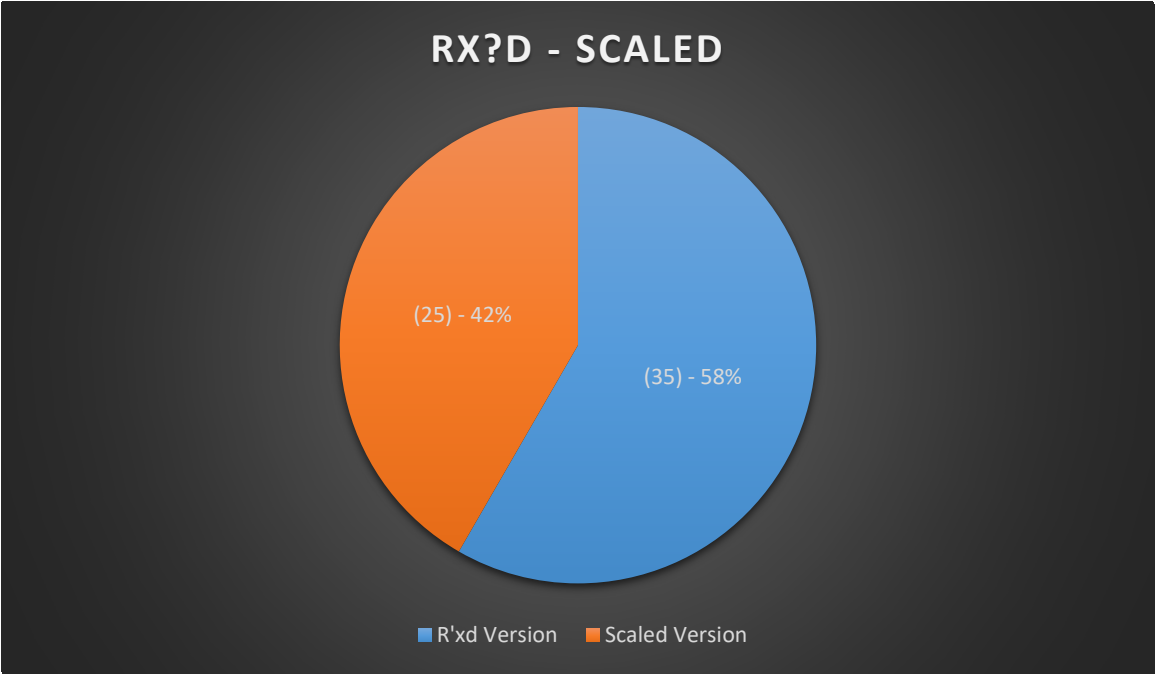


“NICOLE” – AMRAP 20’

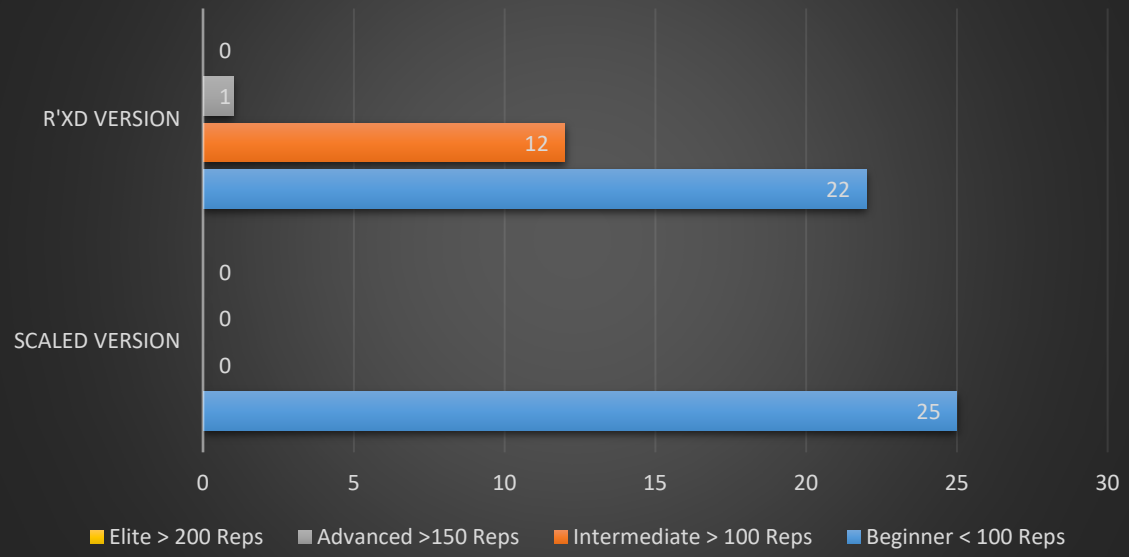
400 Mt. RUN

PULL UPS MAX REPS UNBROKEN

60 PARTECIPANTI



PERCENTUALE DEGLI SCORE



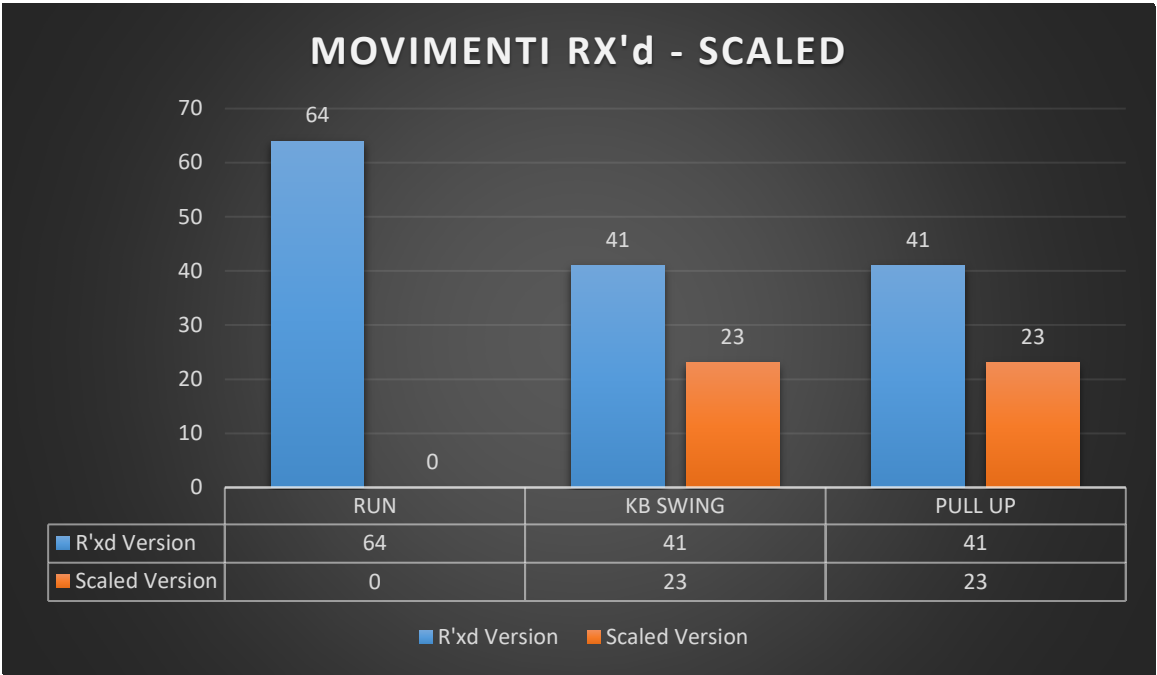
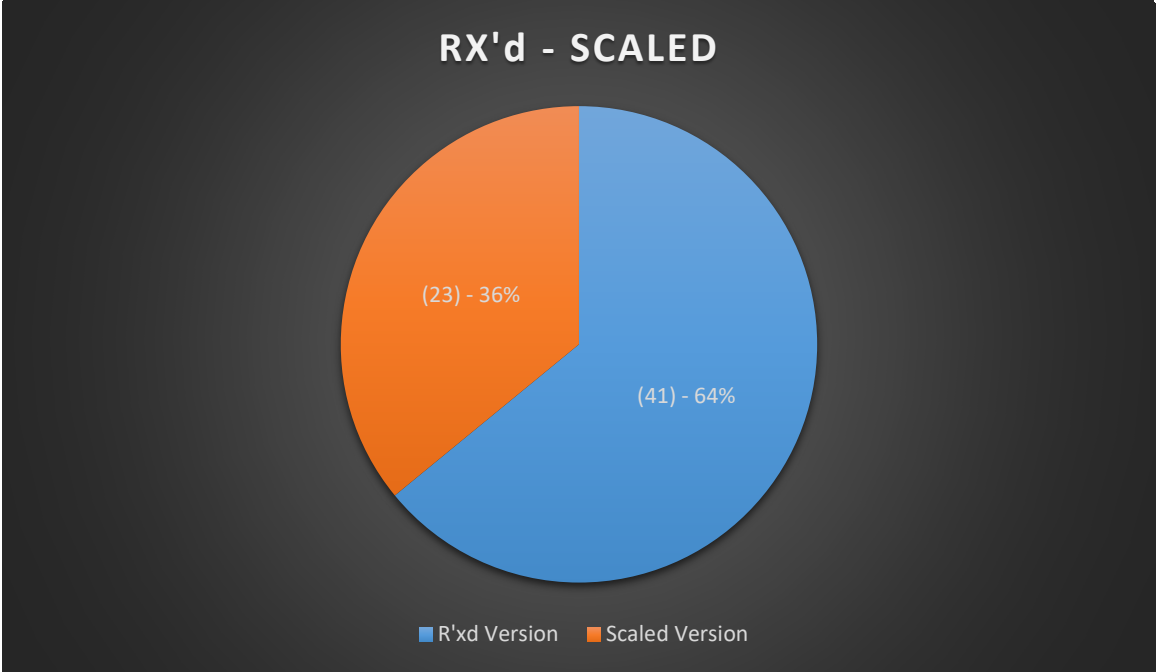
“HELEN” – 3RFT – CAP TIME 15’

400 Mt. RUN

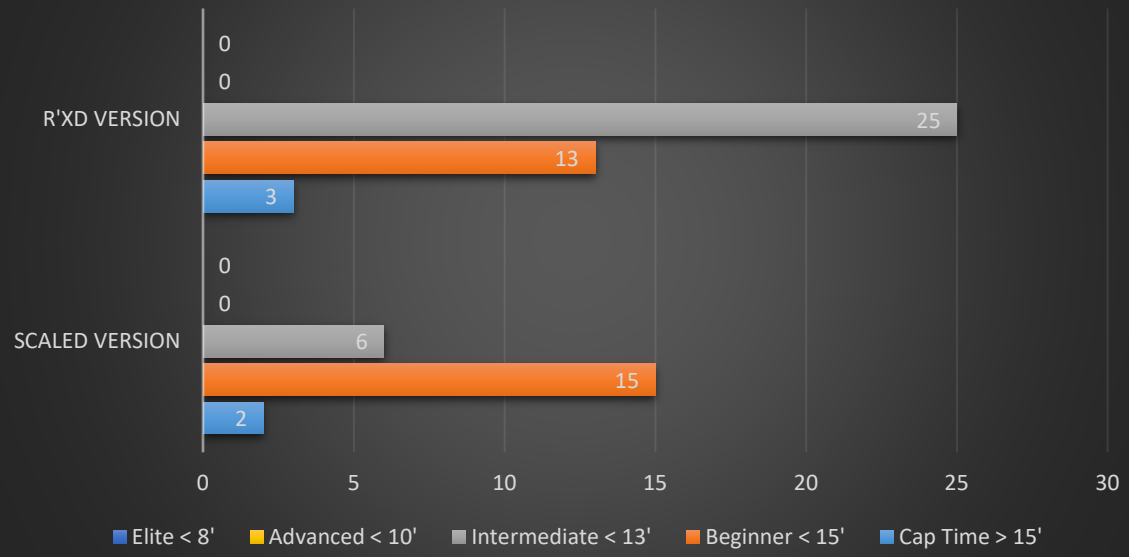
21 KB SWINGS # 24/16 KG

12 PULL UPS

64 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“BARBARA” – 5RFT / REST 3’ BTWN ROUND / CAP TIME 50’

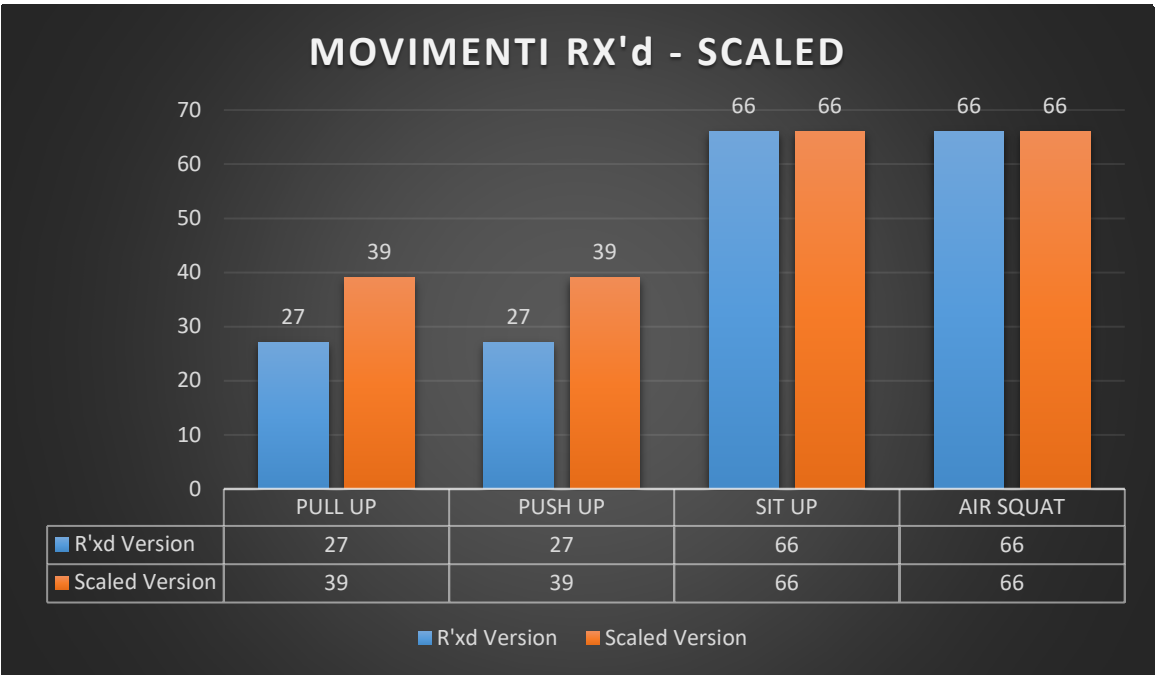
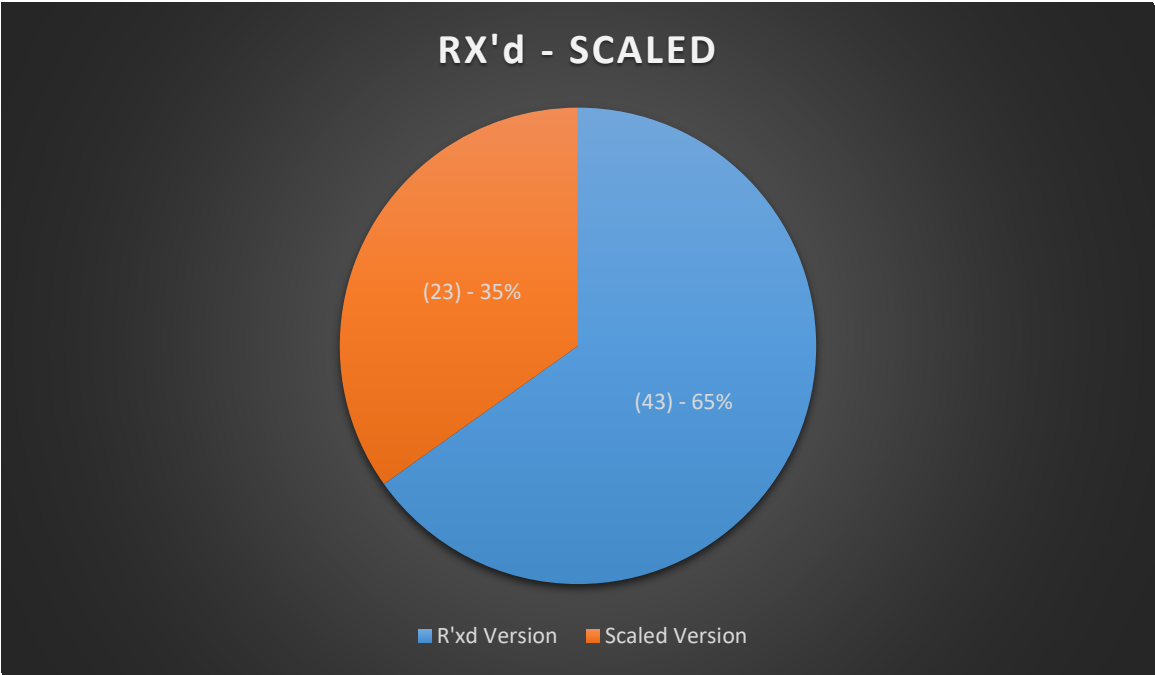
20 PULL UPS

30 PUSH UPS

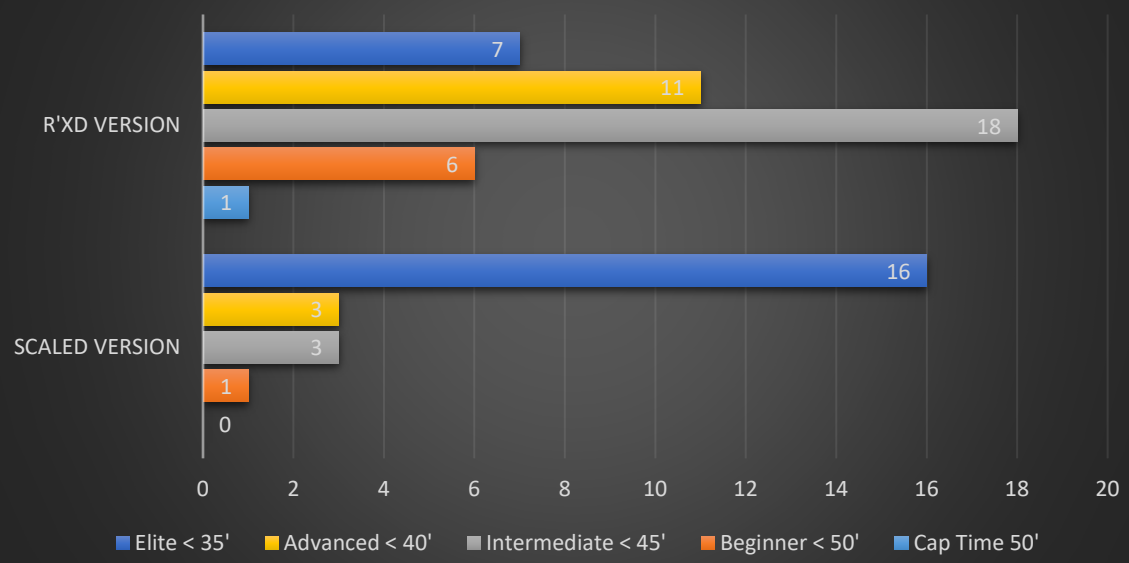
40 SIT UPS

50 AIR SQUATS

66 PARTECIPANTI



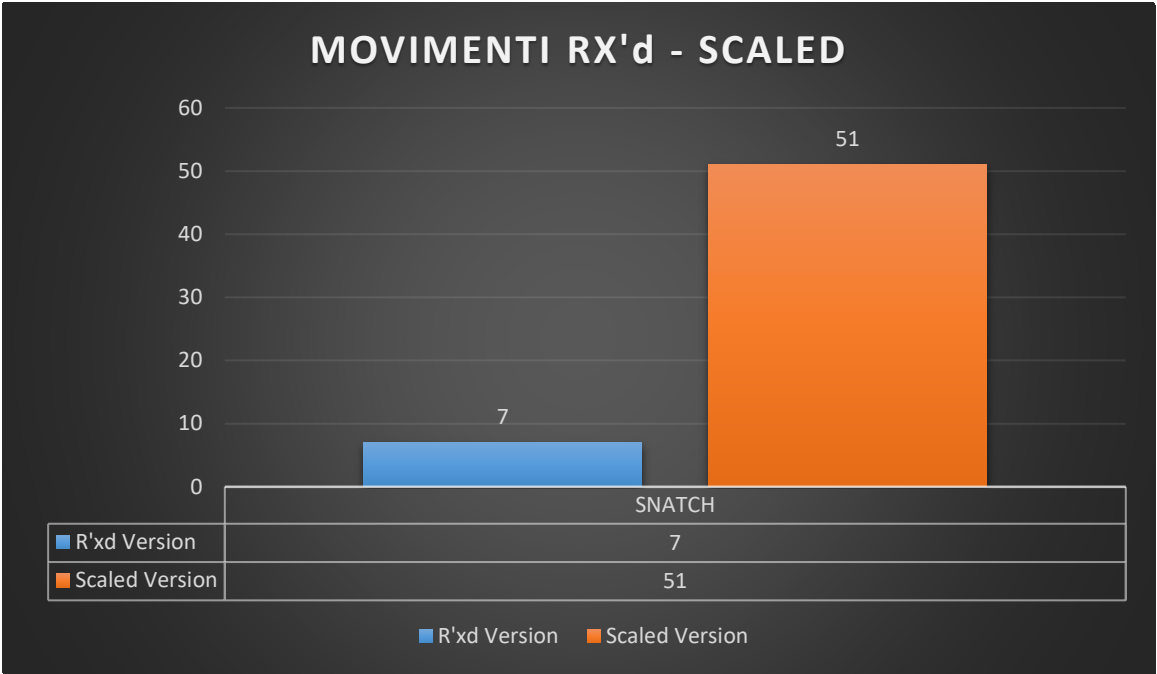
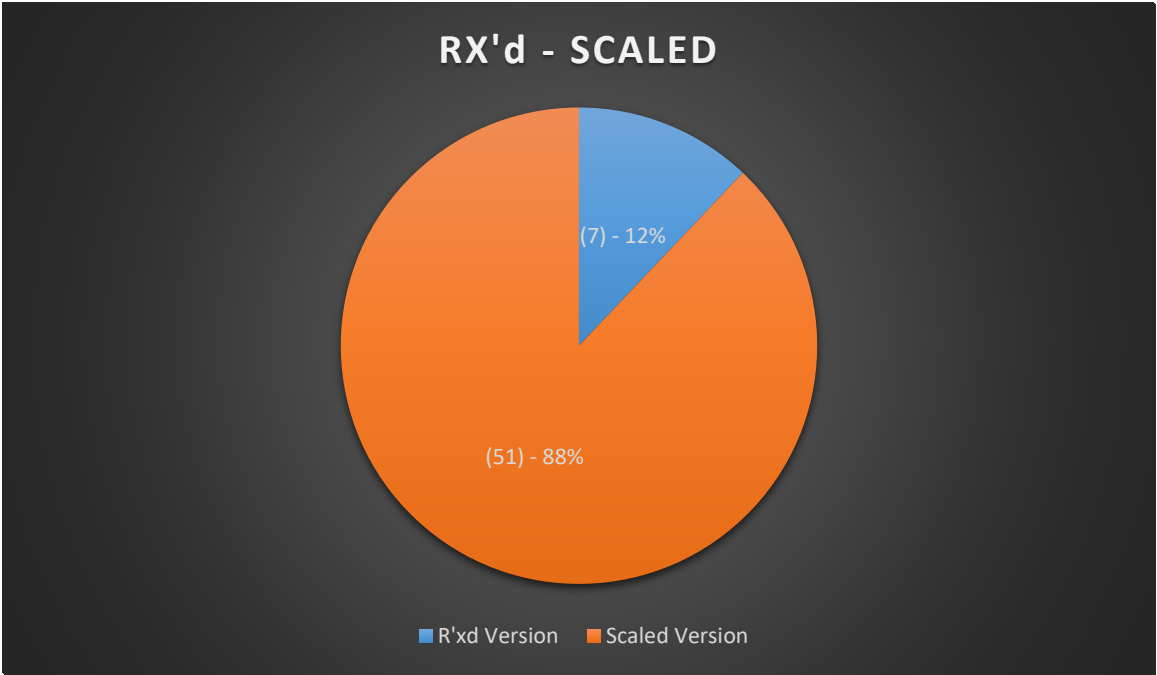
PERCENTUALE DEGLI SCORE



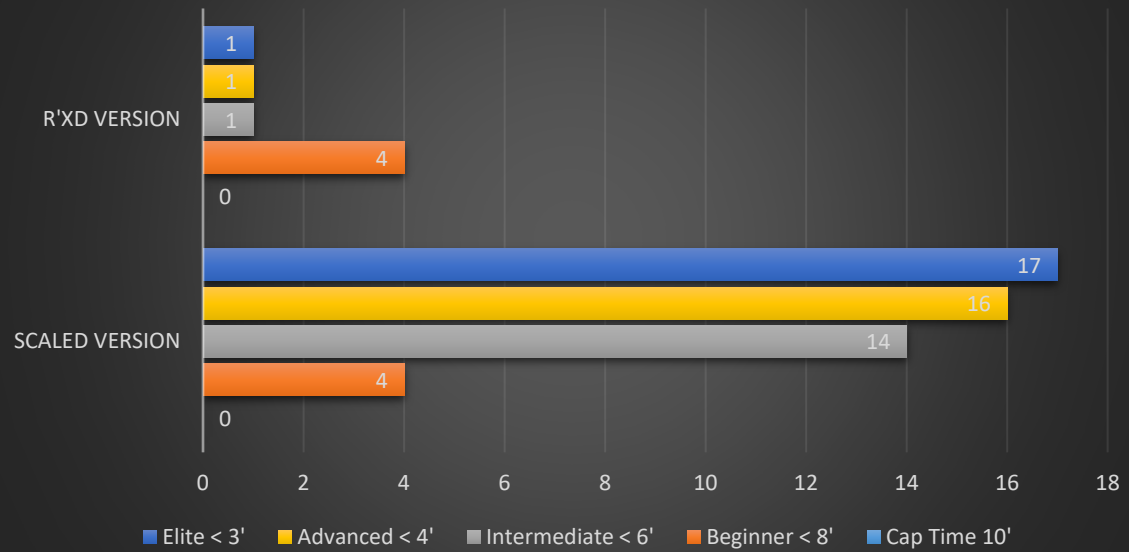
“ISABEL” – FOR TIME – CAP TIME 5’

30 SNATCHES 61/43 Kg

58 PARTECIPANTI



PERCENTULAE DEGLI SCORE

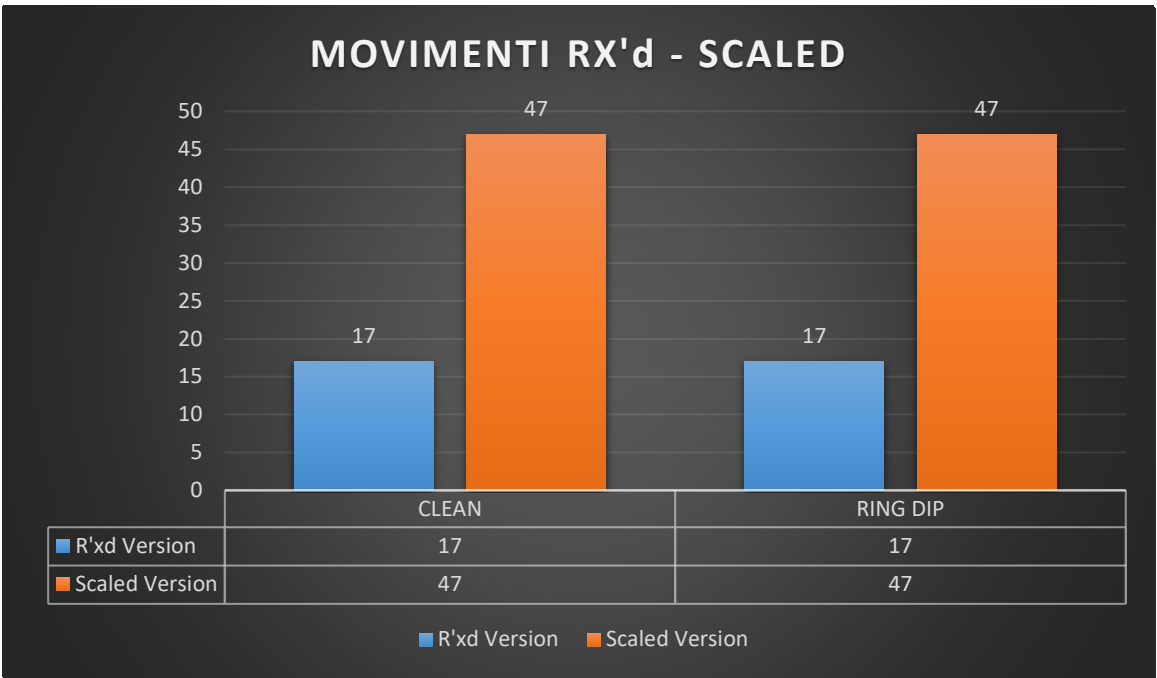
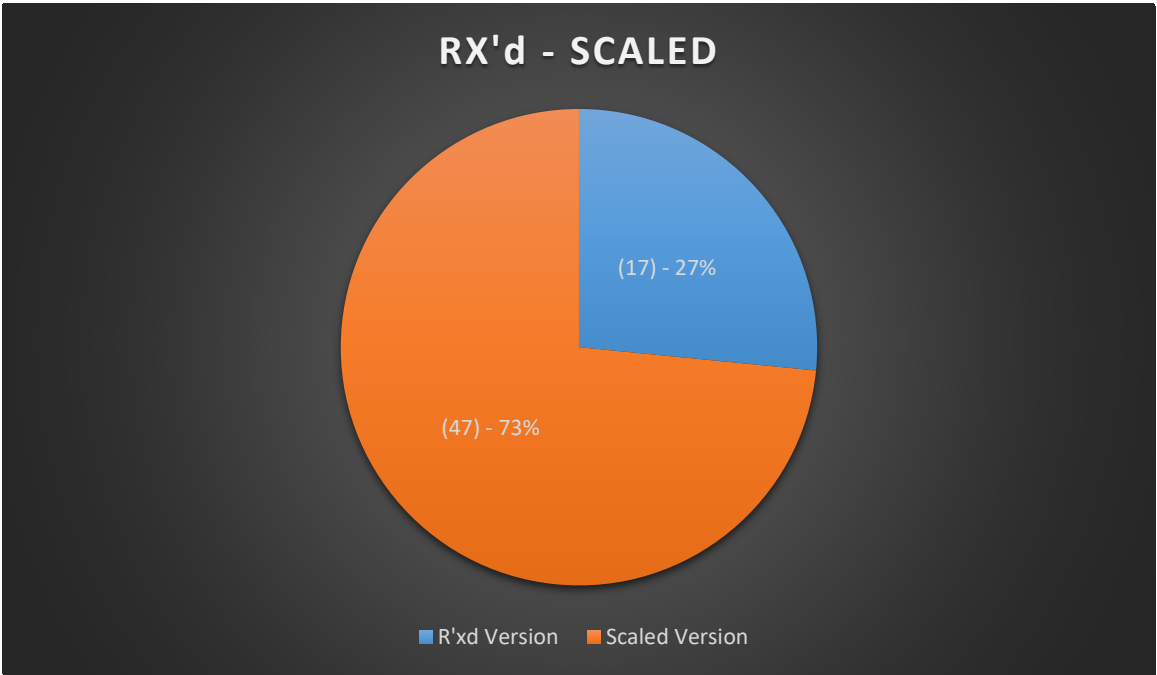


“ELIZABETH” – FOR TIME – CAP TIME 10’

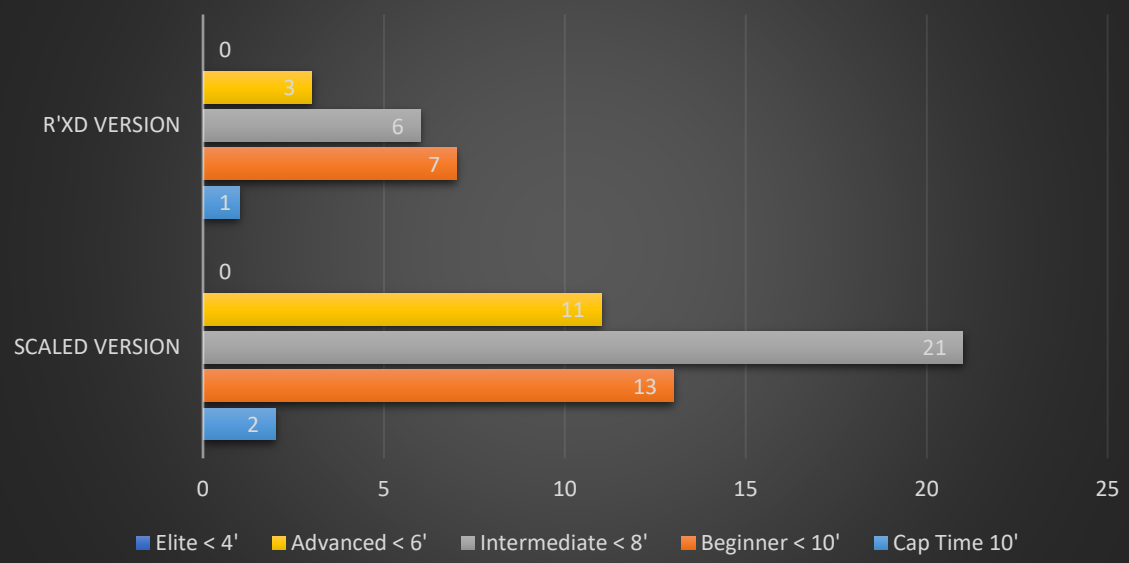
21/15/9 CLEAN # 61/43 KG

21/15/9 RING DIP

64 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“EVA” – 5RFT – CAP TIME 50’

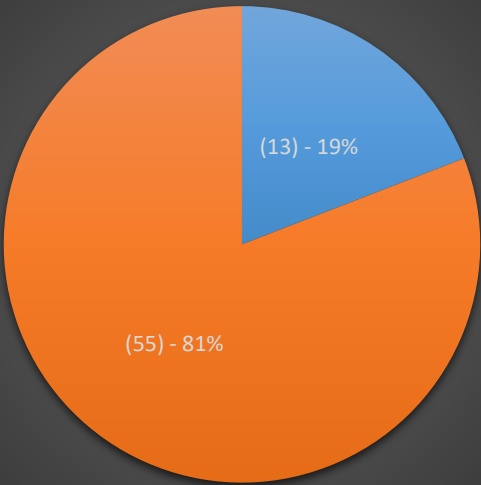
800 Mt. RUN

30 KB SWINGS # 32/24 KG

30 PULL UPS

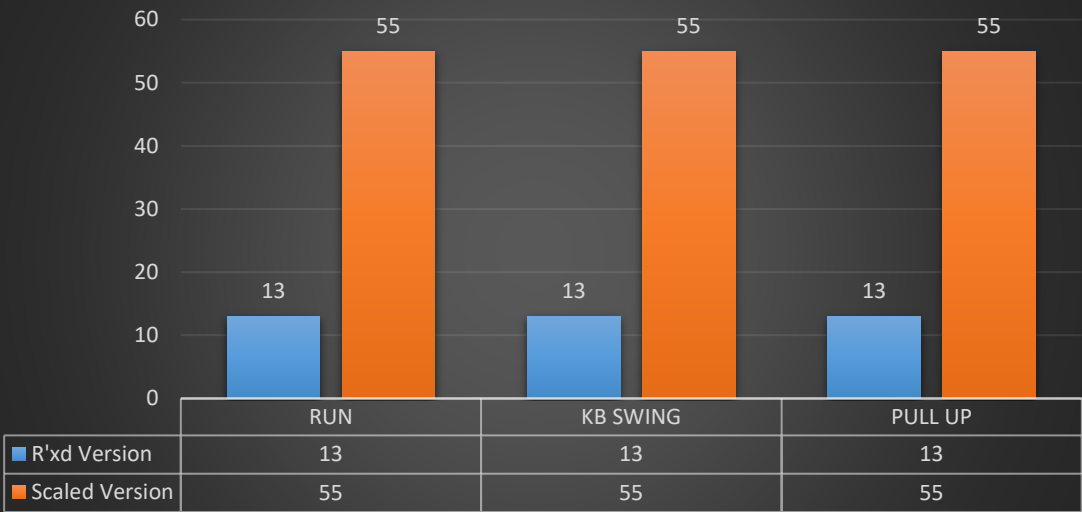
68 PARTECIPANTI

RX'd - SCALED



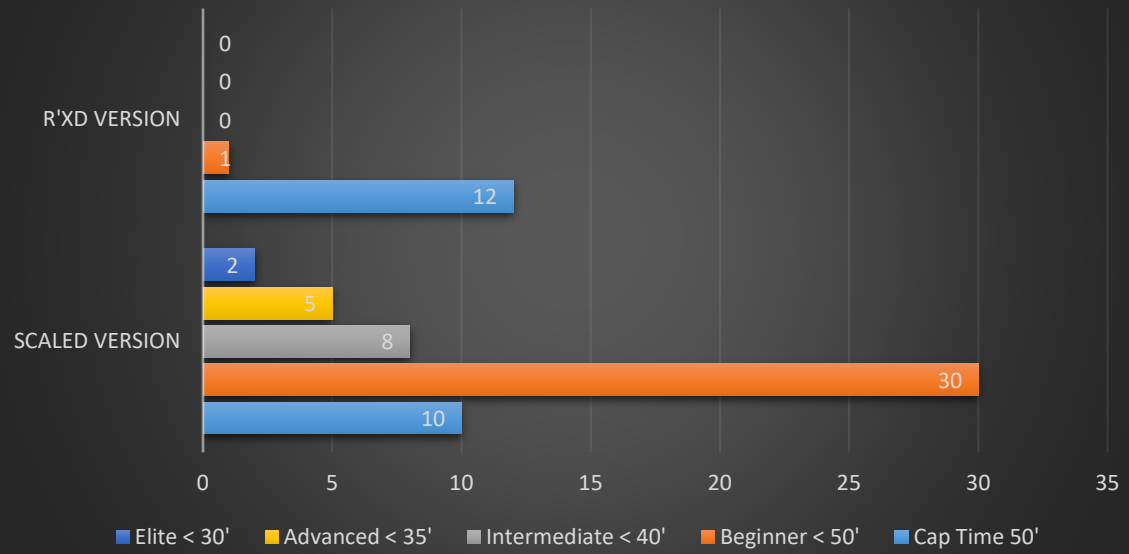
R'xd Version Scaled Version

MOVIMENTI RX'd - SCALED



R'xd Version Scaled Version

PERCENTUALE DEGLI SCORE

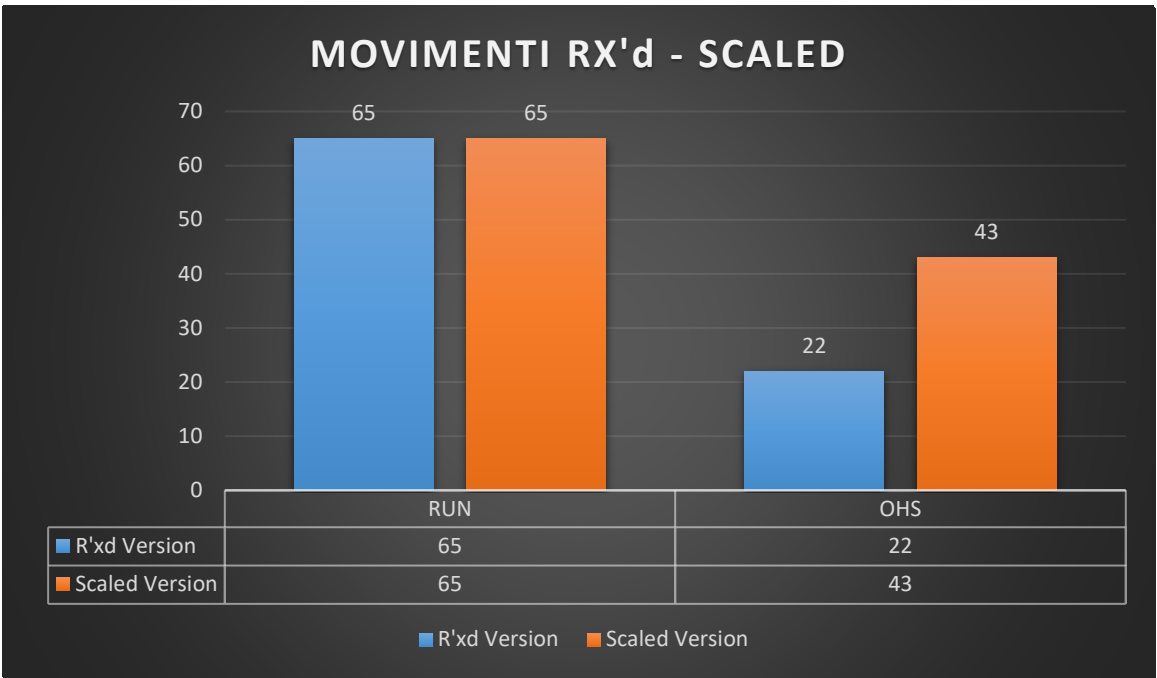
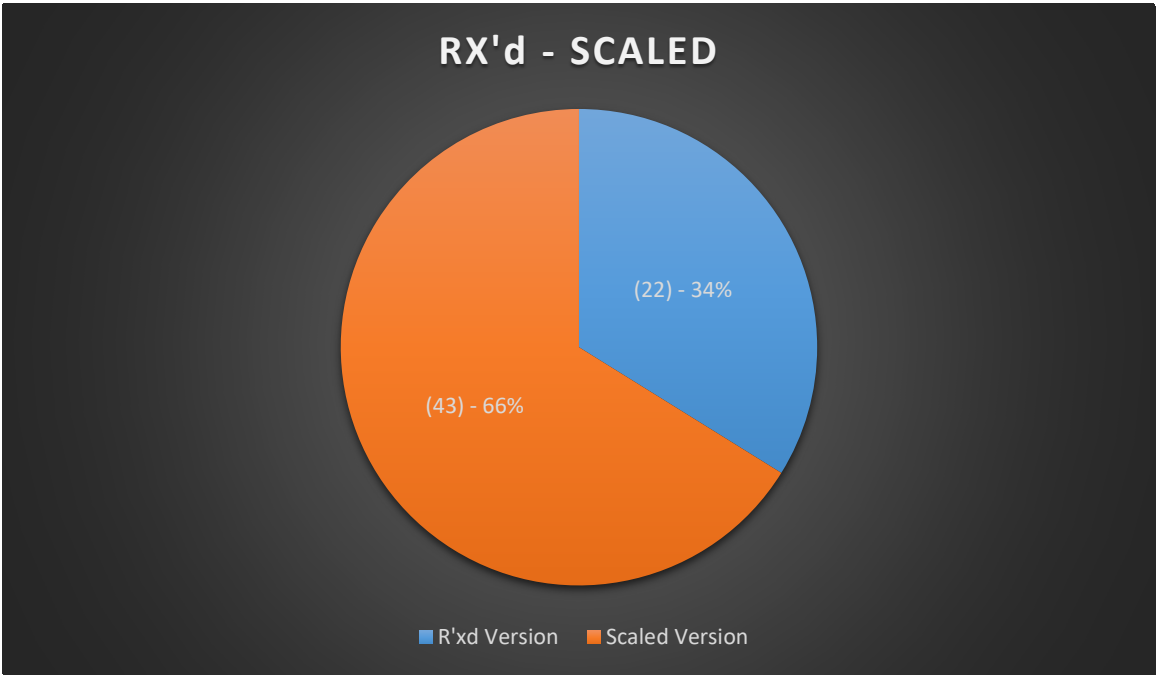


“NANCY” – 5RFT – CAP TIME 15’

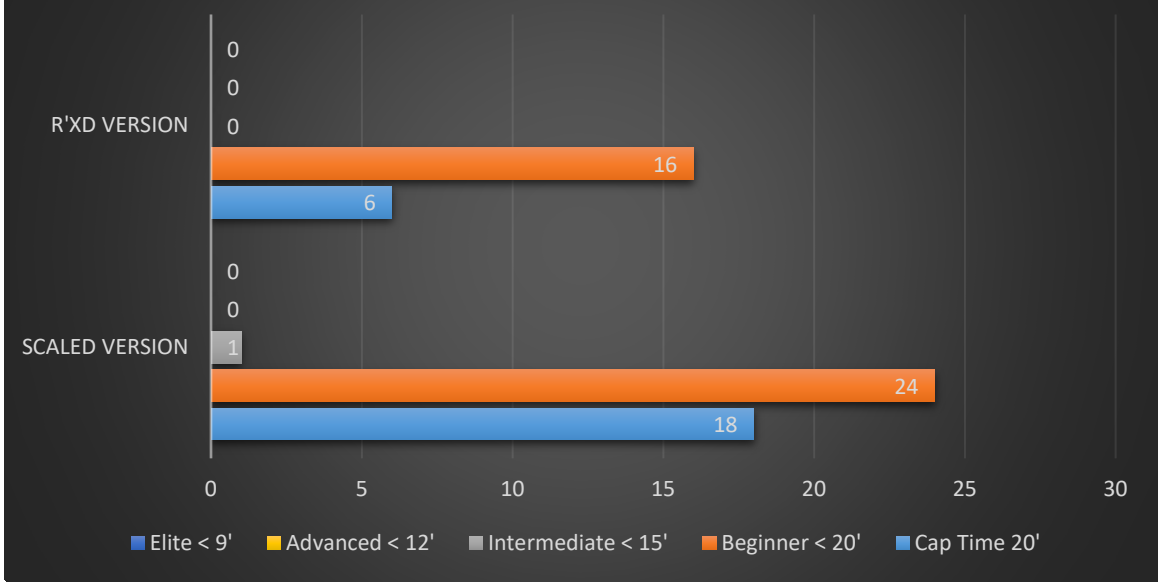
400 Mt. RUN

15 OHS # 43/30 Kg

65 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“JACKIE” – FOR TIME – CAP TIME 10’

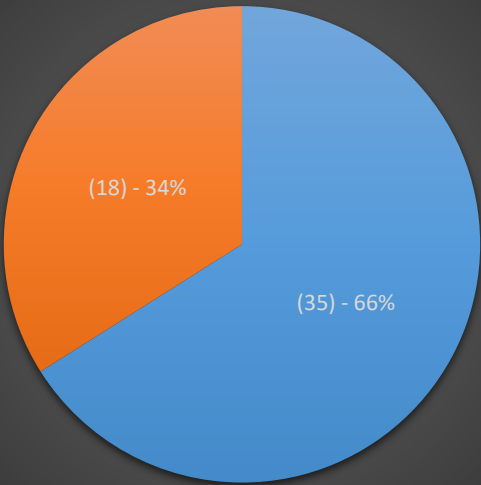
1000 MT. ROWING

50 THRUSTERS 20/15 KG

30 PULL UPS

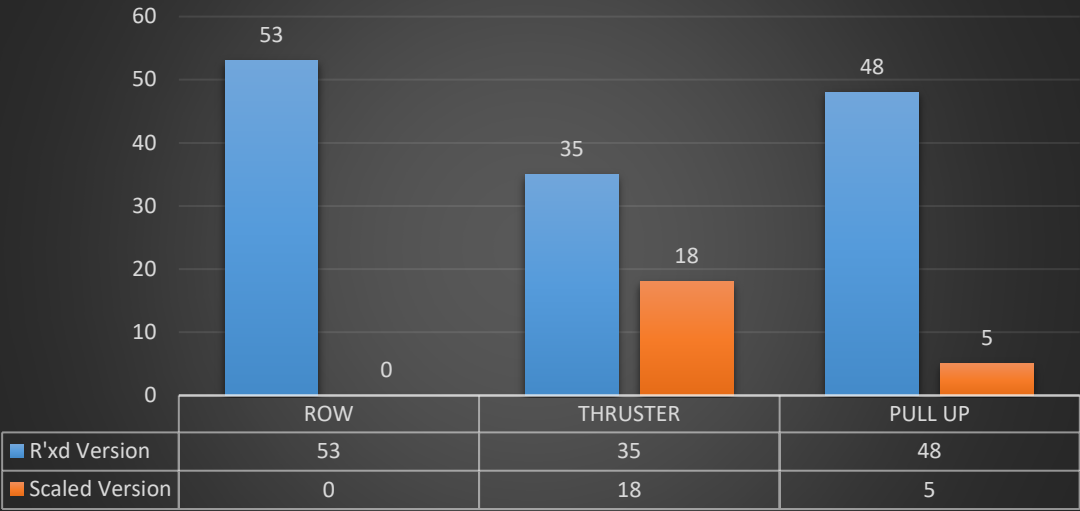
53 PARTECIPANTI

RX'd - SCALED



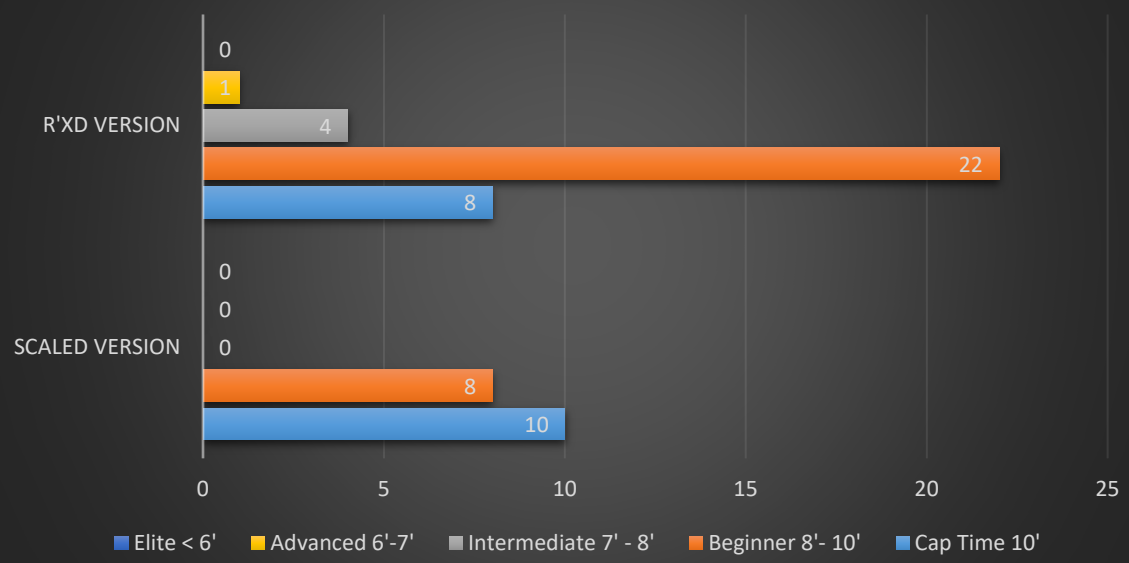
RX'd Version Scaled Version

MOVIMENTI RX'd - SCALED



RX'd Version Scaled Version

PERCENTUALE DEGLI SCORE



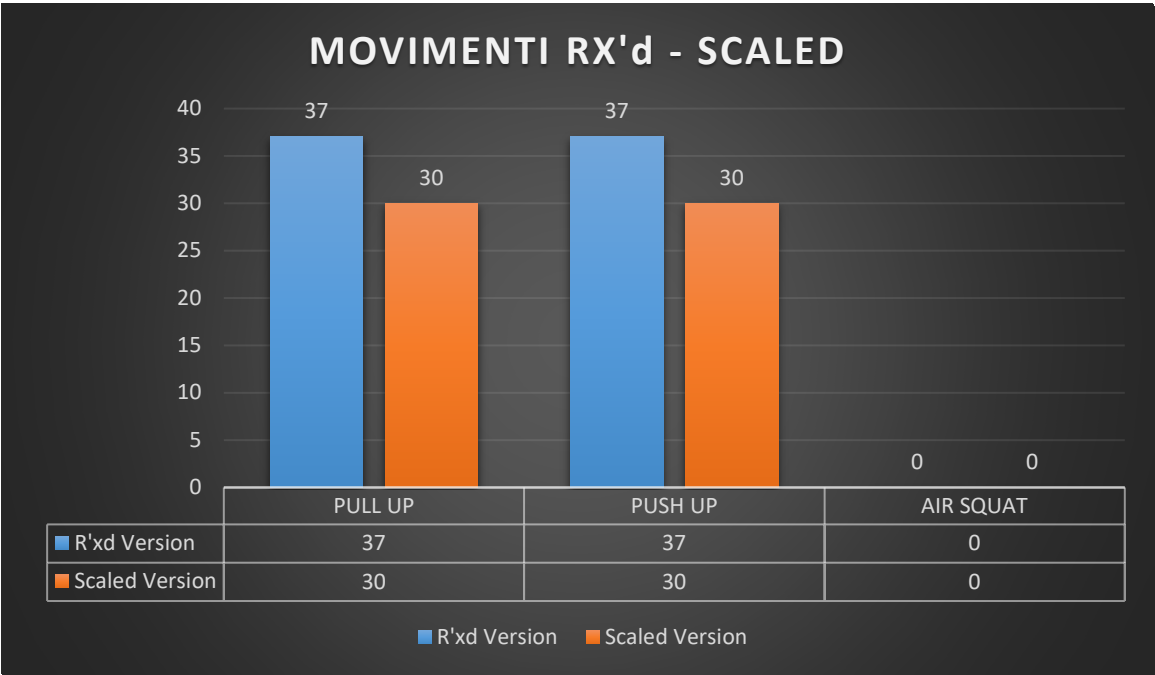
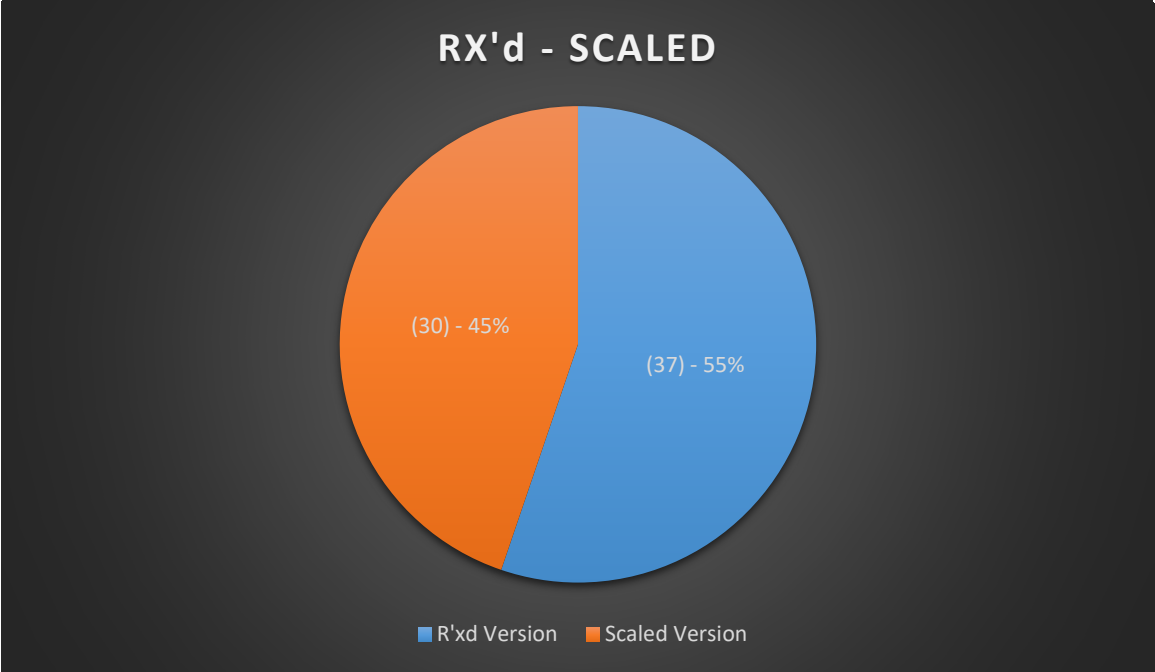
“CINDY” – AMRAP 20’

5 PULL UPS

10 PUSH UPS

15 AIR SQUATS

67 PARTECIPANTI



PERCENTUALE DEGLI SCORE

