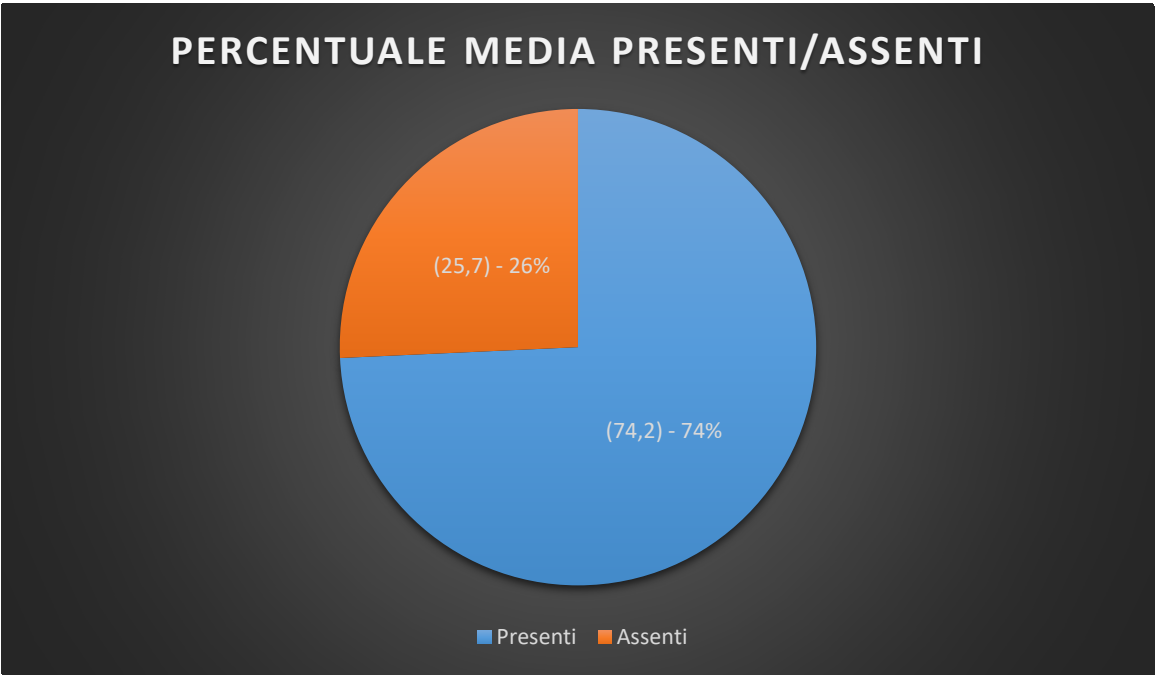
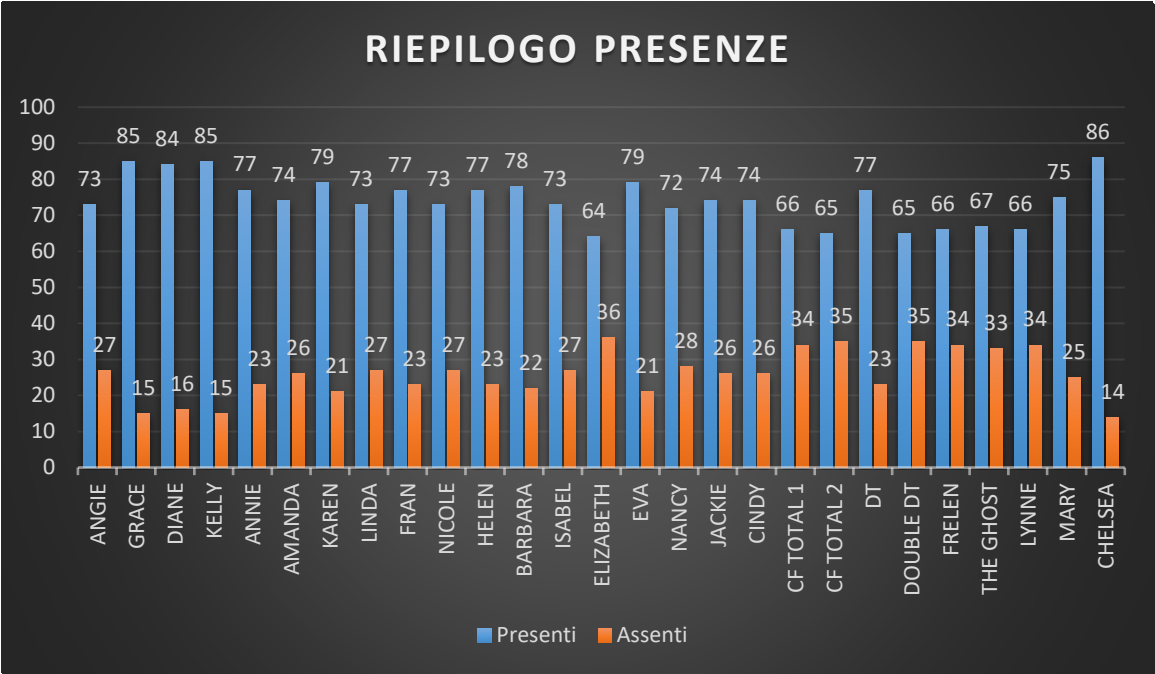


BENCHMARK ANALISYS 23/24

CAMPIONE DI 100 ATLETI:



“ANGIE” – FOR TIME - CAP TIME 30’

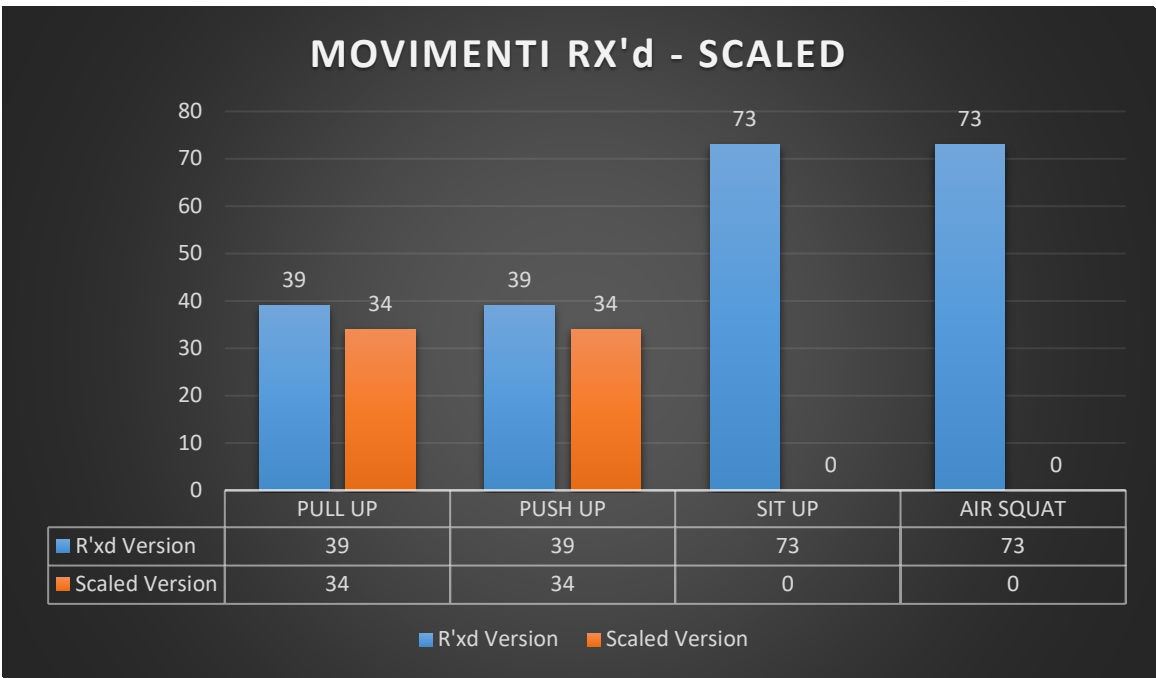
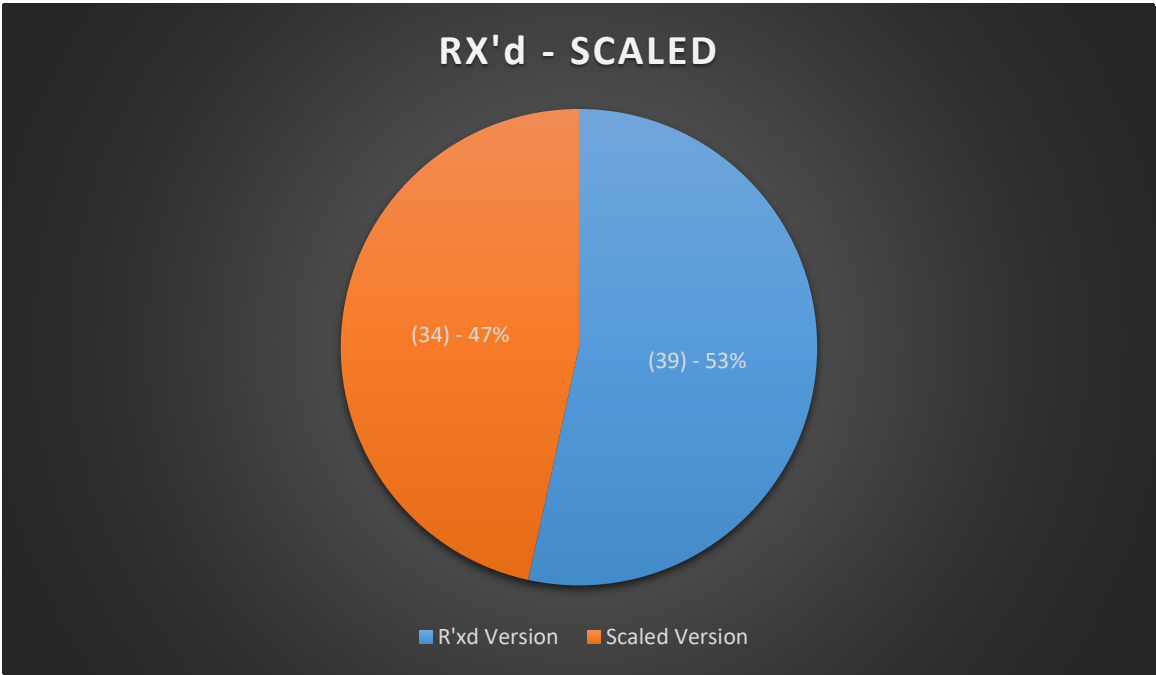
100 PULL UPS

100 PUSH UPS

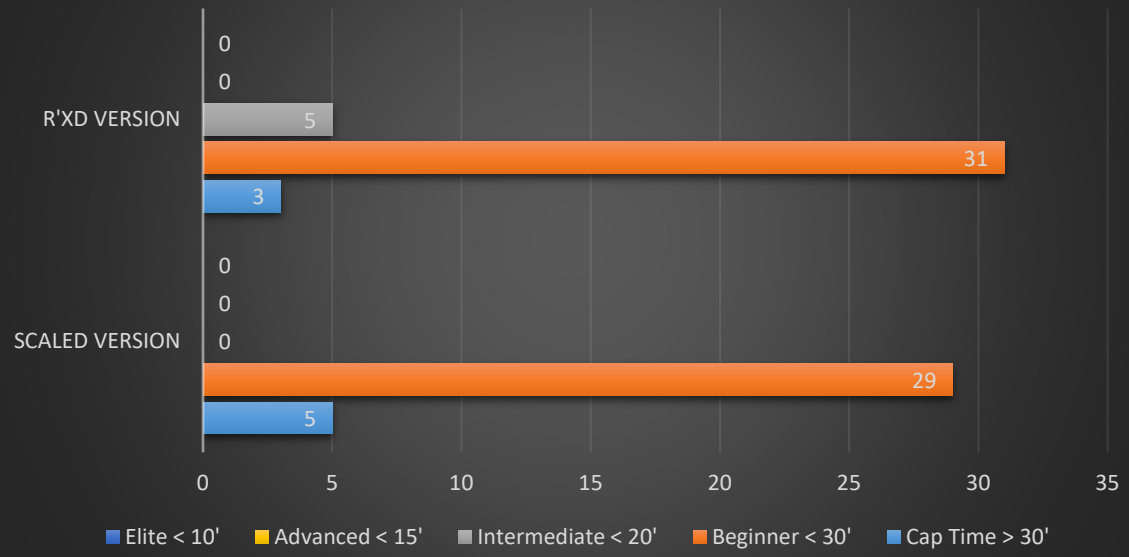
100 SIT UPS

100 AIR SQUATS

73 PARTECIPANTI



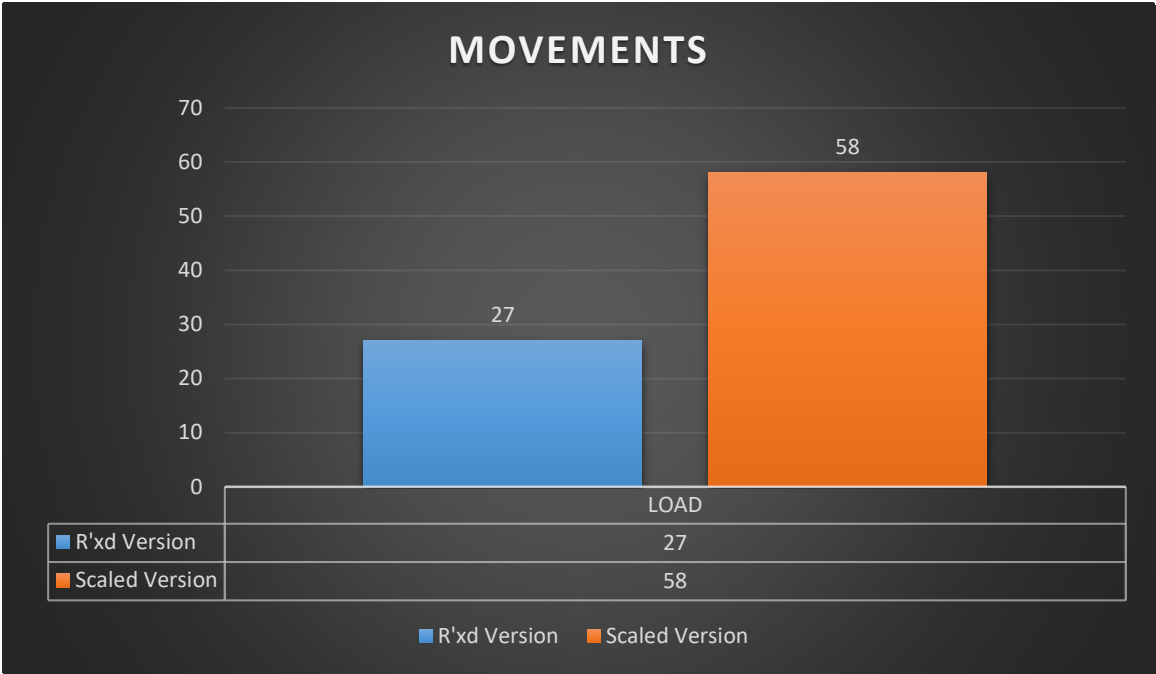
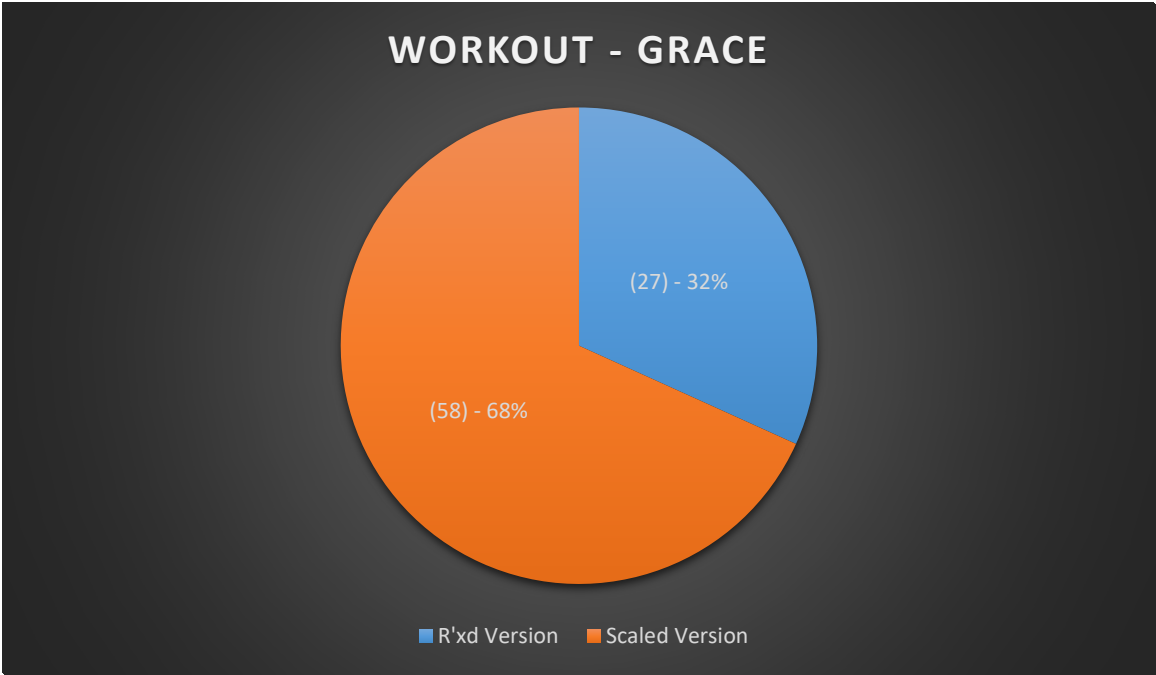
PERCENTUALE DEGLI SCORE

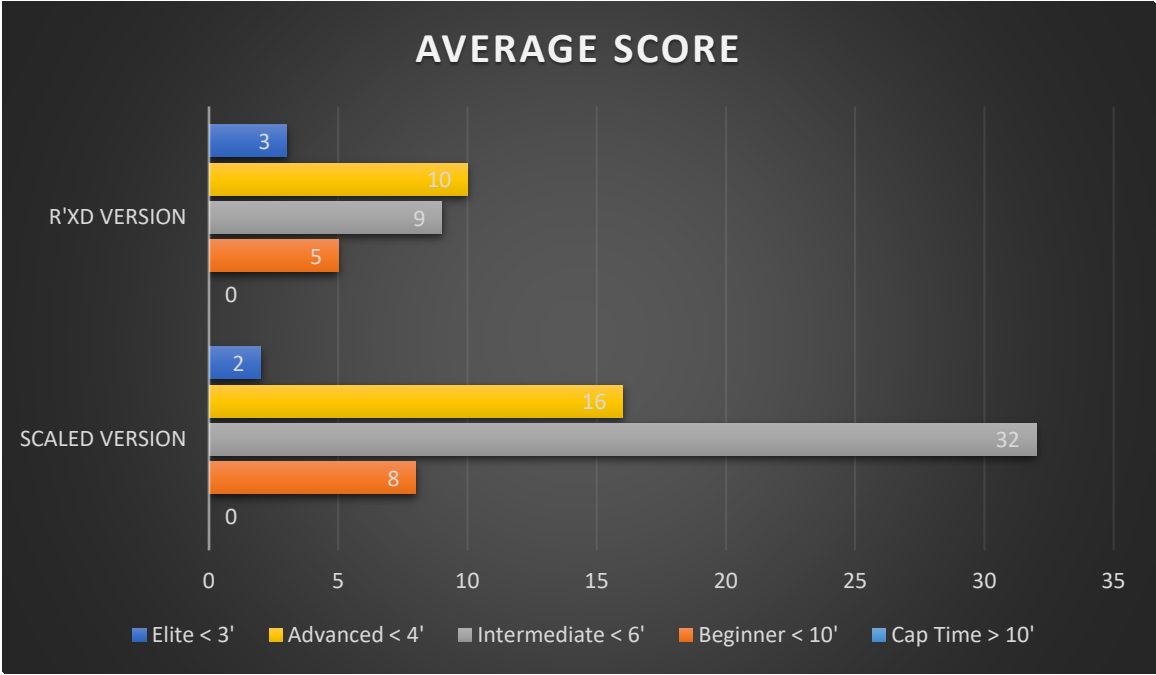


“GRACE” – FOR TIME – CAP TIME 10’

30 CLEAN & JERKS 61/43 Kg

85 PARTECIPANTI



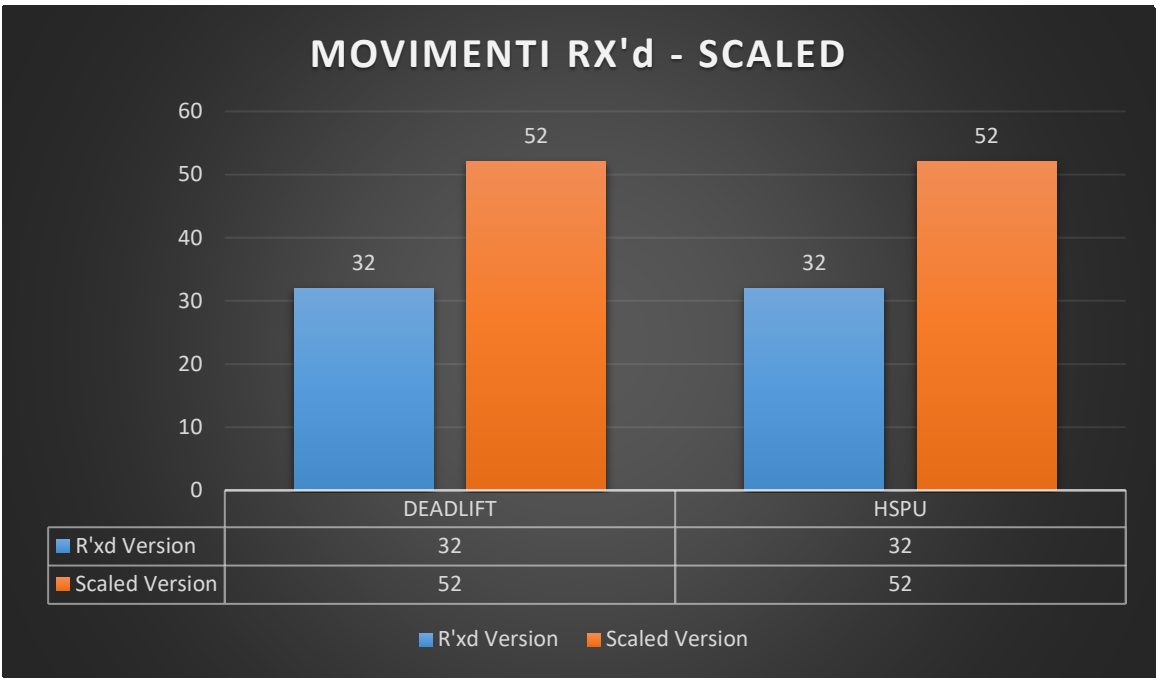
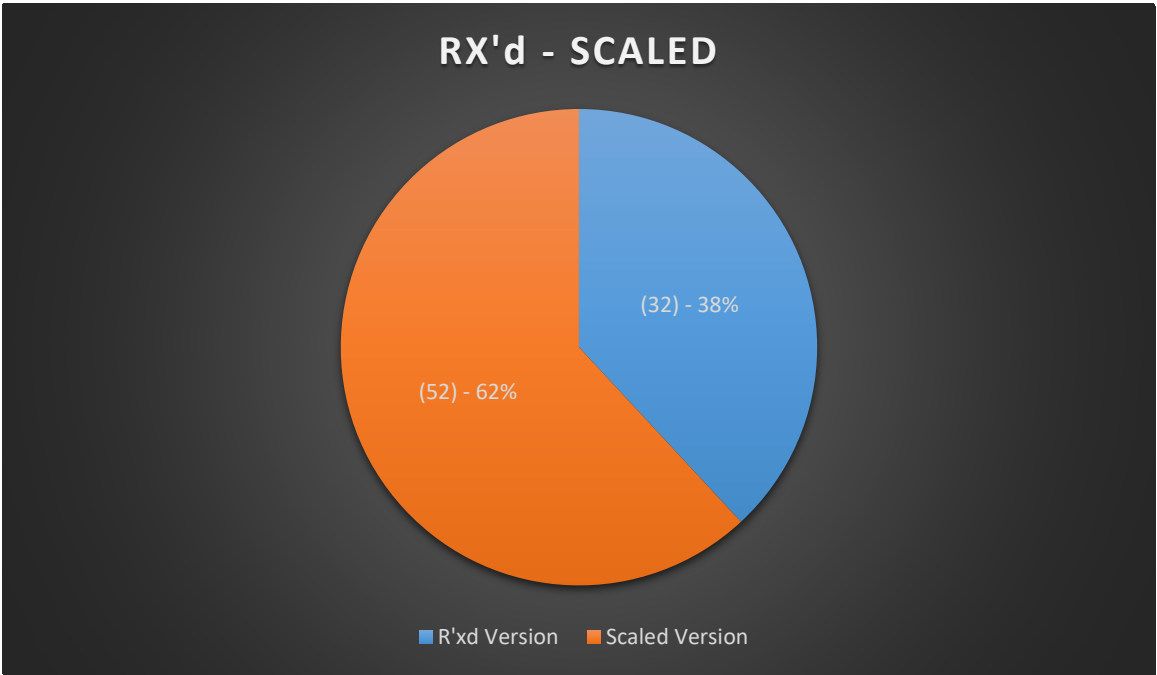


“DIANE” – FOR TIME – CAP TIME 10’

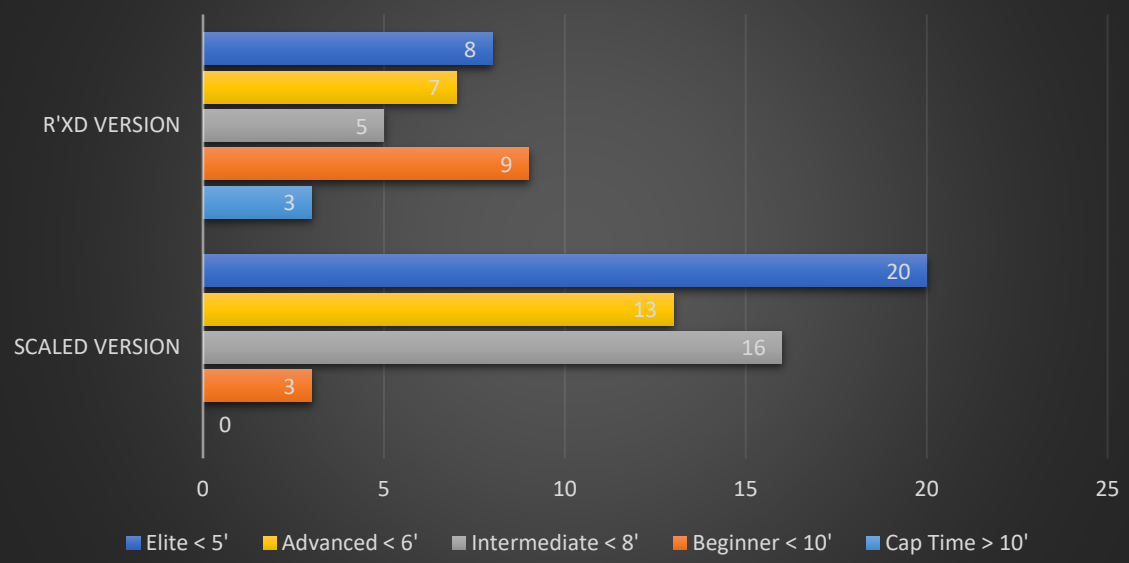
21/15/9 DEADLIFTS 102/73 Kg

21/15/9 HSPU

84 PARTEICPANTI



PERCENTUALE DEGLI SCORE



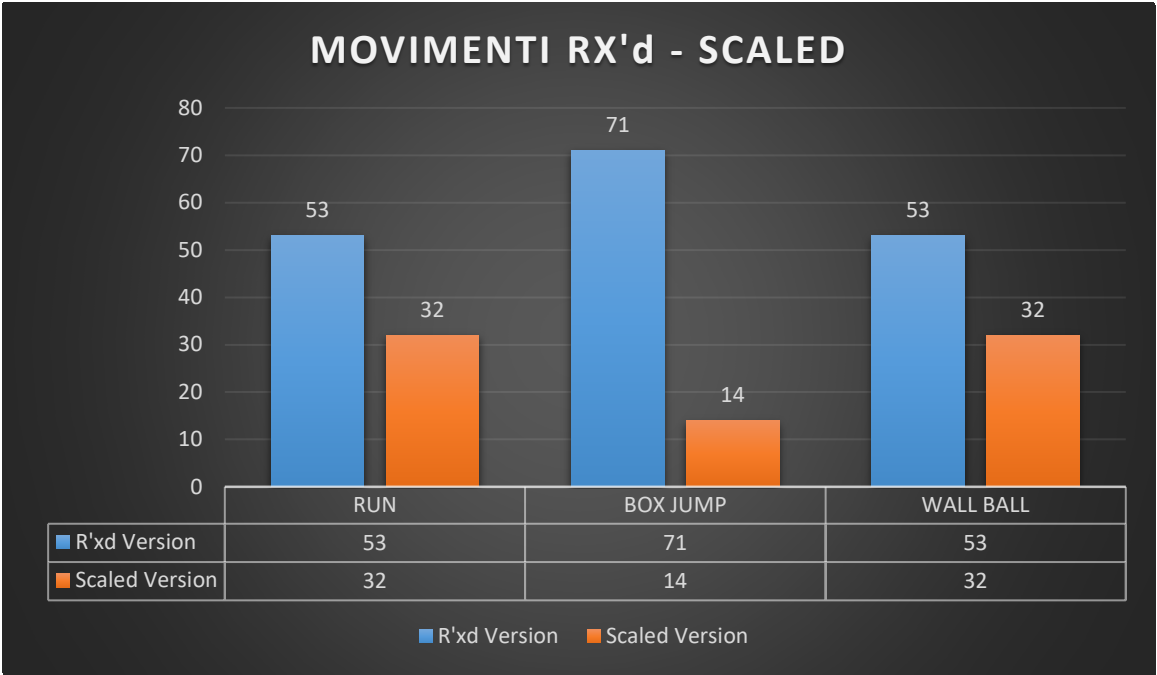
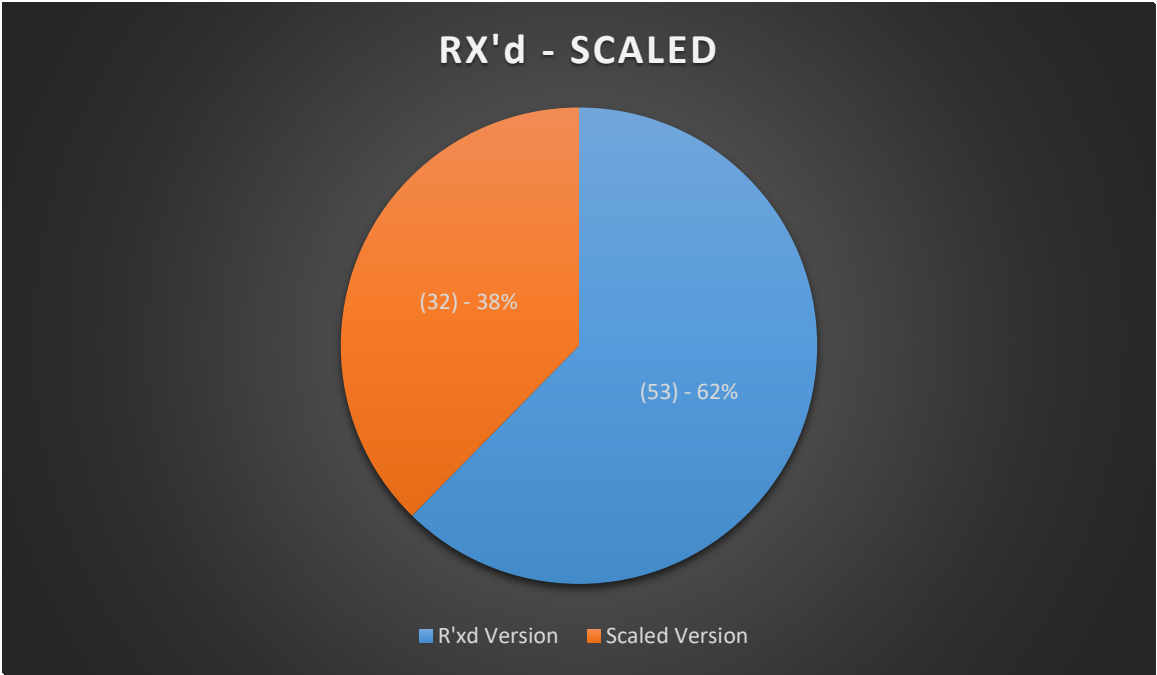
“KELLY” – 5 RFT - CAP TIME 40’

400 Mt. RUN

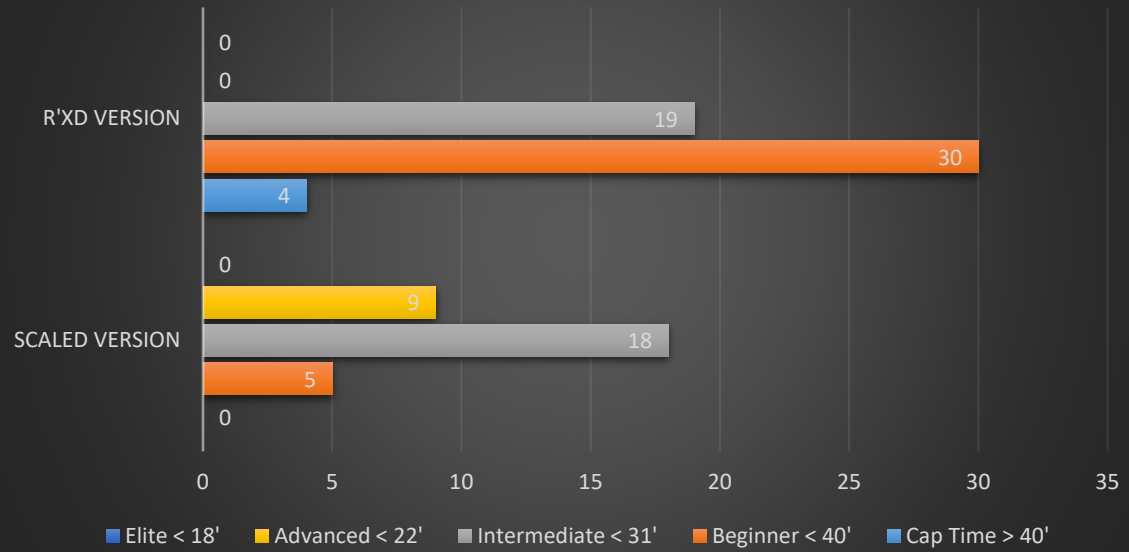
30 BOX JUMPS 60/50 Cm

30 WALL BALLS 9/6 KG

85 PARTECIPANTI



PERCENTUALE DEGLI SCORE

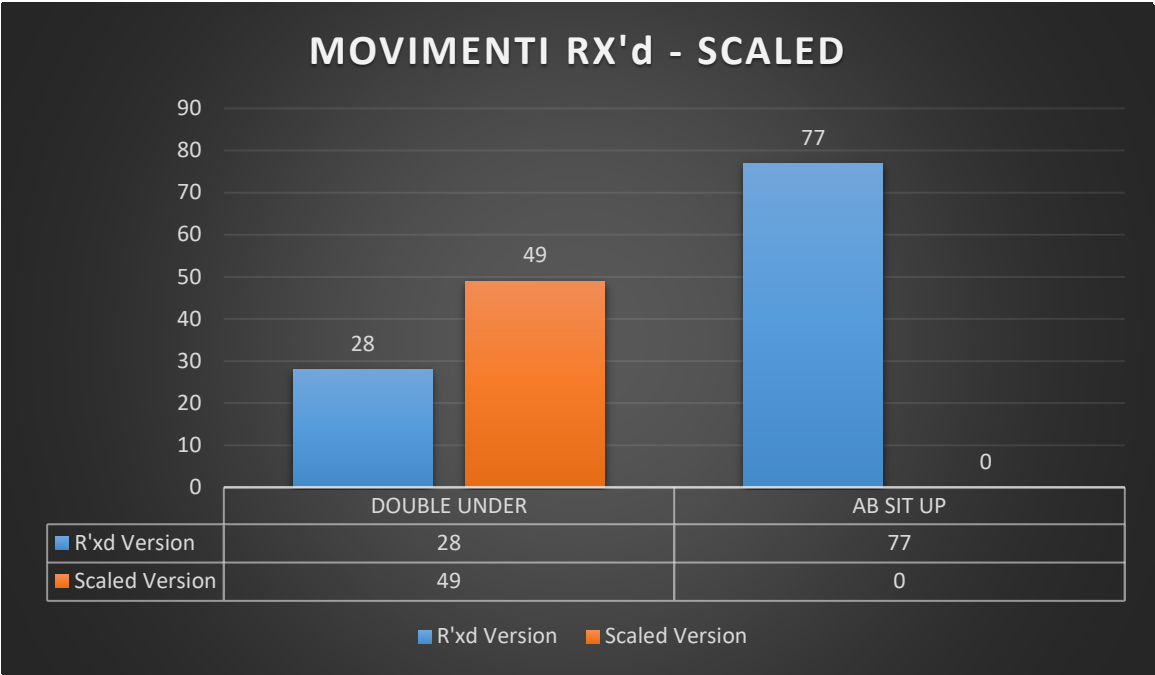
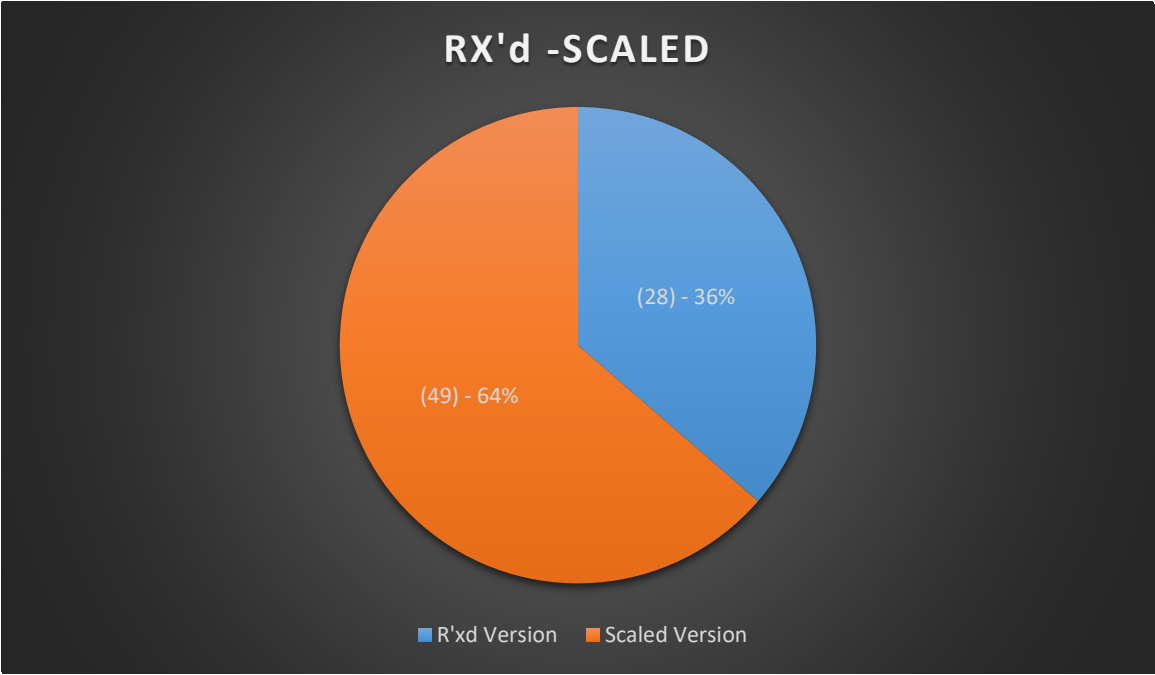


“ANNIE” – FOR TIME – CAP TIME 12’

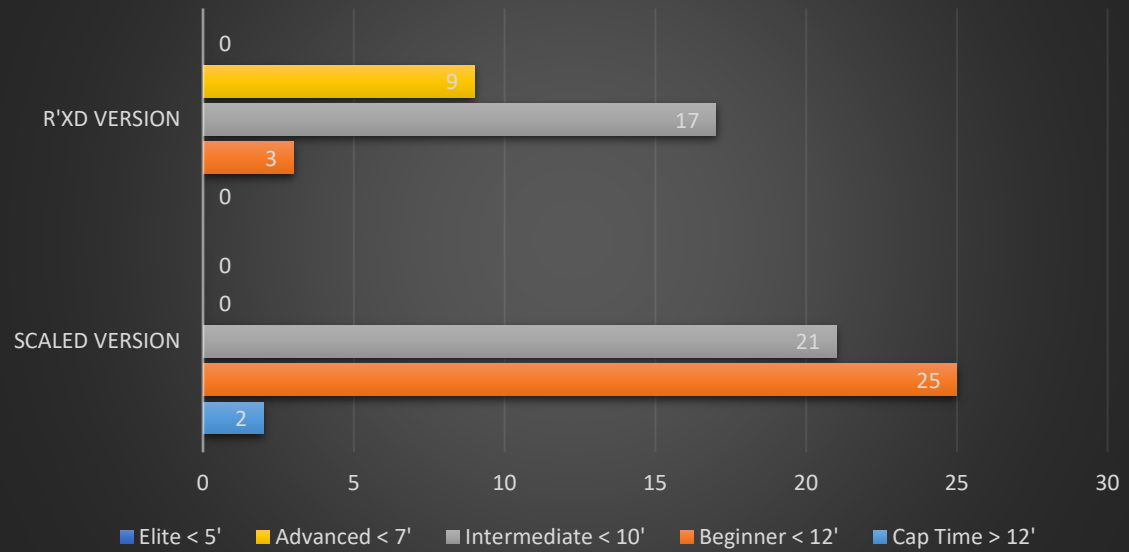
50/43/30/20/10 DOUBLE UNDERS

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

77 PARTECIPANTI



PERCENTUALE DEGLI SCORE

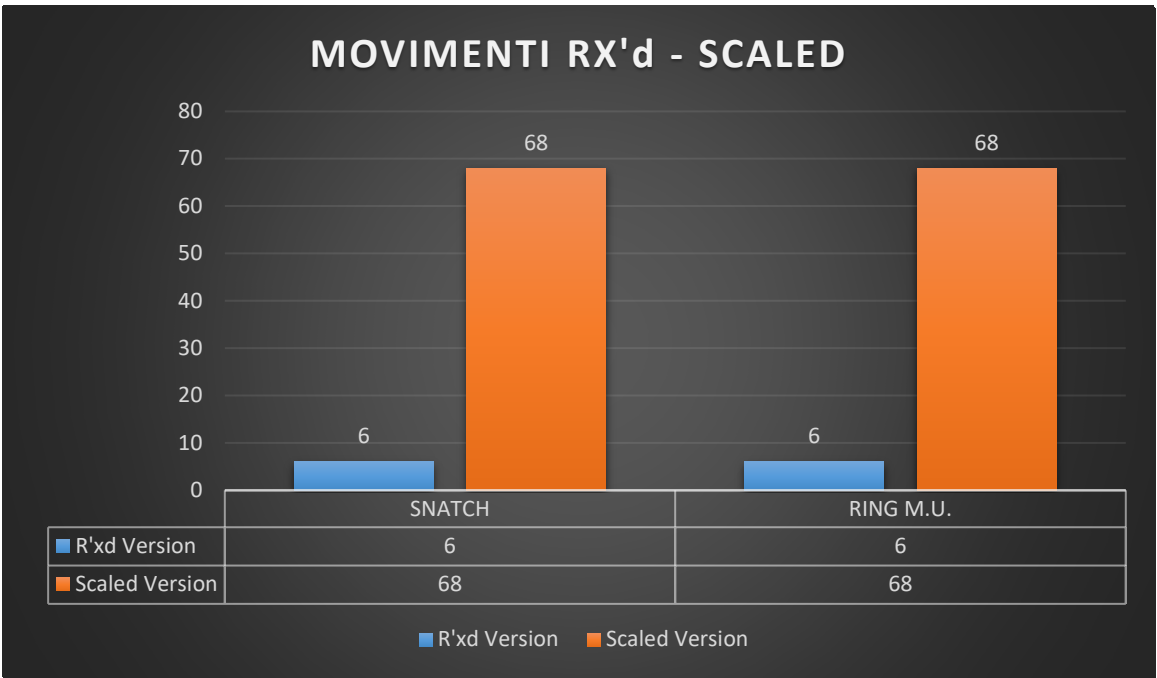
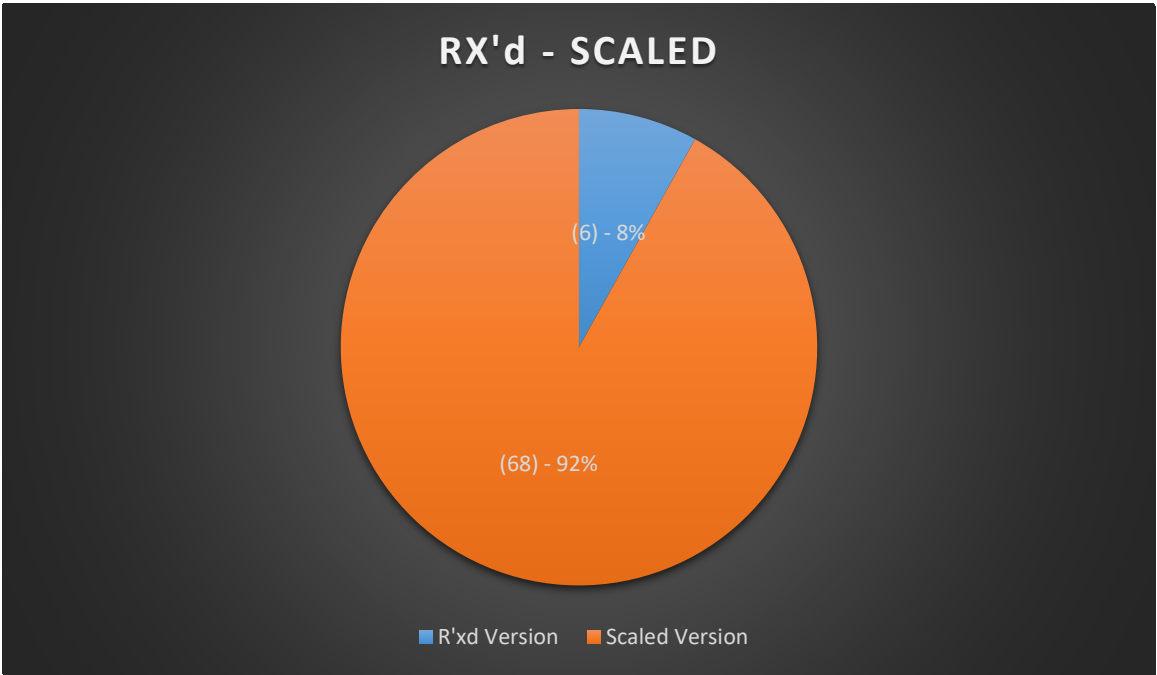


“AMANDA” – FOR TIME – CAP TIME 12’

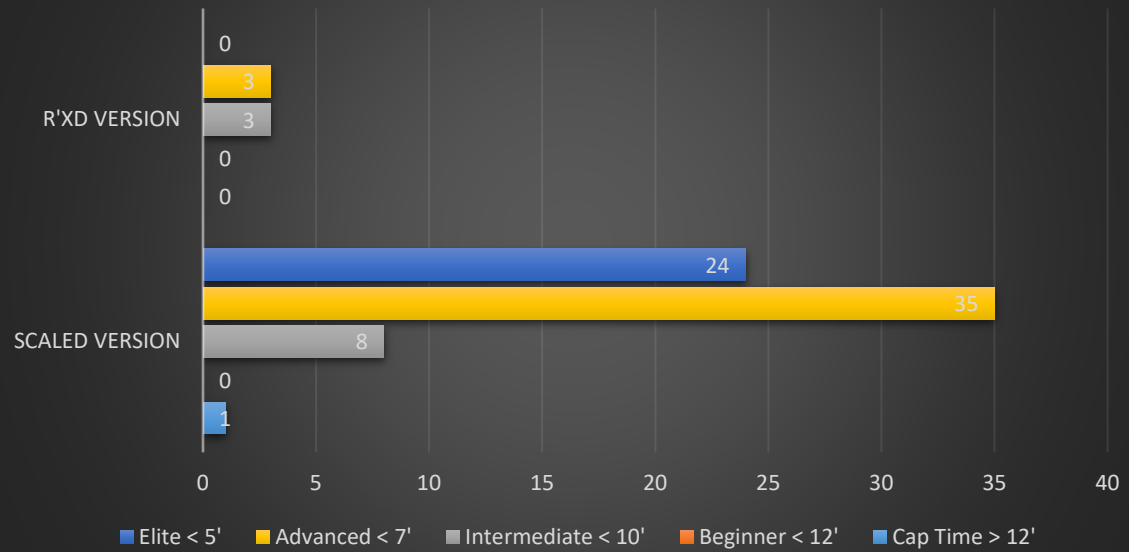
9/7/5 RING MUSCLE UPS

9/7/5 SQUAT SNATCHES 61/43 Kg

74 PARTECIPANTI



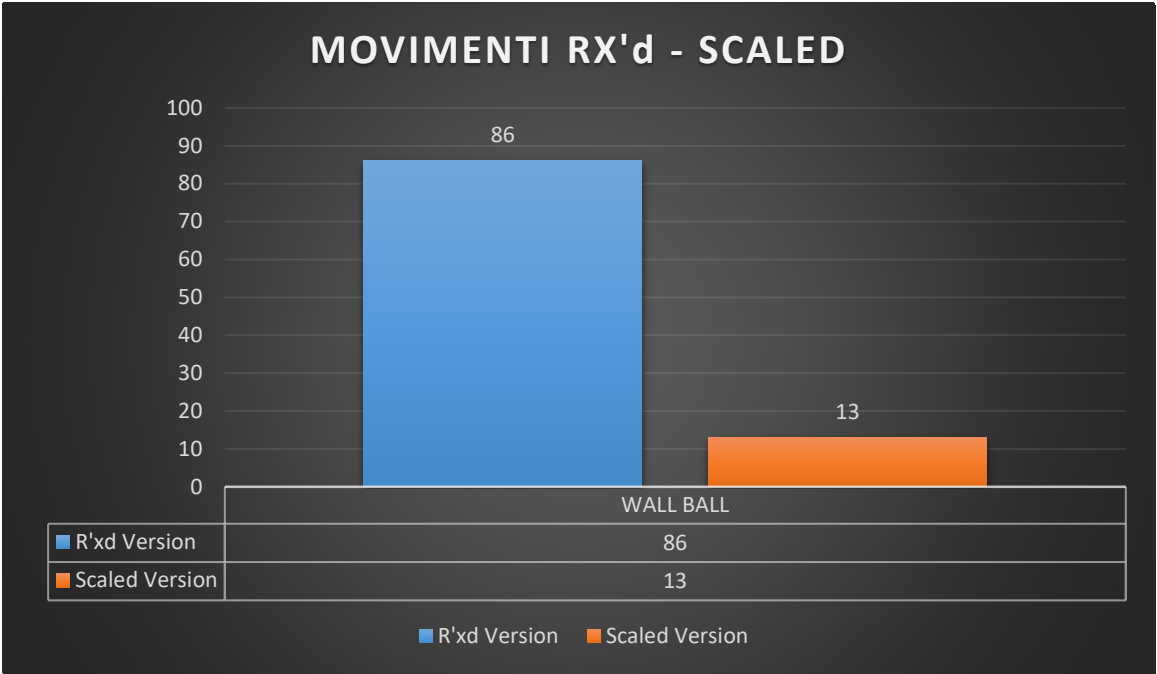
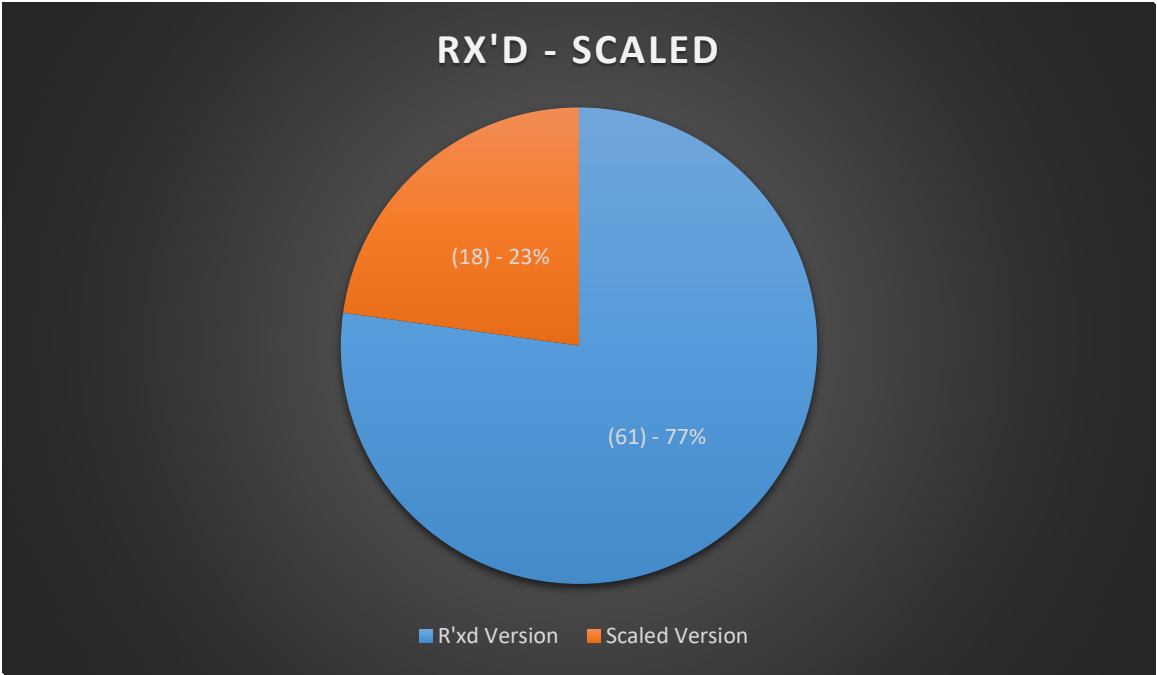
PERCENTUALE DEGLI SCORE



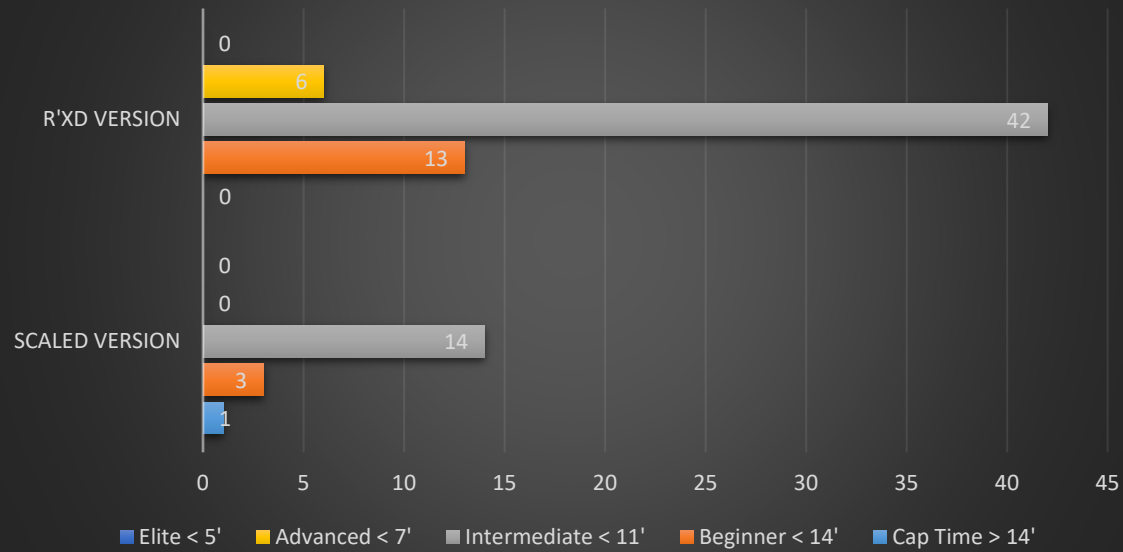
“KAREN” – FOR TIME – CAP TIME 14’

150 WALL BALLS 9/6 Kg

79 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“LINDA” – FOR TIME – CAP TIME 30’

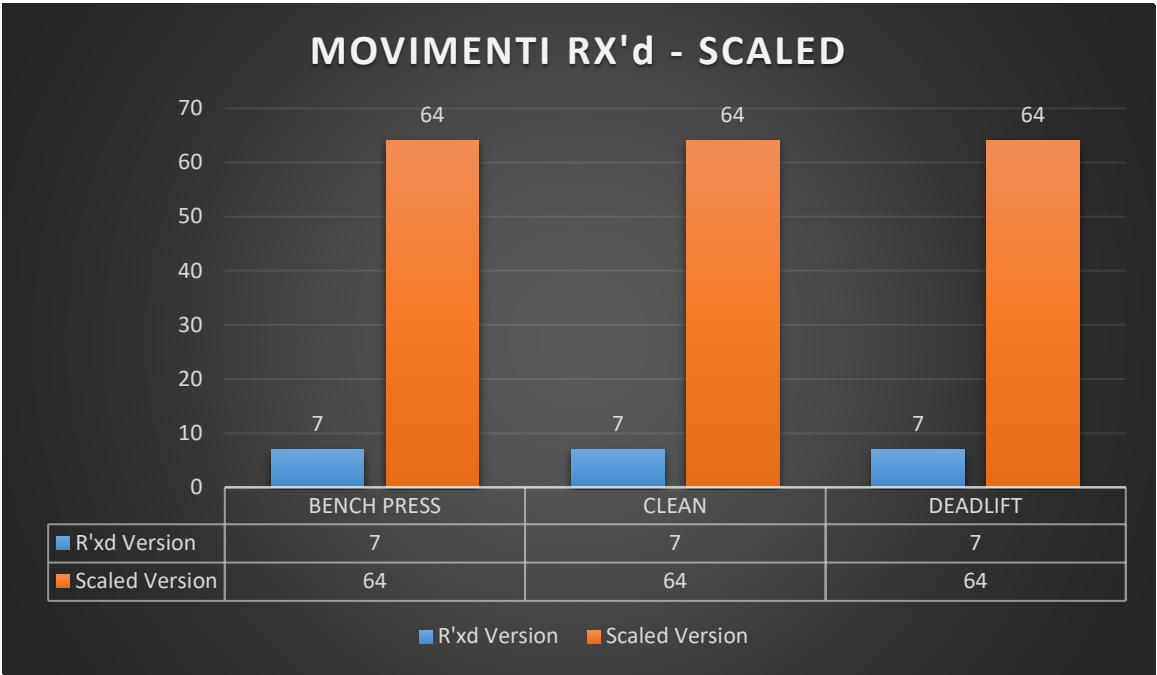
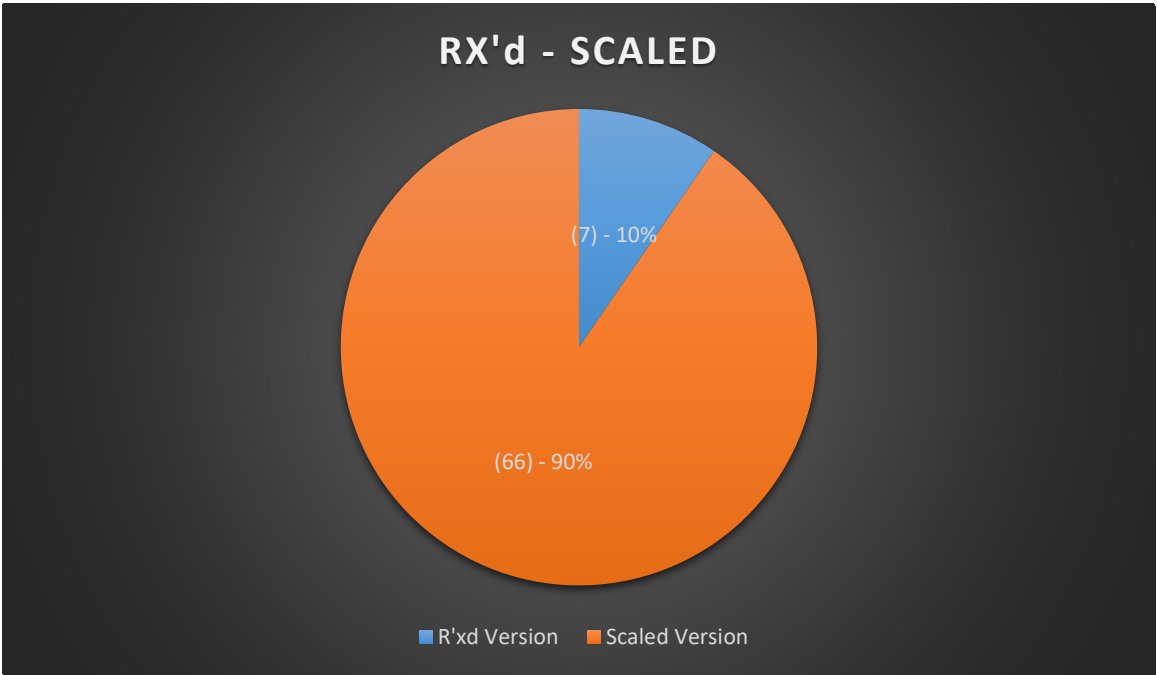
10/9/8/7/6/5/4/3/2/1

DEADLIFTS # 1½ BW

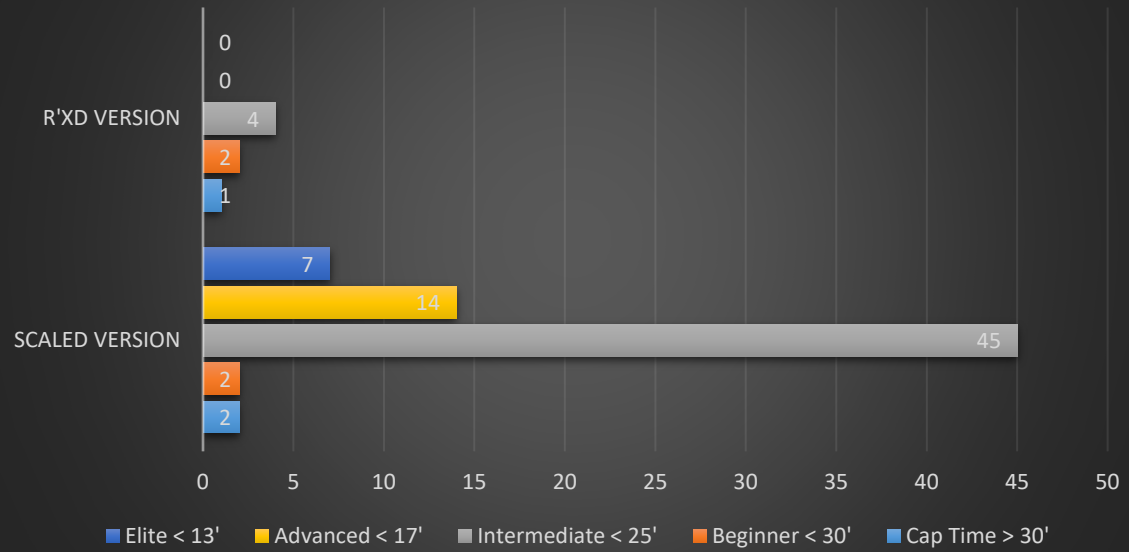
BENCH PRESS # BW

CLEANS # ¾ BW

73 PARTECIPANTI



PERCENTUALE DEGLI SCORE

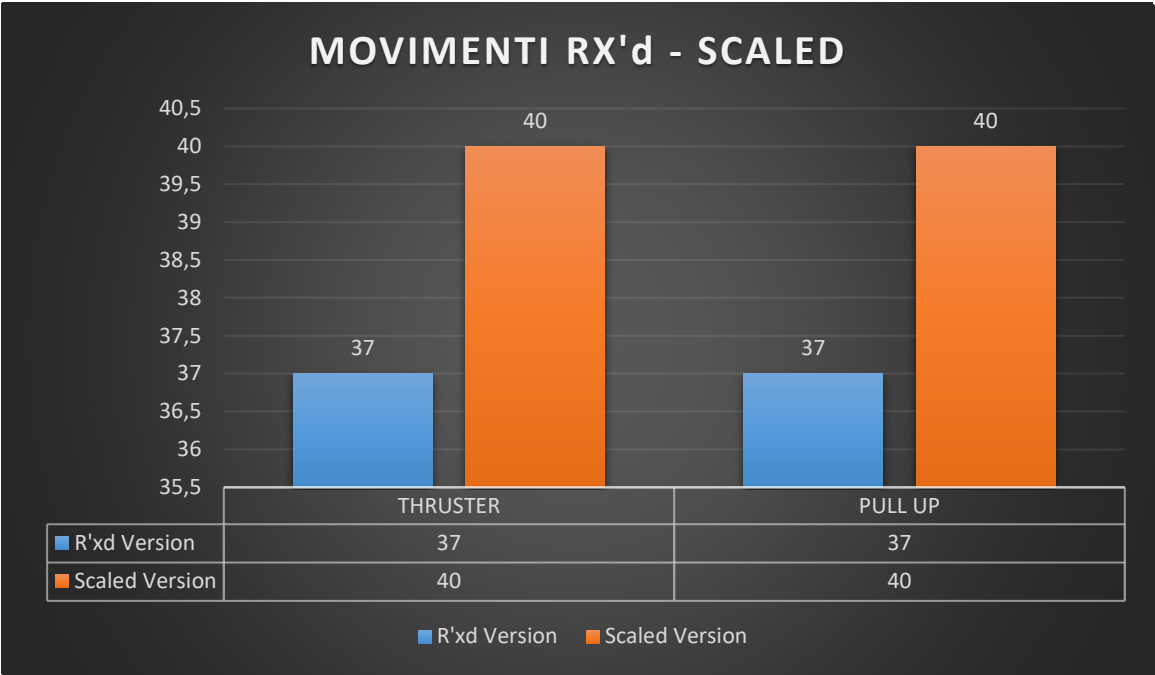
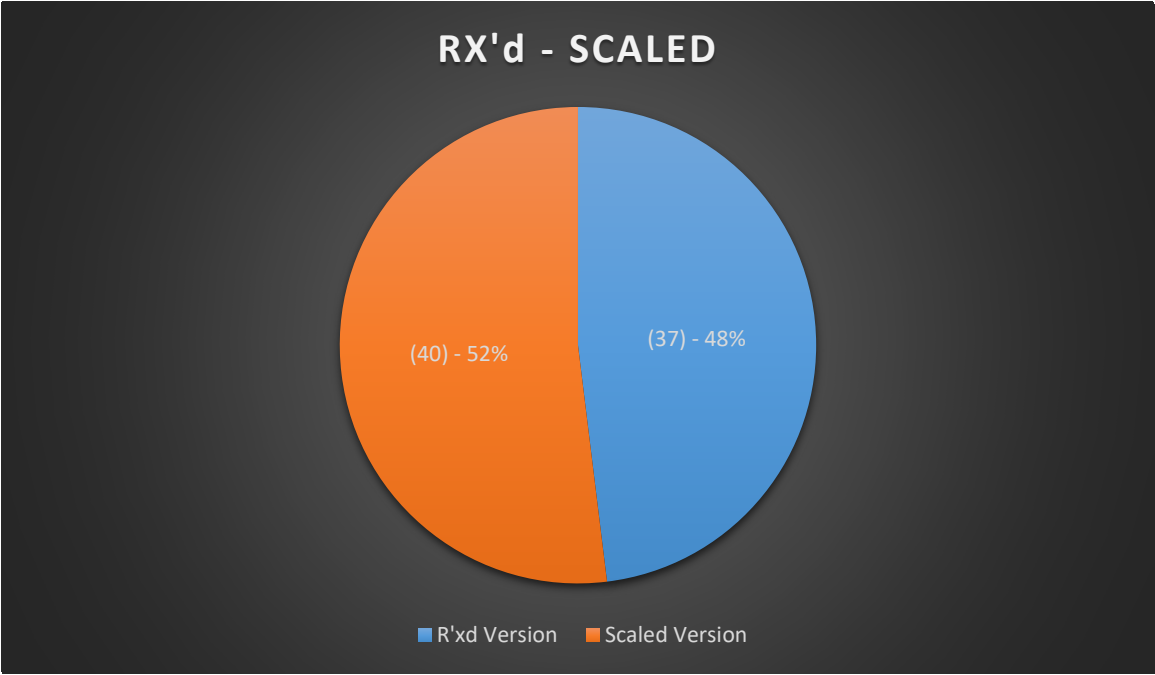


“FRAN” – FOR TIME – CAP TIME 10’

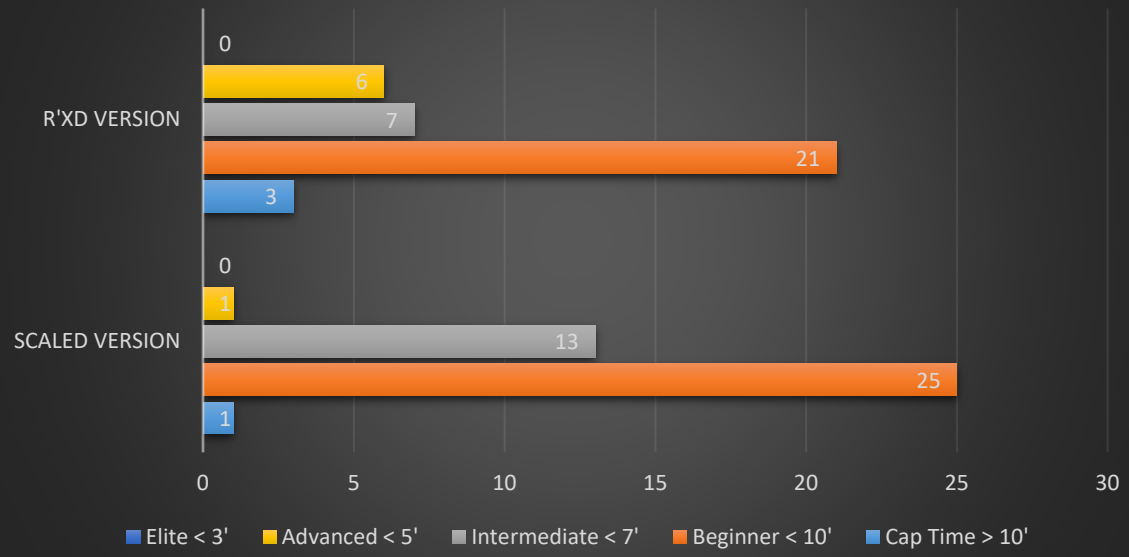
21/15/9 THRUSTERS # 43/30 Kg

21/15/9 PULL UPS

77 PARTECIPANTI



PERCENTUALE DEGLI SCORE

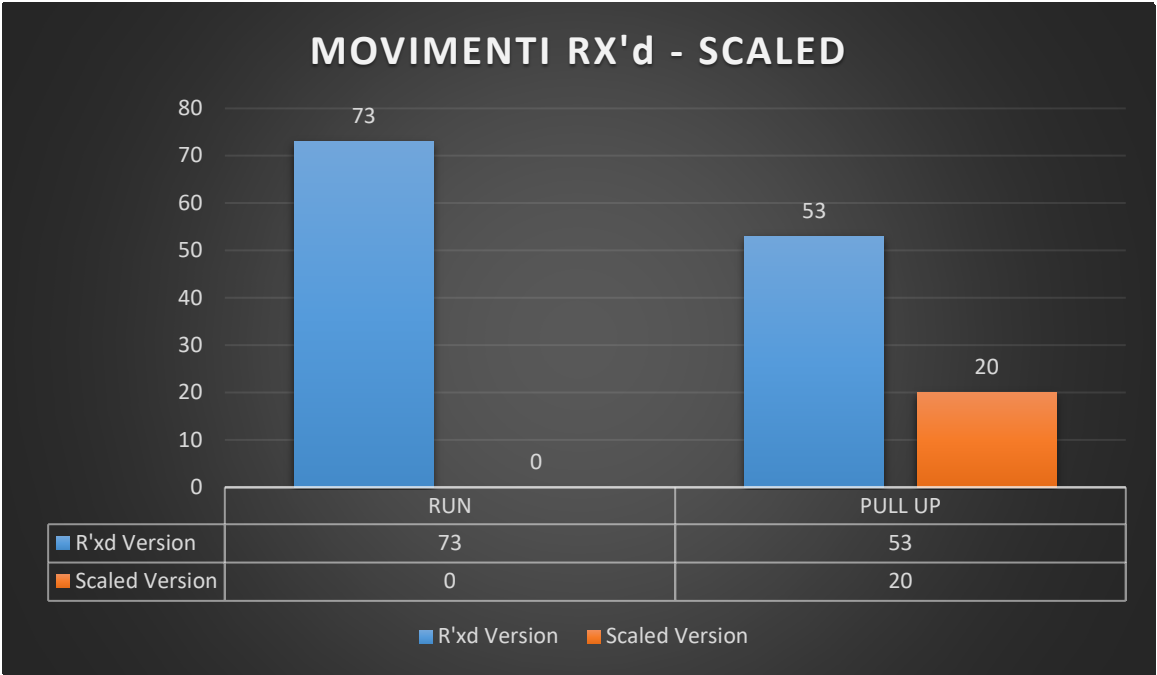
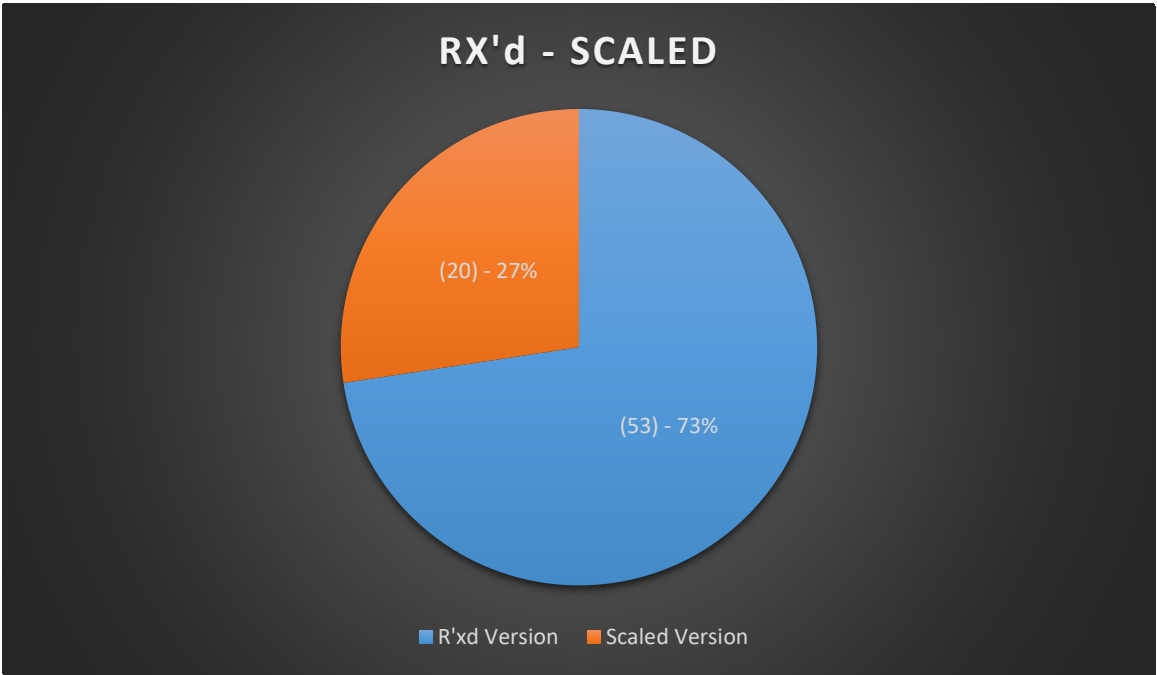


“NICOLE” – AMRAP 20’

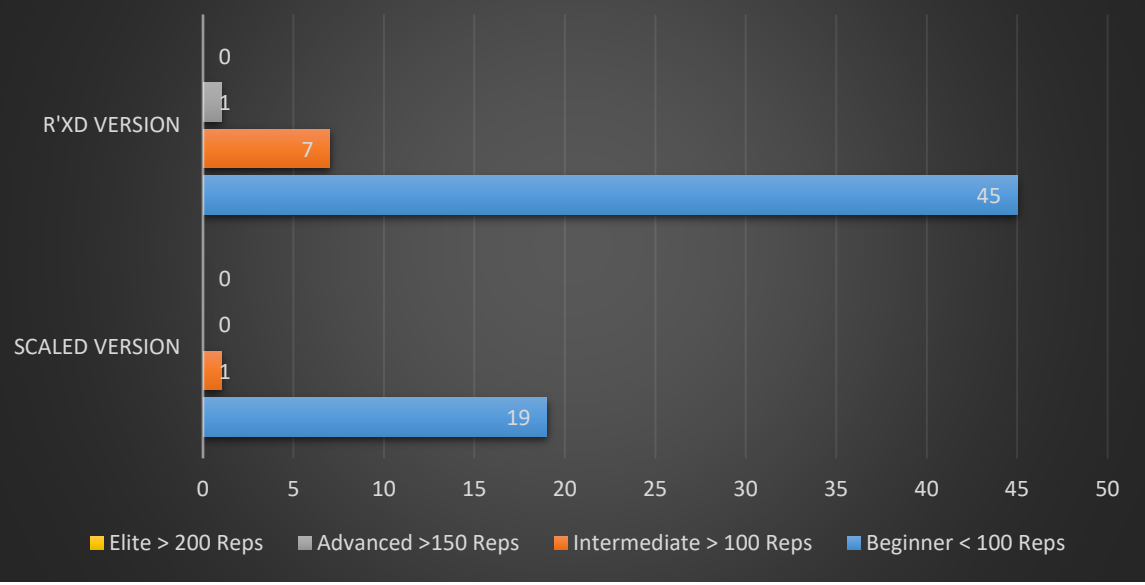
400 Mt. RUN

PULL UPS MAX REPS UNBROKEN

73 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“HELEN” – 3 RFT – CAP TIME 15’

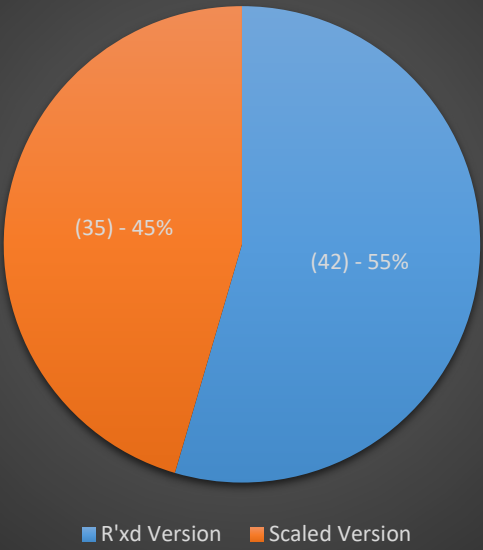
400 Mt. RUN

21 KB SWINGS # 24/16 KG

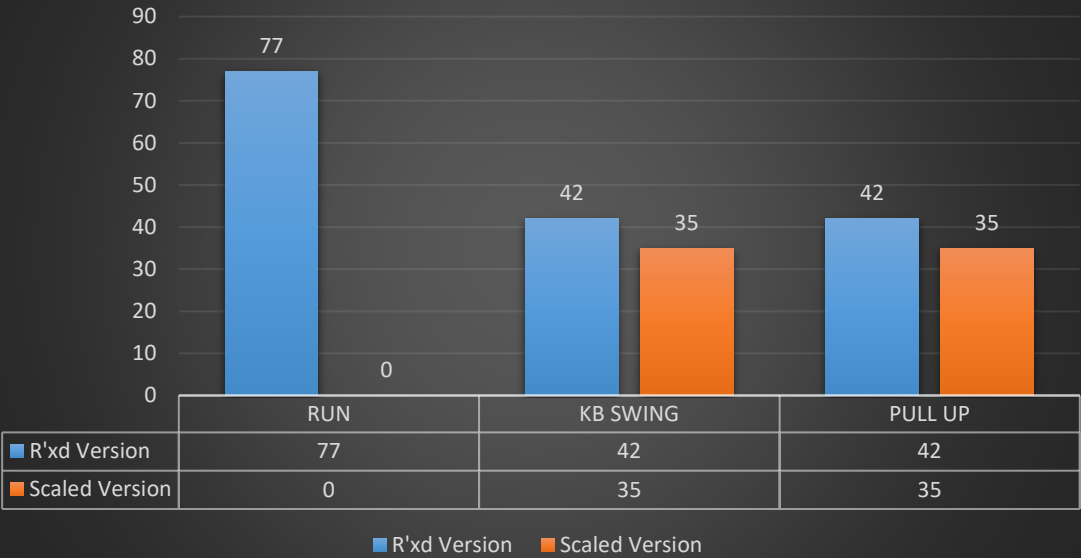
12 PULL UPS

77 PARTECIPANTI

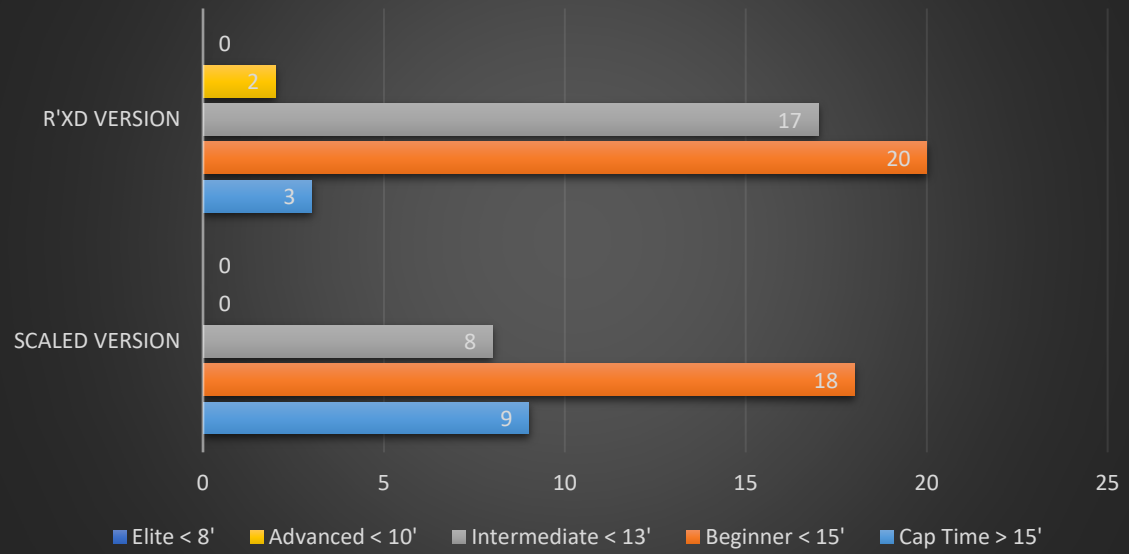
RX'd - SCALED



MOVIMENTI RX'd - SCALED



PERCENTUALE DEGLI SCORE



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

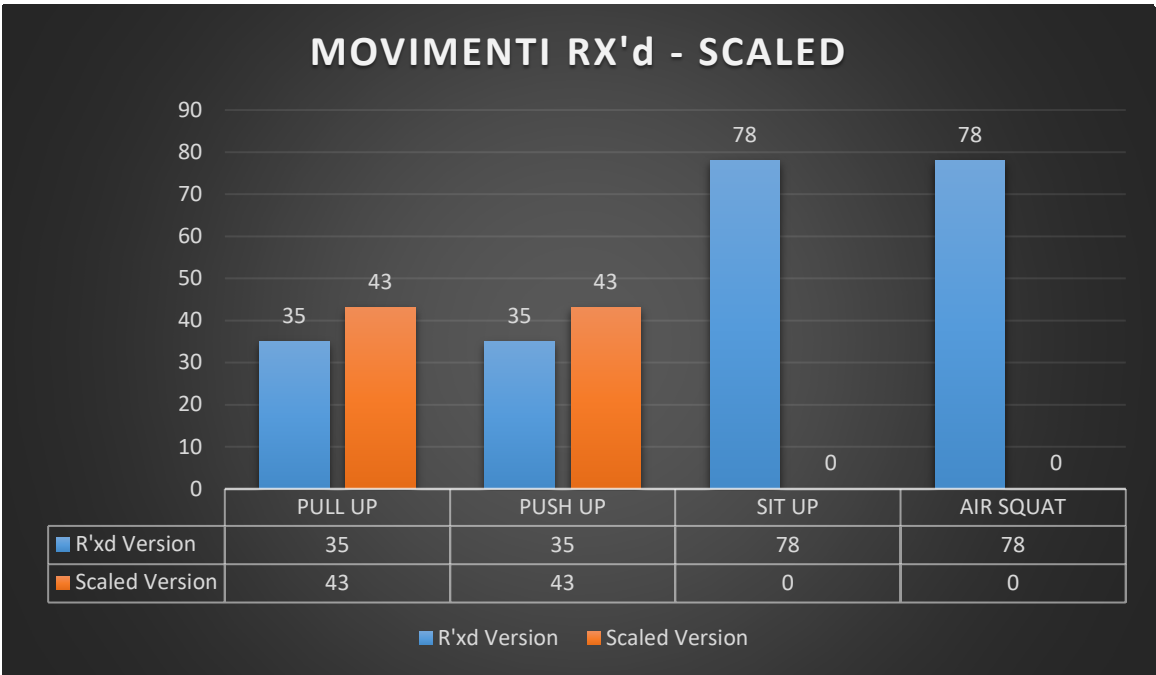
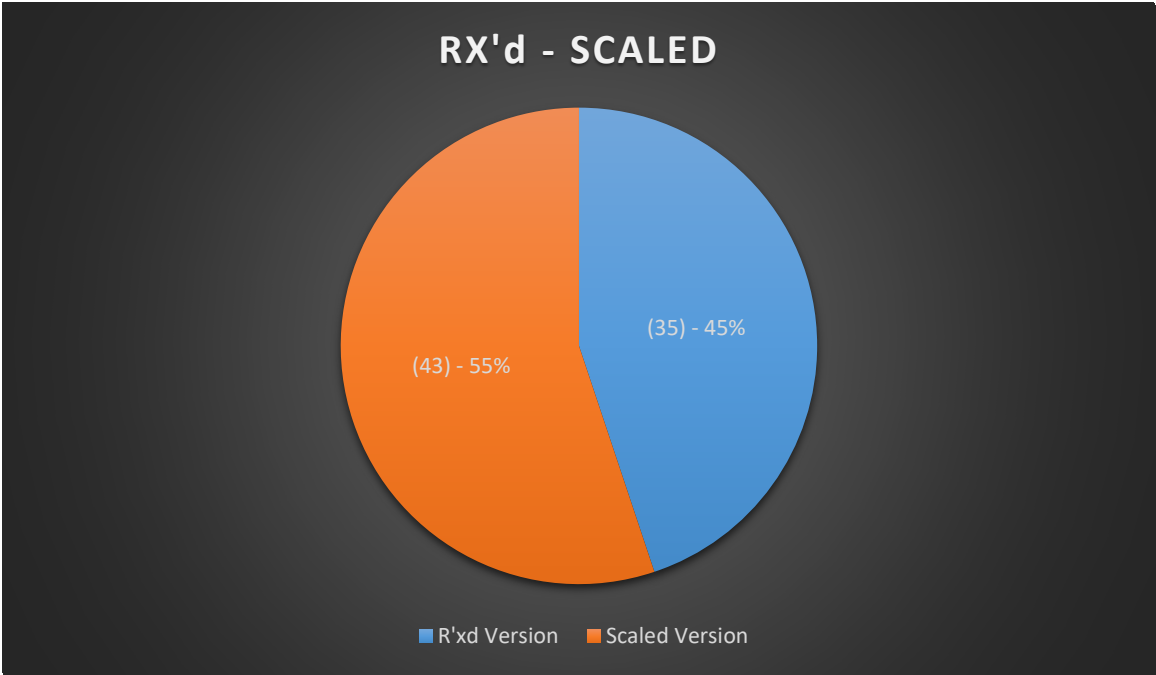
20 PULL UPS

30 PUSH UPS

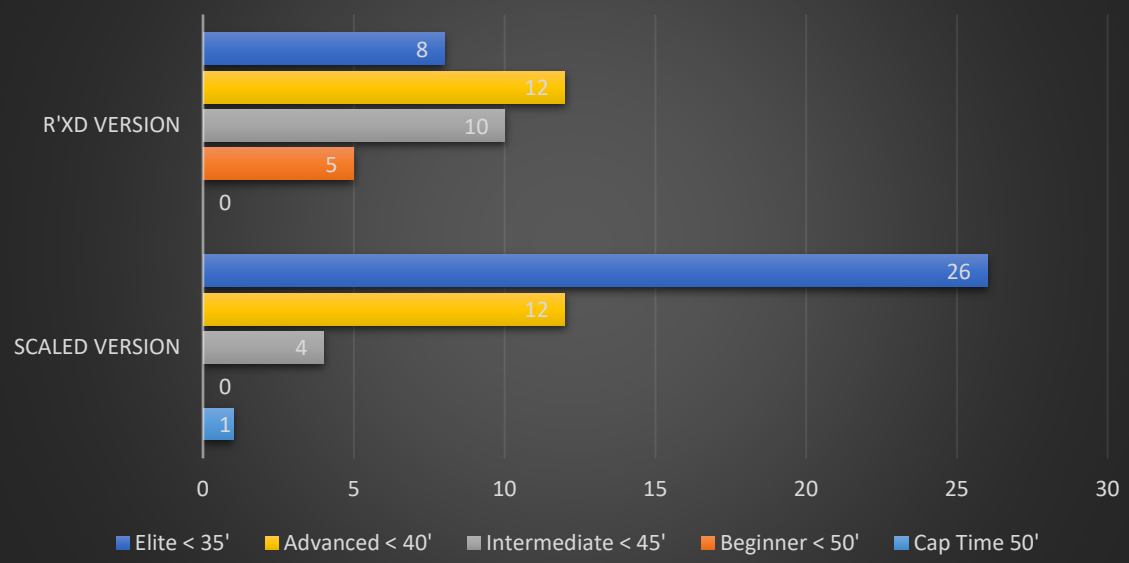
40 SIT UPS

50 AIR SQUATS

78 PARTECIPANTI



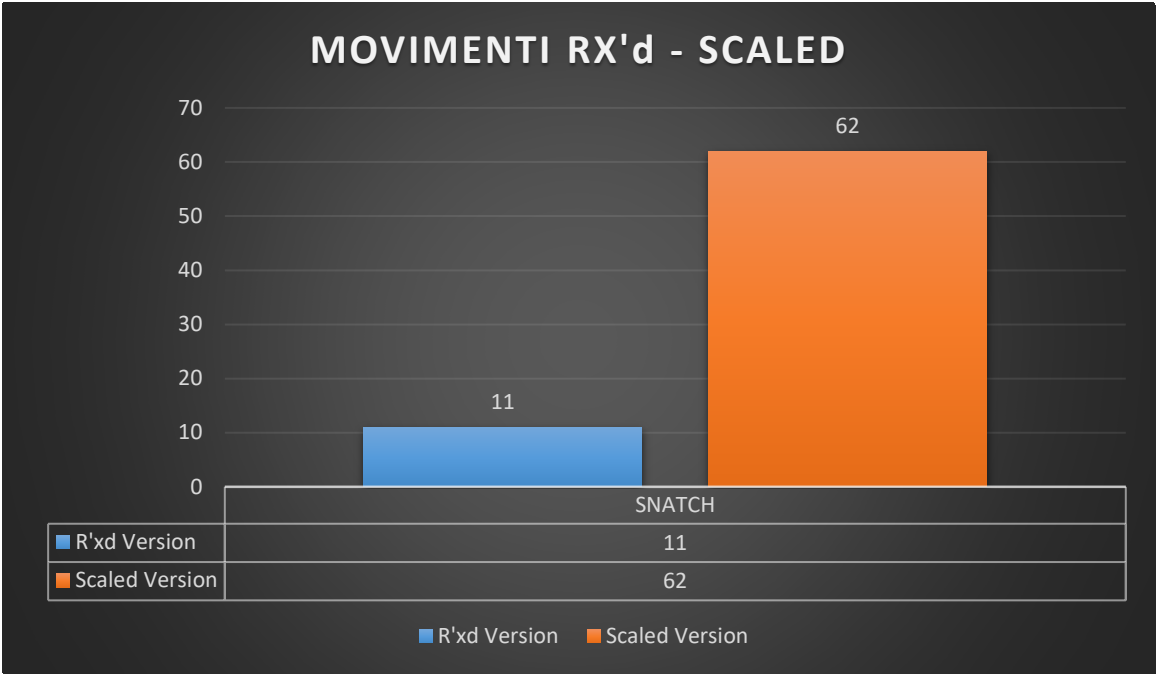
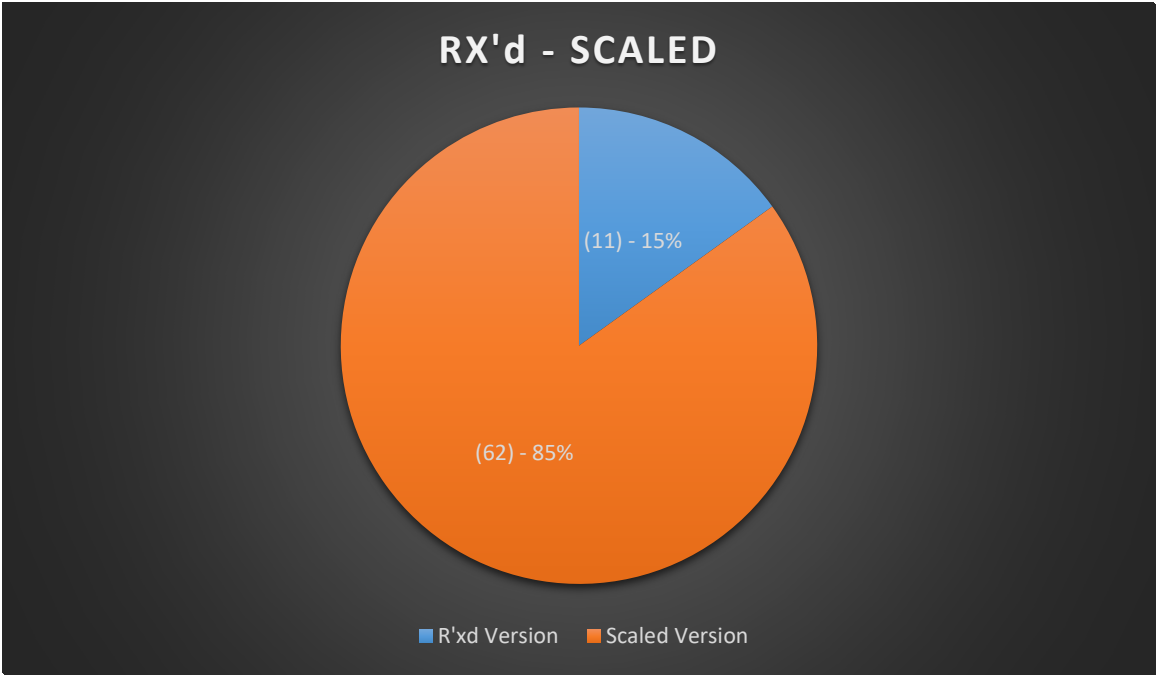
PERCENTUALE DEGLI SCORE



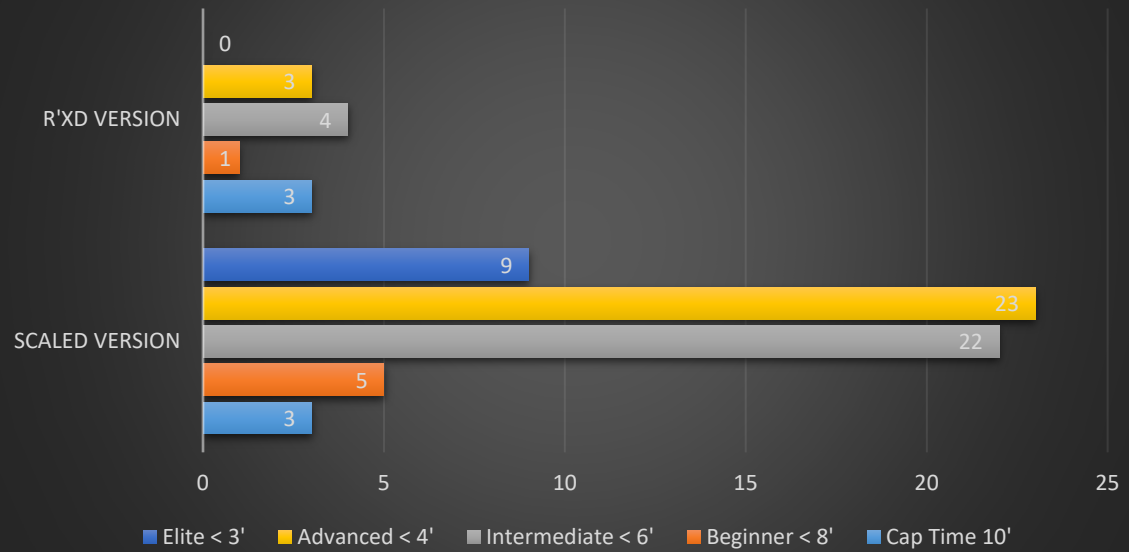
“ISABEL” – FOR TIME – CAP TIME 5’

30 SNATCHES 61/43 Kg

73 PARTECIPANTI



PERCENTULAE DEGLI SCORE

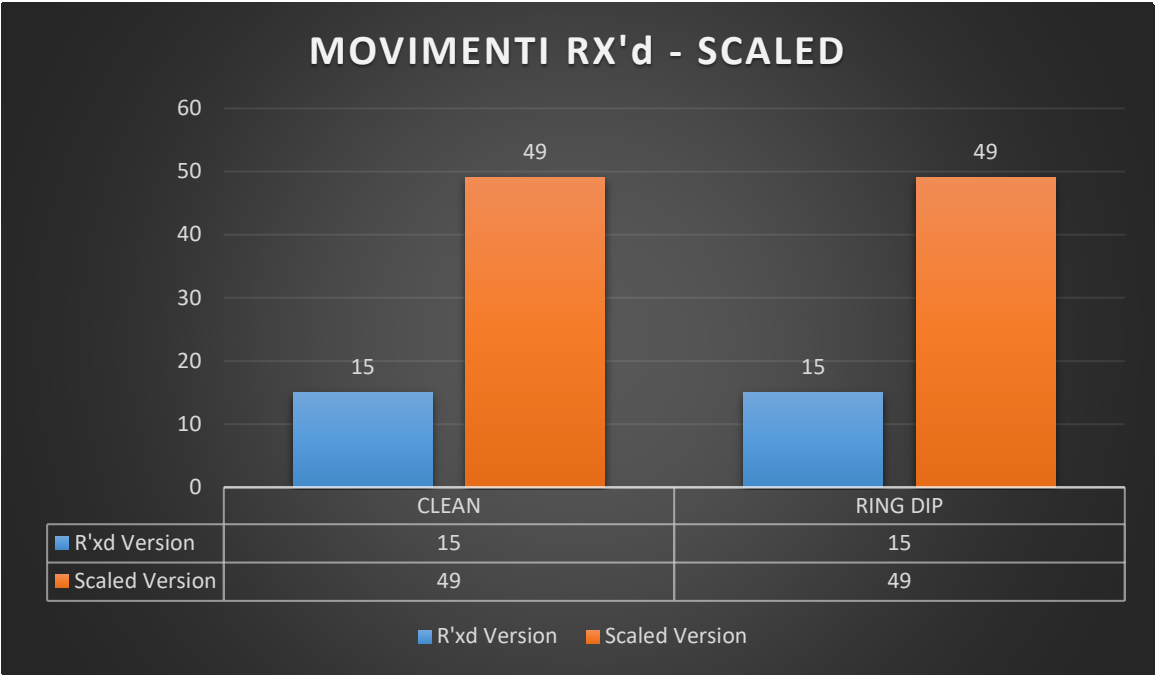
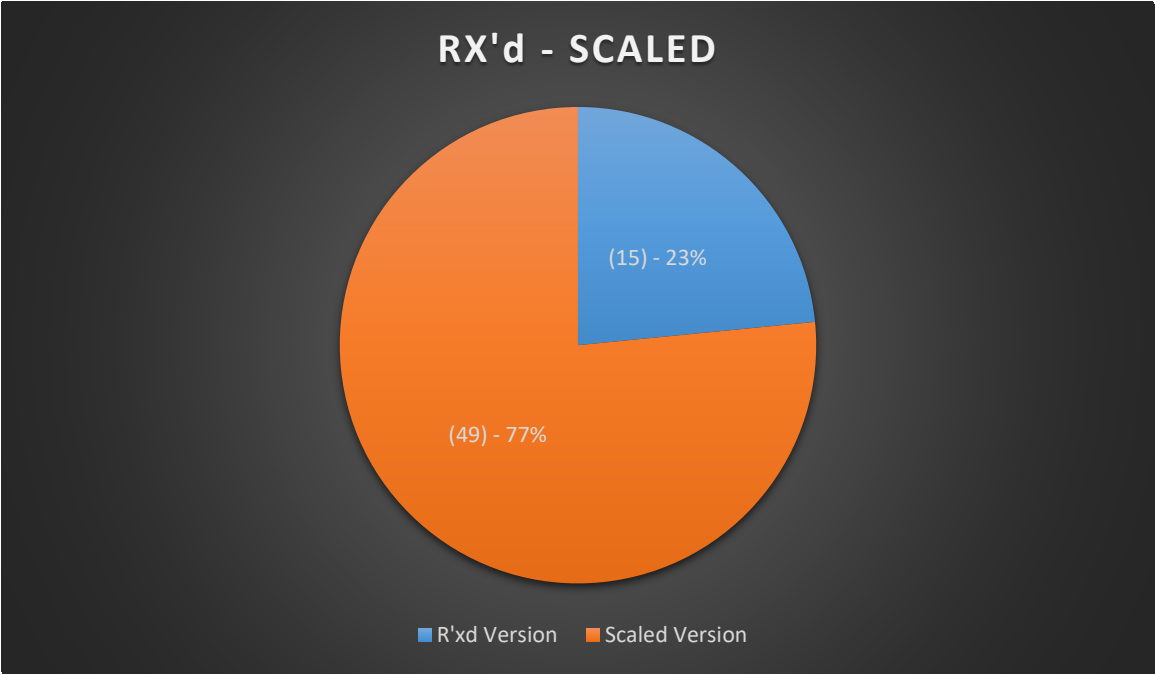


“ELIZABETH” – FOR TIME – CAP TIME 10’

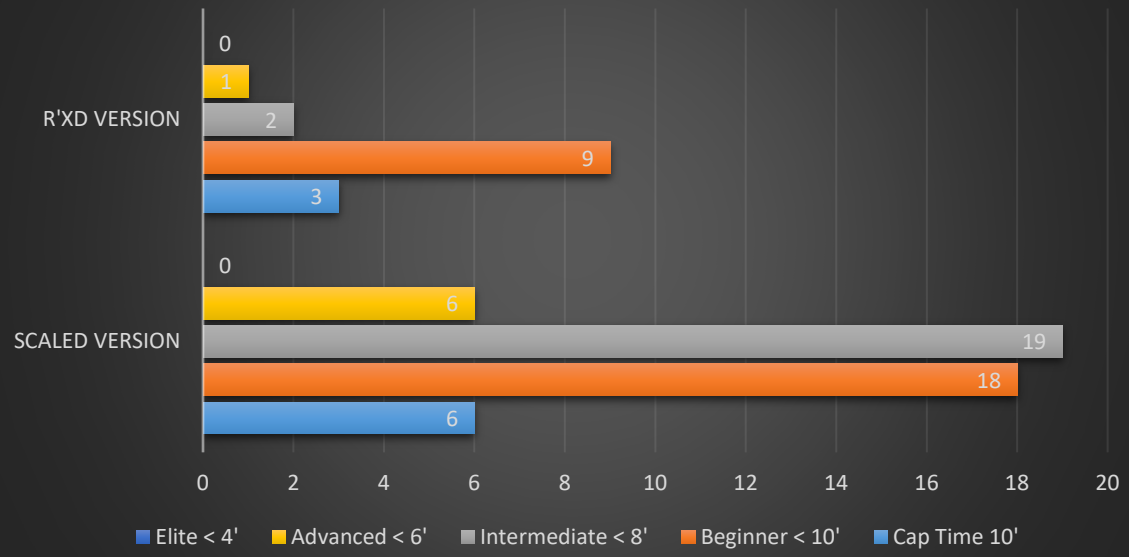
21/15/9 CLEAN # 61/43 KG

21/15/9 RING DIP

64 PARTECIPANTI



PERCENTUALE DEGLI SCORE



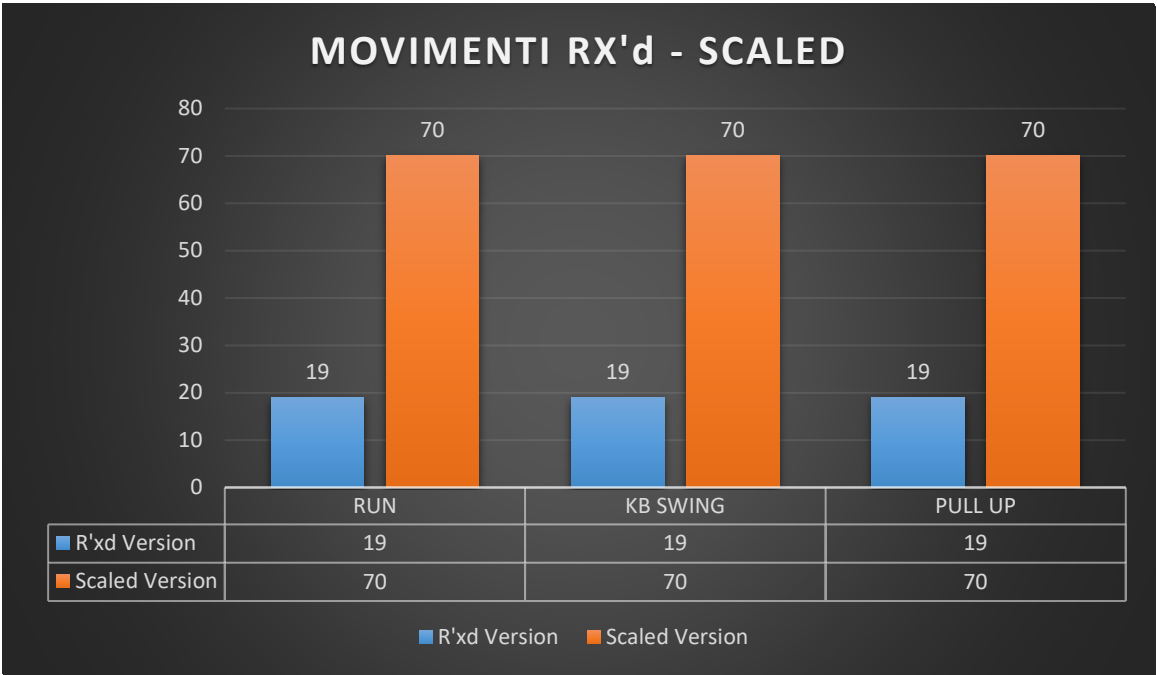
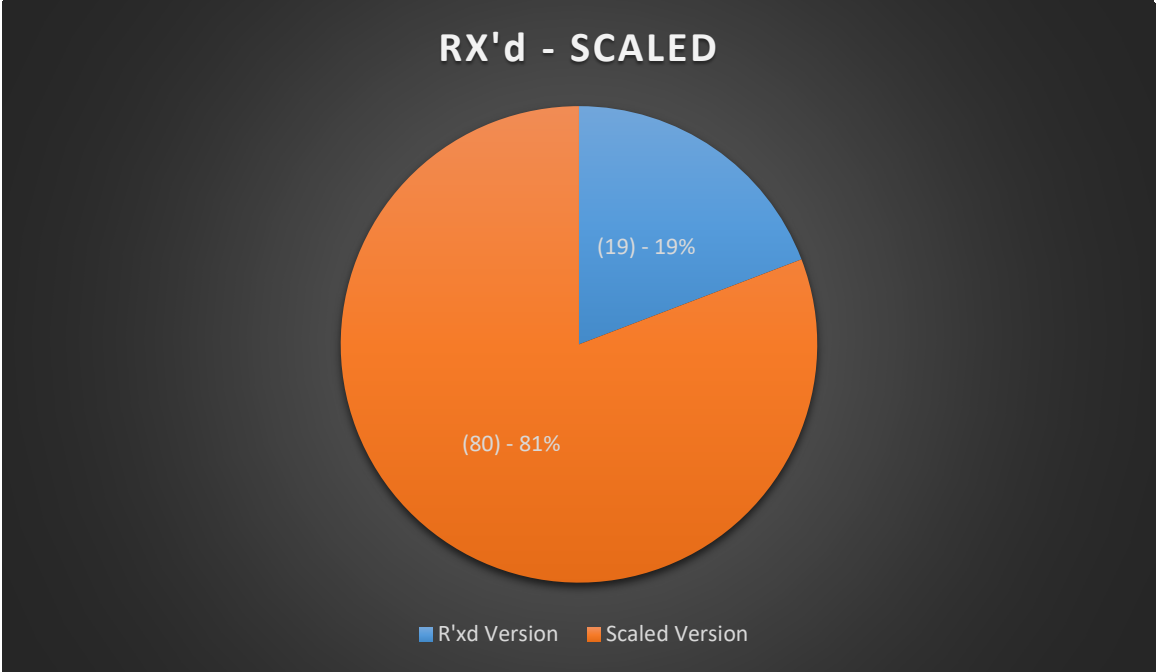
“EVA” – 5 RFT – CAP TIME 50’

800 Mt. RUN

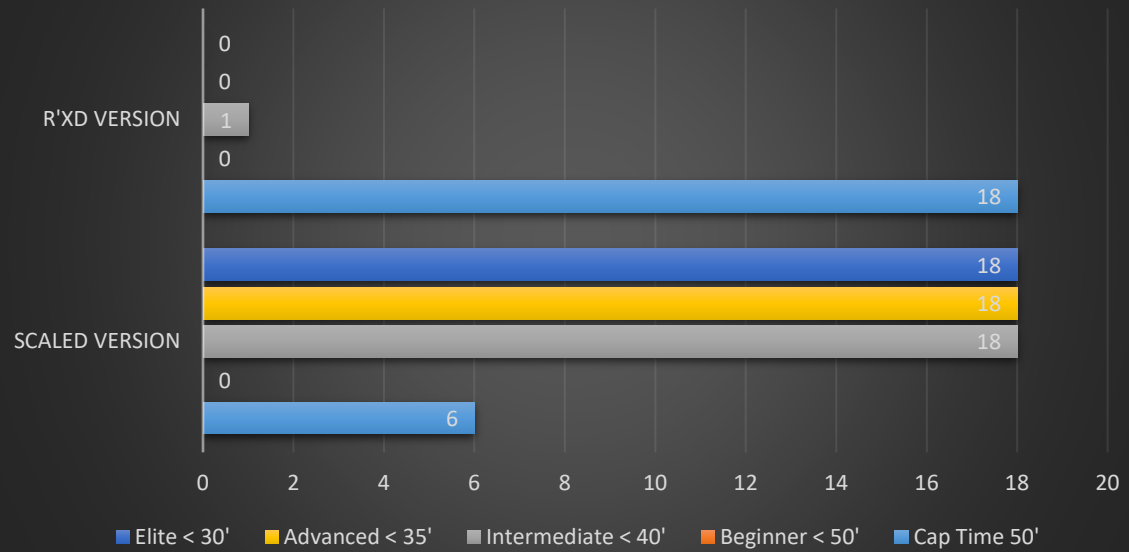
30 KB SWINGS # 32/24 KG

30 PULL UPS

79 PARTECIPANTI



PERCENTUALE DEGLI SCORE

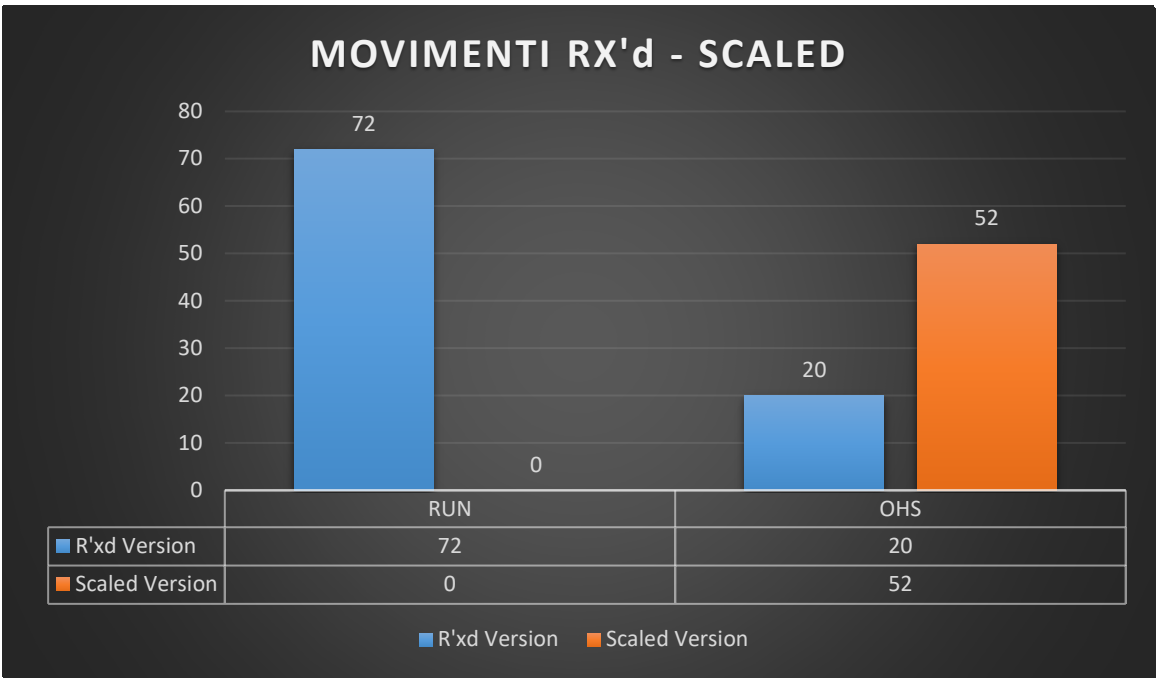
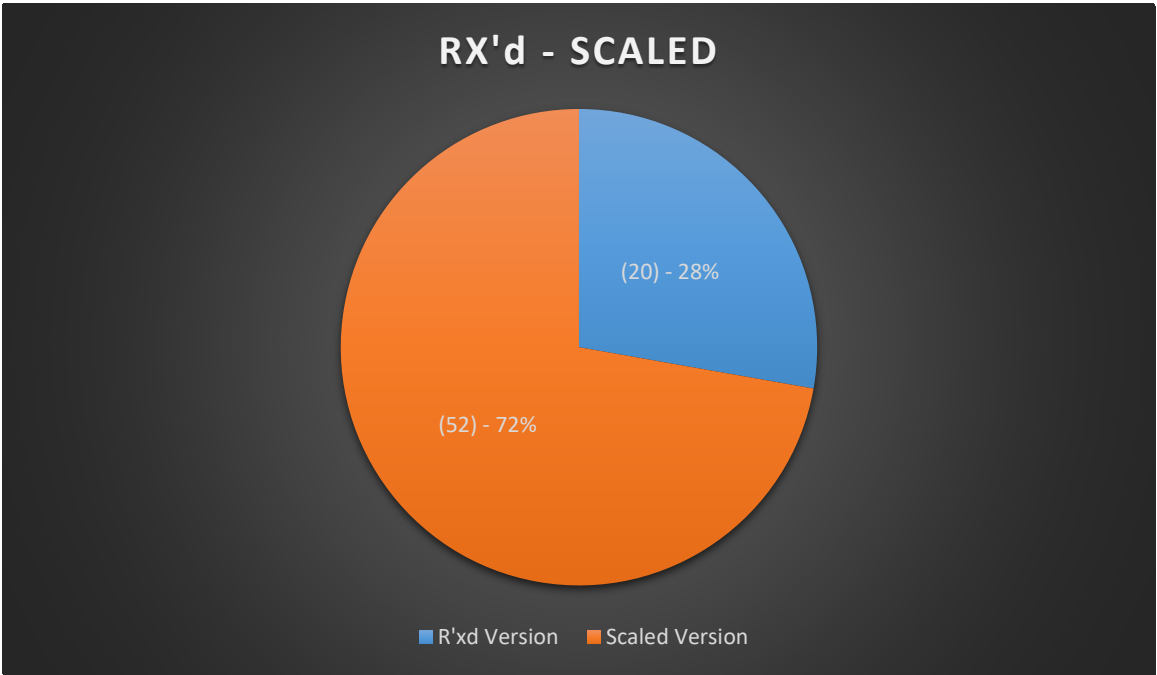


“NANCY” – 5 RFT – CAP TIME 15’

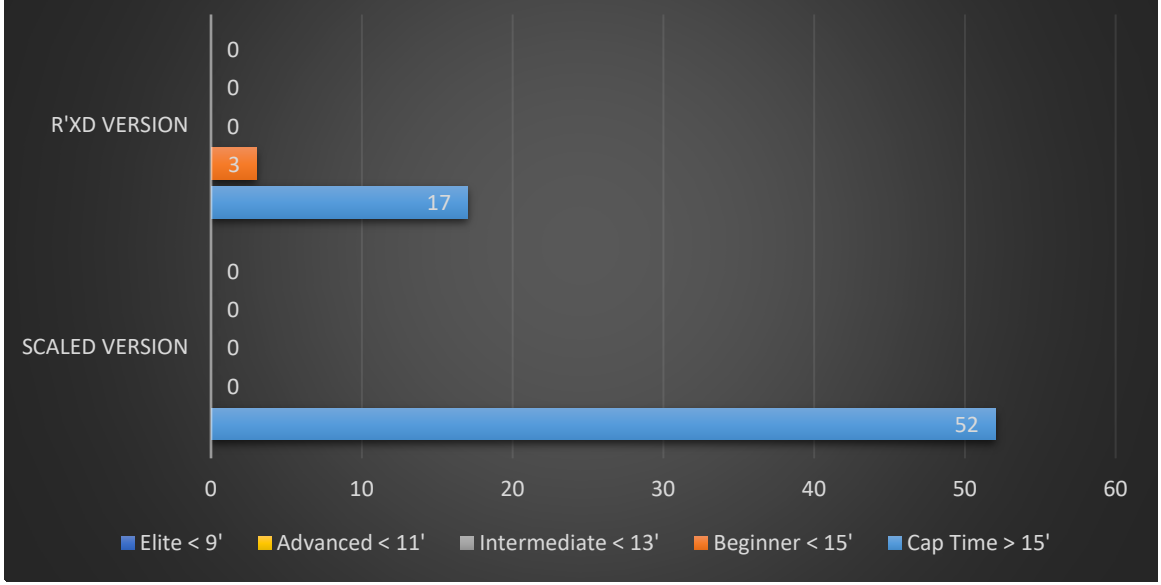
400 Mt. RUN

15 OHS # 43/30 Kg

72 PARTECIPANTI



PERCENTUALE DEGLI SCORE



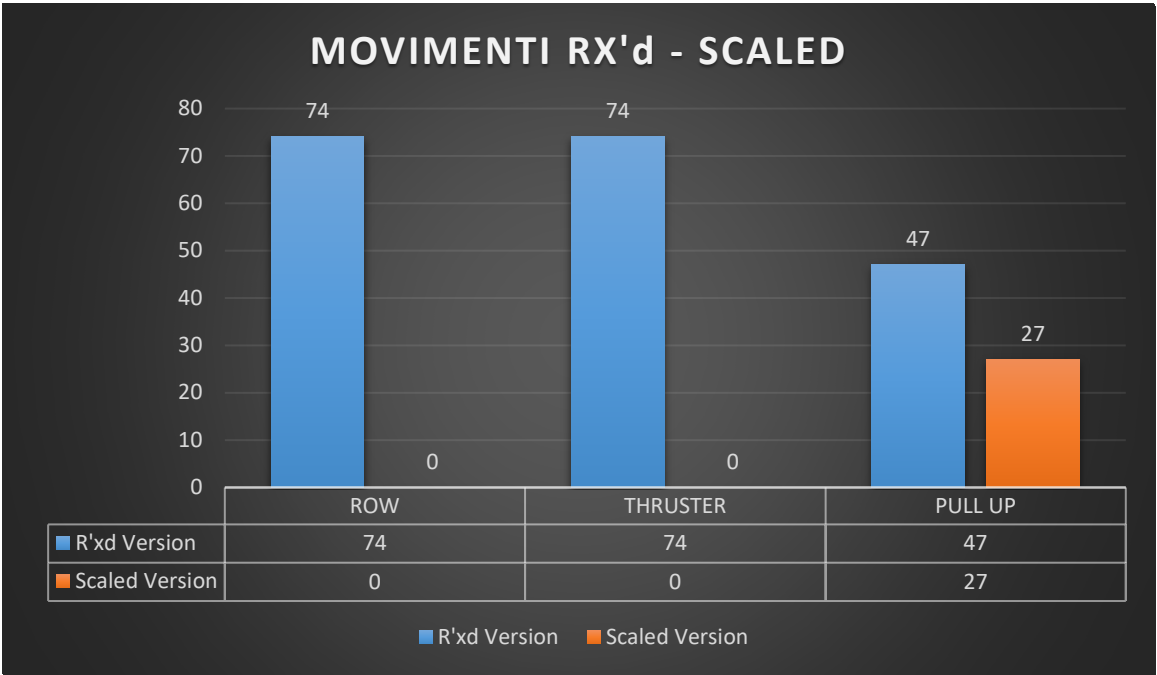
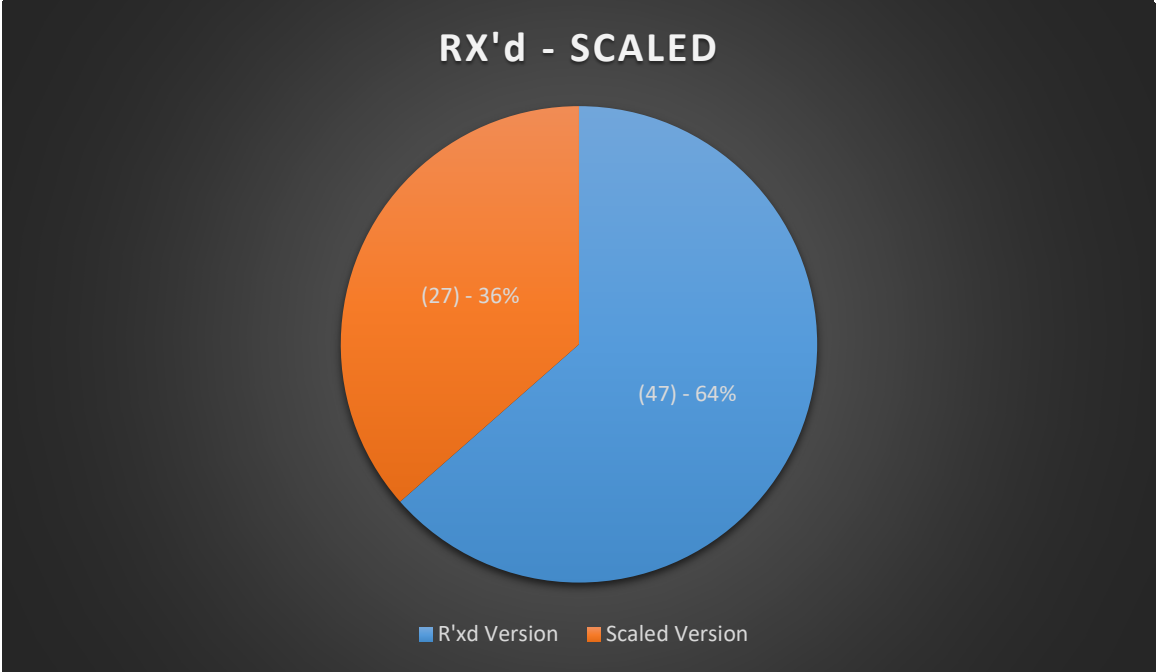
“JACKIE” – FOR TIME – CAP TIME 10’

1000 MT. ROWING

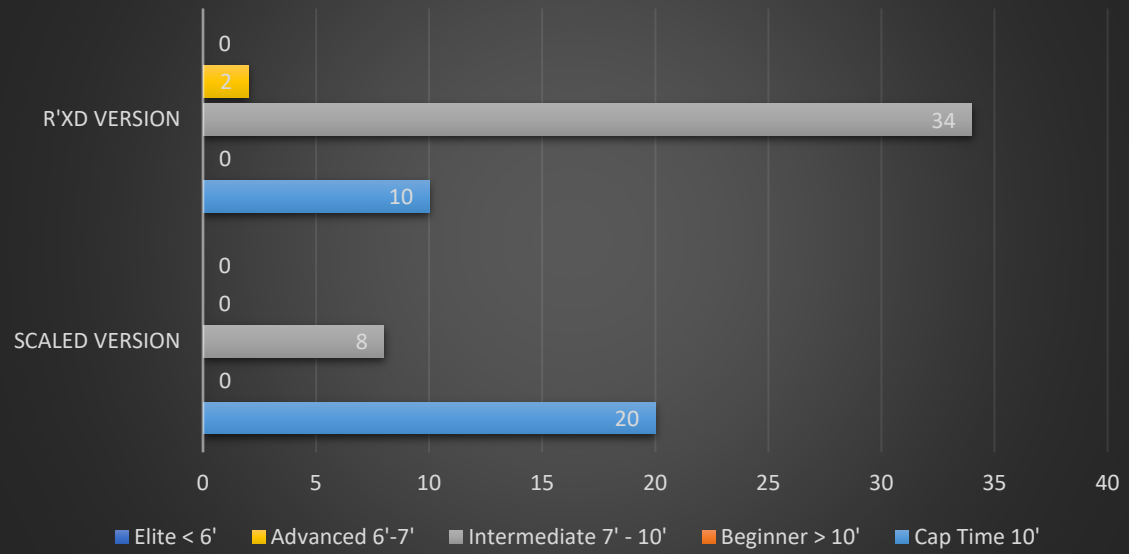
50 THRUSTERS 20/15 KG

30 PULL UPS

74 PARTECIPANTI



PERCENTUALE DEGLI SCORE



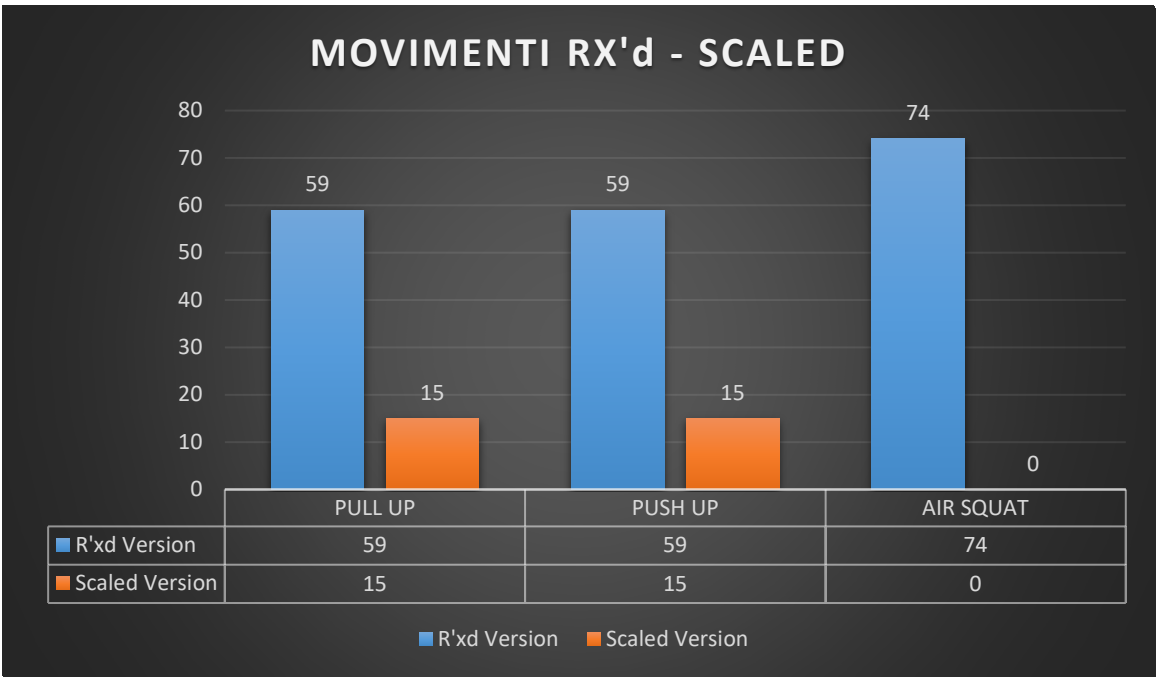
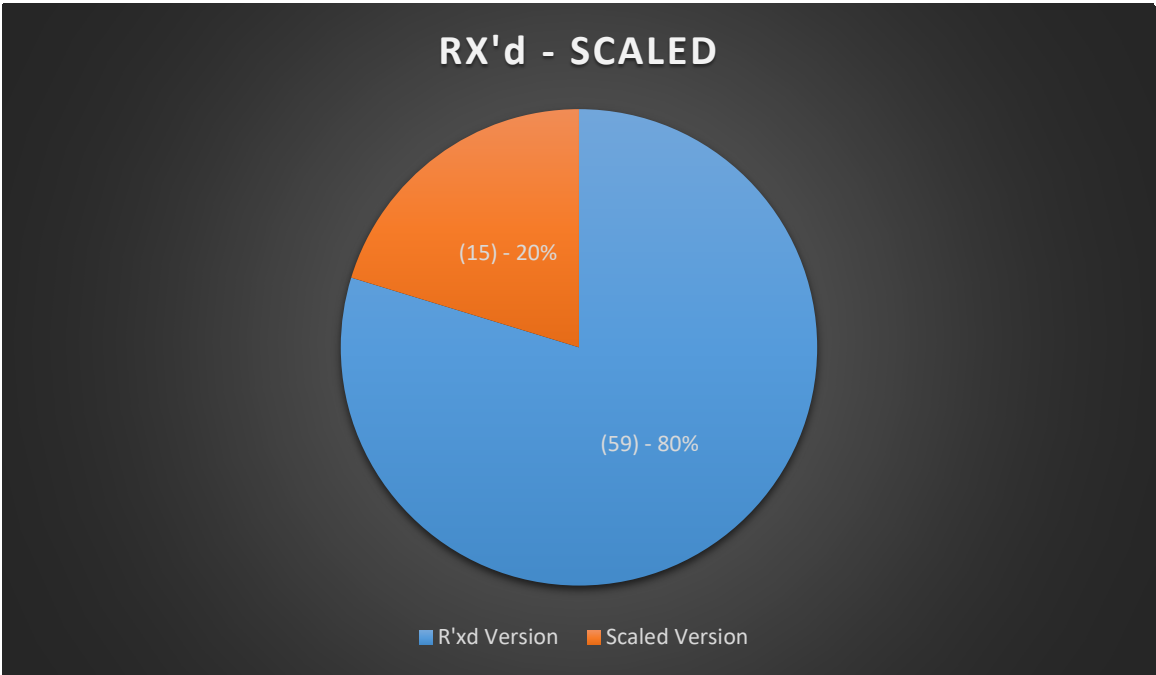
“CINDY” – AMRAP 20’

5 PULL UPS

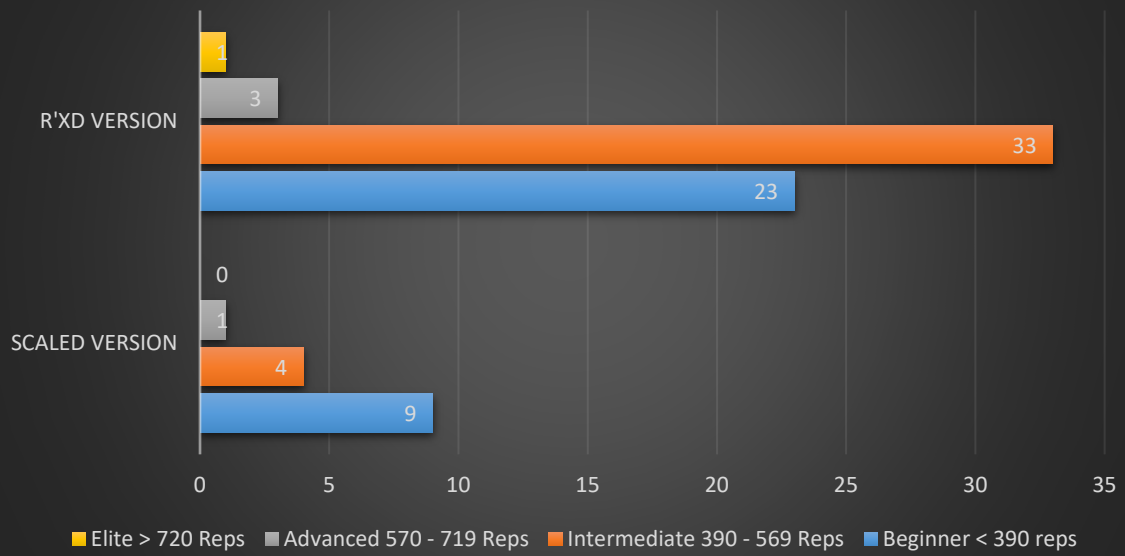
10 PUSH UPS

15 AIR SQUATS

74 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“CF TOTAL 1” – IN THE 30’

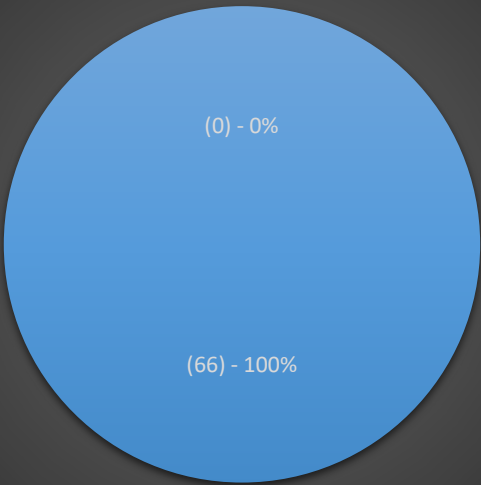
1RM BACK SQUAT

1RM STRICT PRESS

1RM DEADLIFT

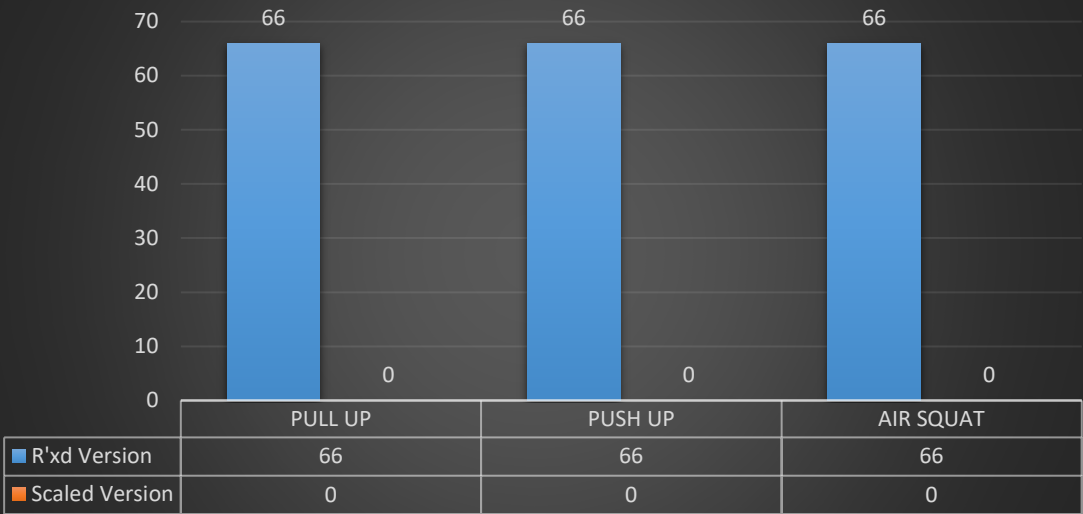
66 PARTECIPANTI

RX'd - SCALED



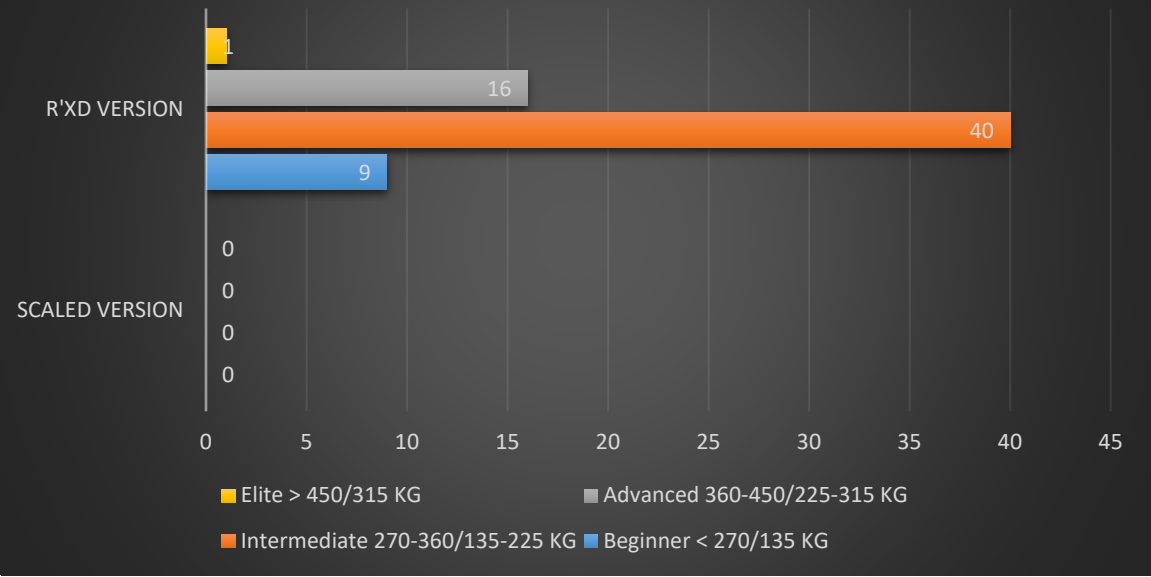
R'xd Version Scaled Version

MOVIMENTI RX'd - SCALED



R'xd Version Scaled Version

PERCENTUALE DEGLI SCORE



“CF TOTAL 2” – IN THE 30’

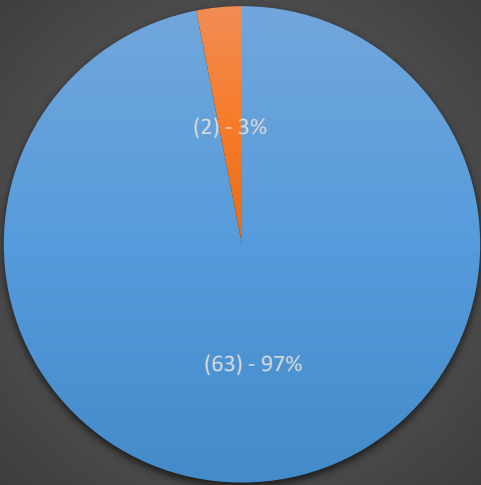
1RM CLEAN

1RM BENCH PRESS

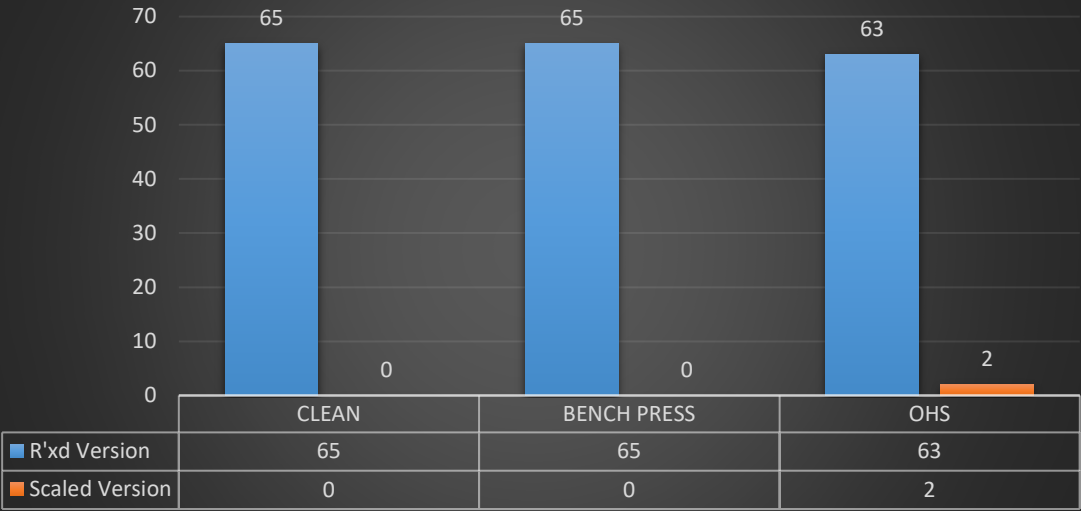
1RM OHS

65 PARTECIPANTI

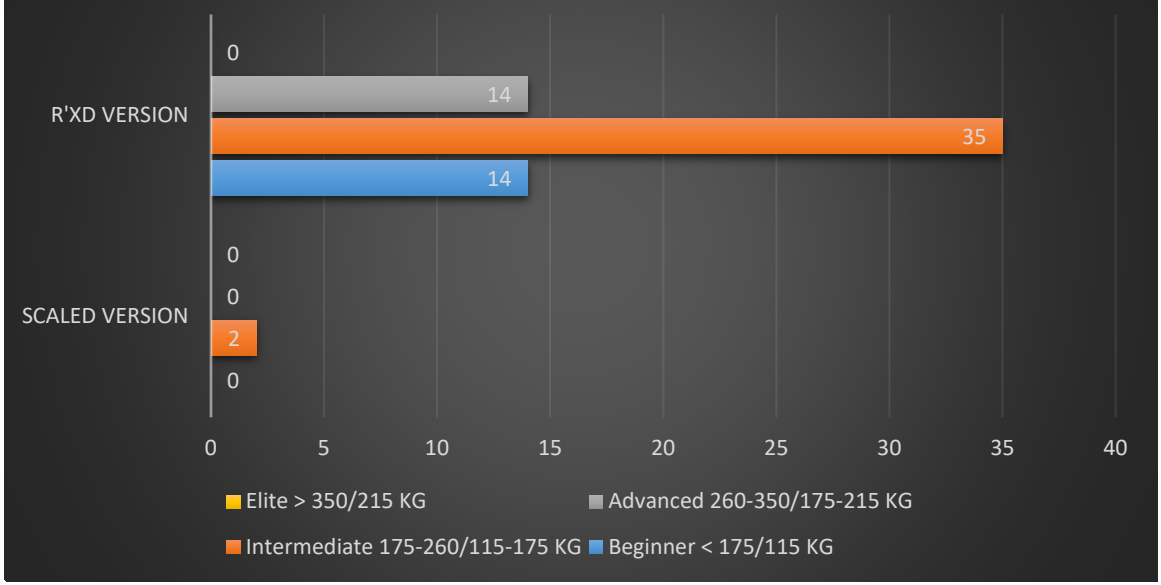
RX'd - SCALED



MOVIMENTI RX'd - SCALED



PERCENTUALE DEGLI SCORE



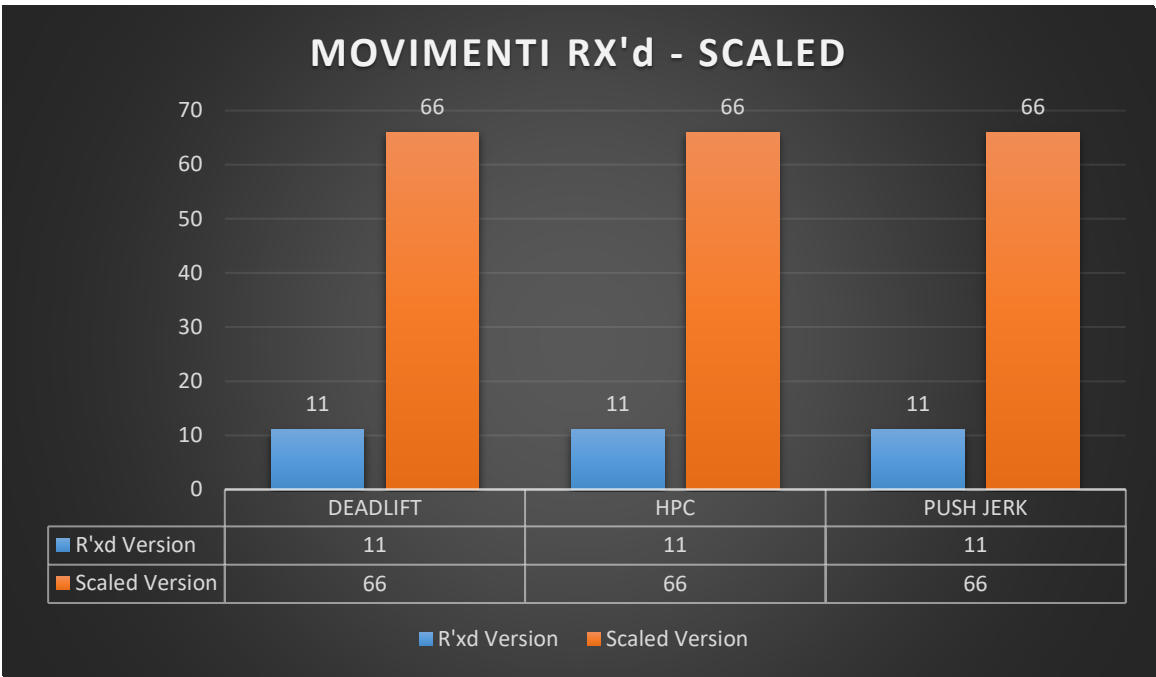
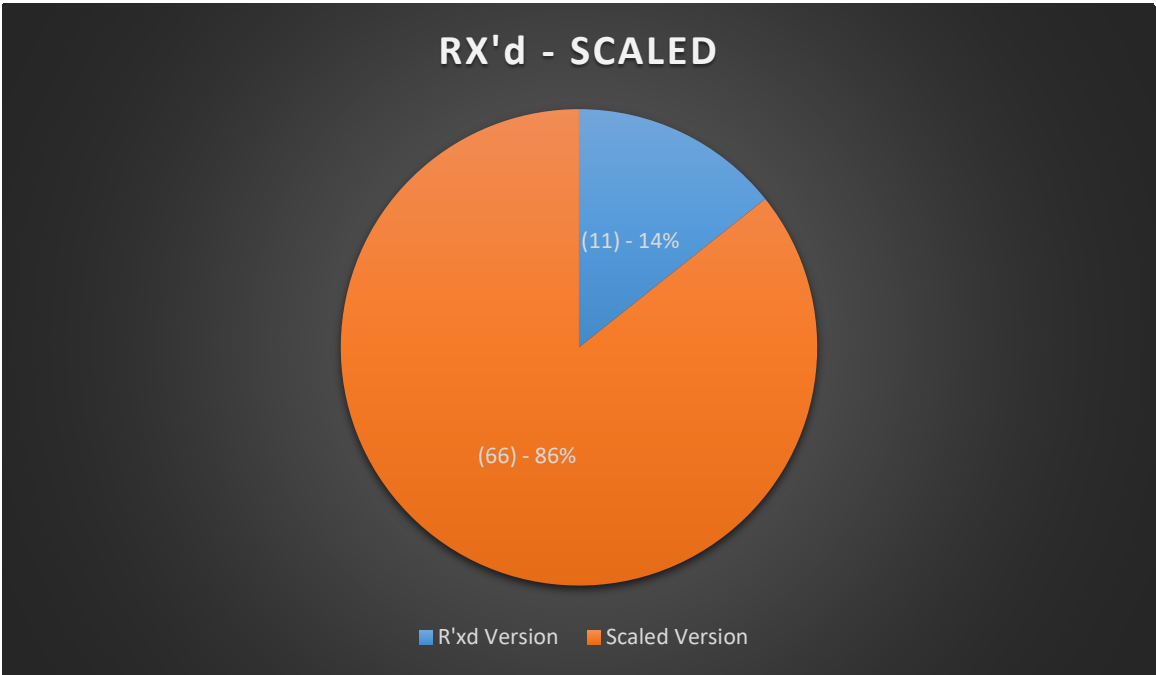
“DT” – 5 RFT – CAP TIME 15’

12 DEADLIFTS 70/47 KG

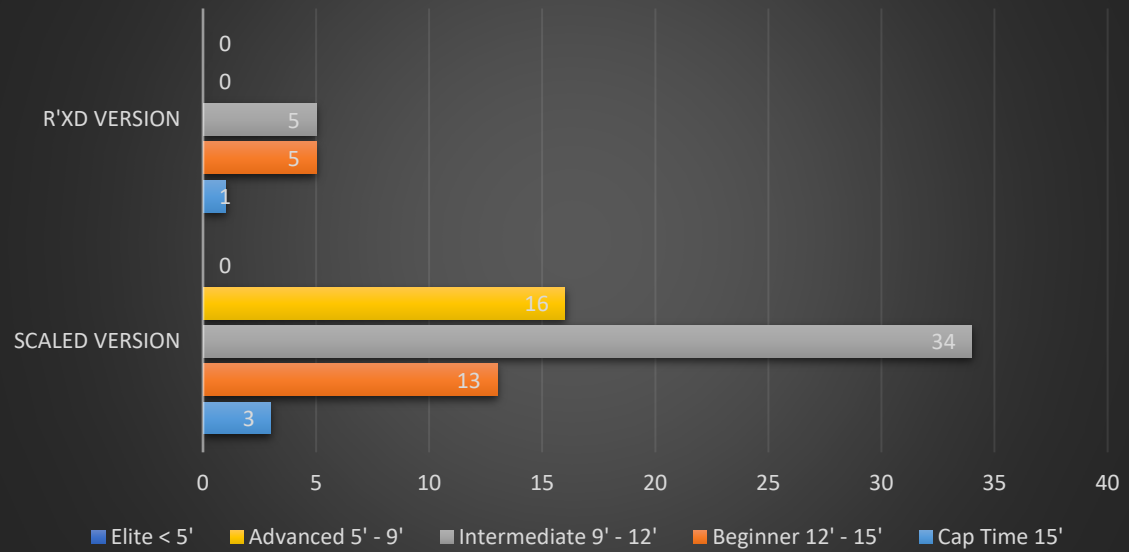
9 HANG POWER CLEANS 70/47 KG

6 PUSH JERK 70/47 KG

77 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“DOUBLE DT” – 10 RFT – CAP TIME 30’

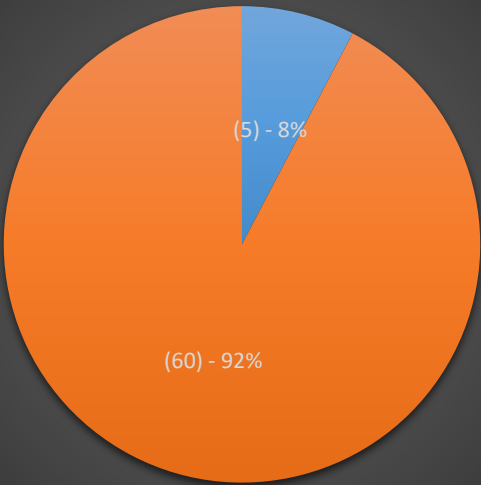
12 DEADLIFTS 70/47 KG

9 HANG POWER CLEANS 70/47 KG

6 PUSH JERK 70/47 KG

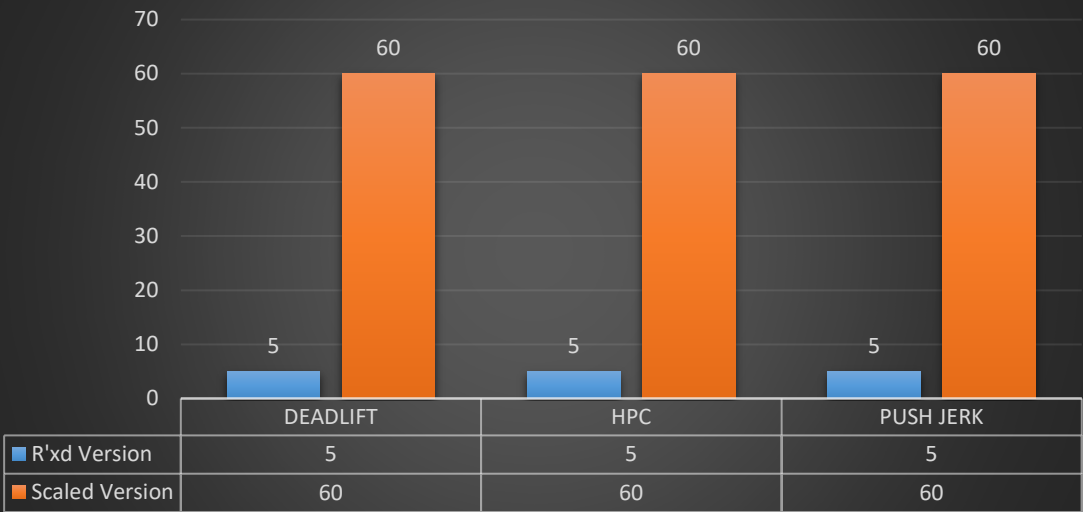
65 PARTECIPANTI

RX'd - SCALED



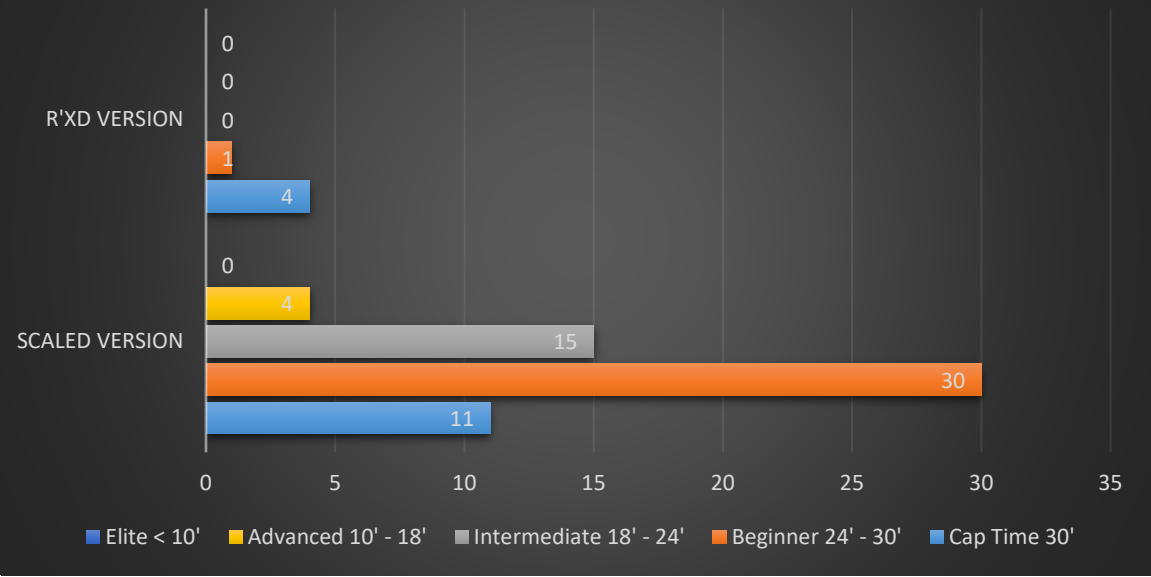
■ R'xd Version ■ Scaled Version

MOVIMENTI RX'd - SCALED



■ R'xd Version ■ Scaled Version

PERCENTUALE DEGLI SCORE



“FRELEN” – 5 RFT – CAP TIME 40’

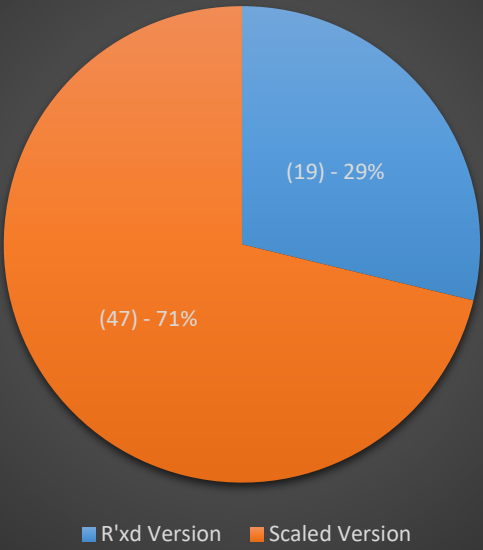
800 MT. RUN

15 DB/KB THRUSTERS 20/15 KG

15 PULL UPS

66 PARTECIPANTI

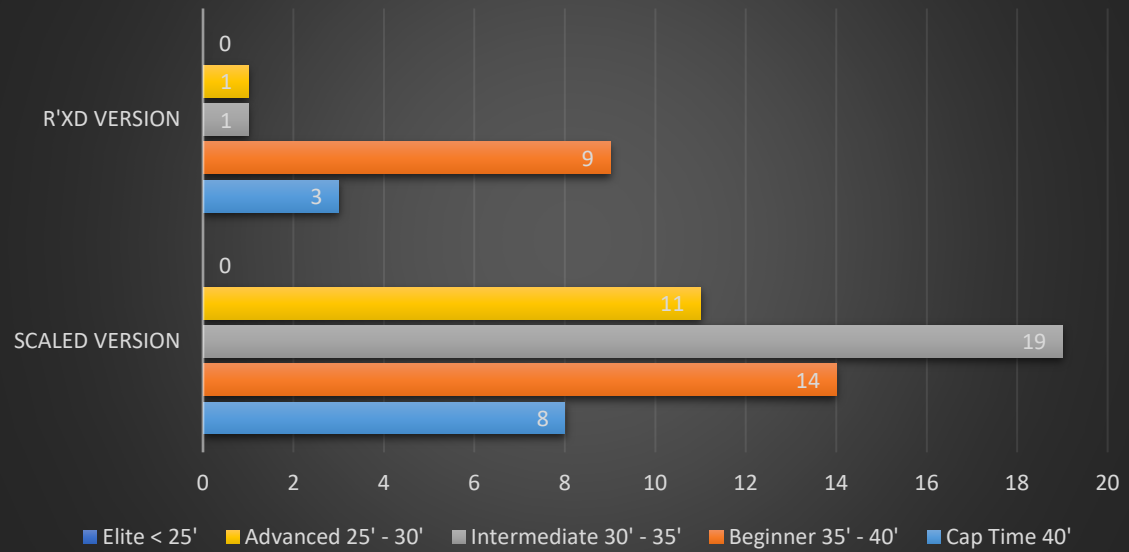
RX'd - SCALED



MOVIMENTI RX'd - SCALED



PERCENTUALE DEGLI SCORE



“THE GOST” – 6 ROUNDS FOR REPS

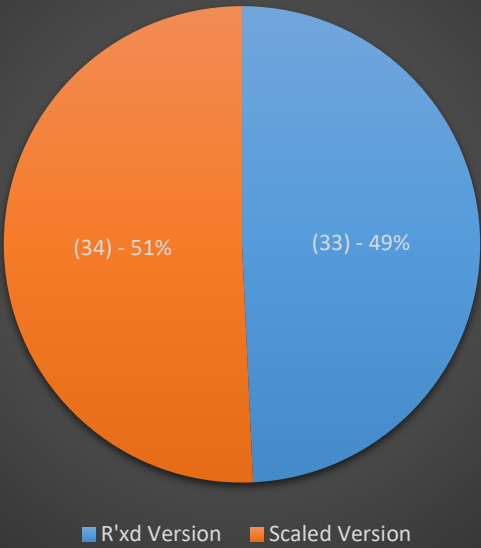
1' MAX CAL ROWING

1' MAX REPS BURPEES

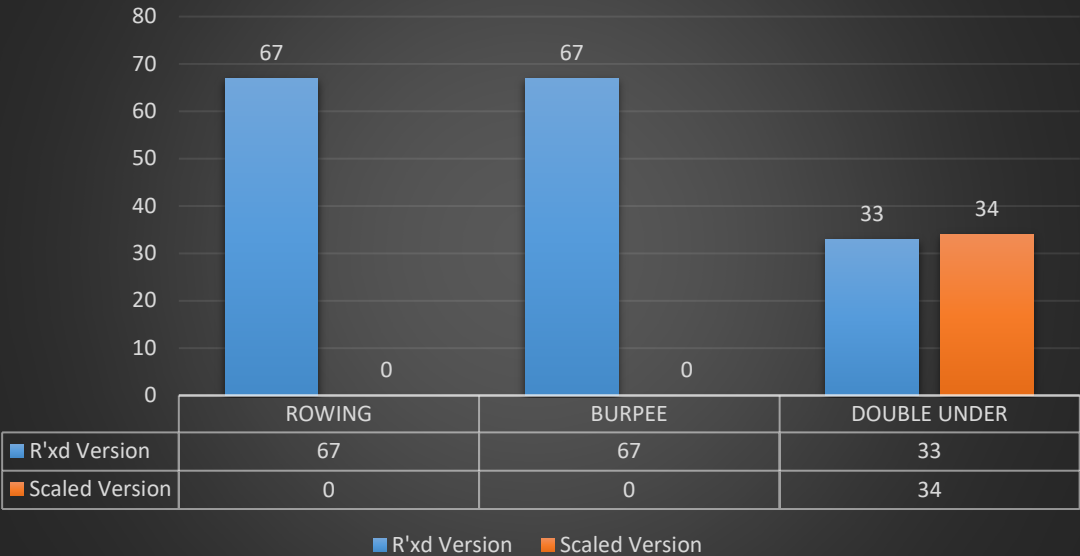
1' MAX REPS DOUBLE UNDERS

67 PARTECIPANTI

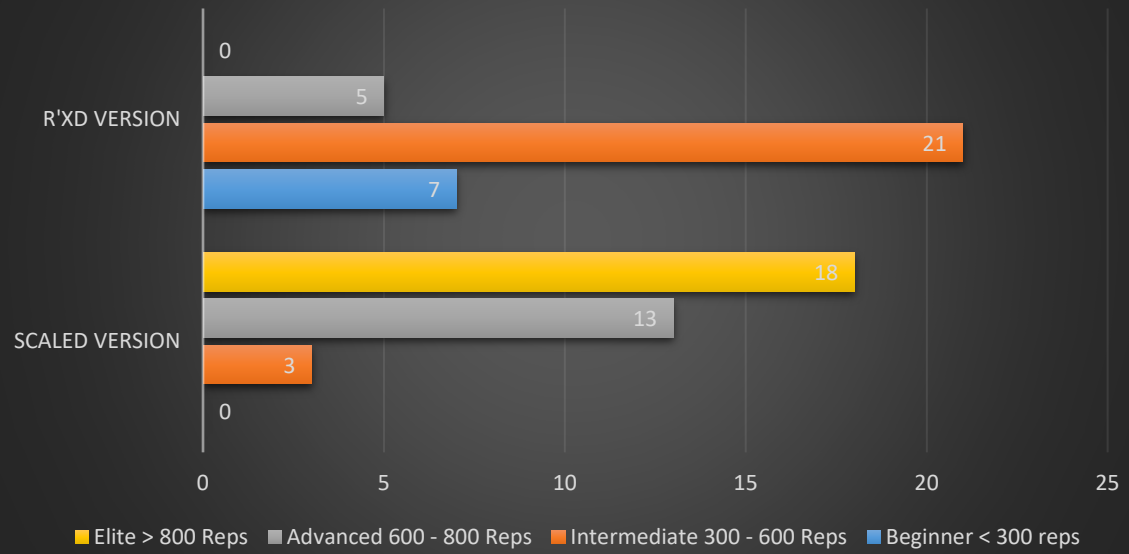
RX'd - SCALED



MOVIMENTI RX'd - SCALED



PERCENTUALE DEGLI SCORE

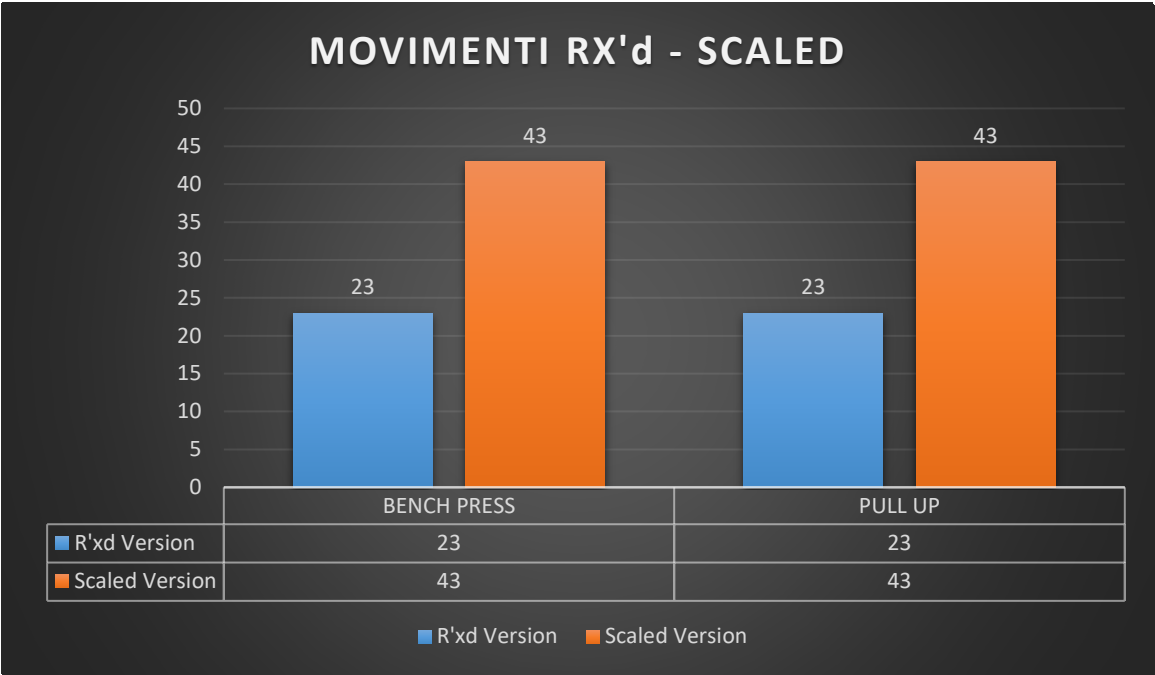
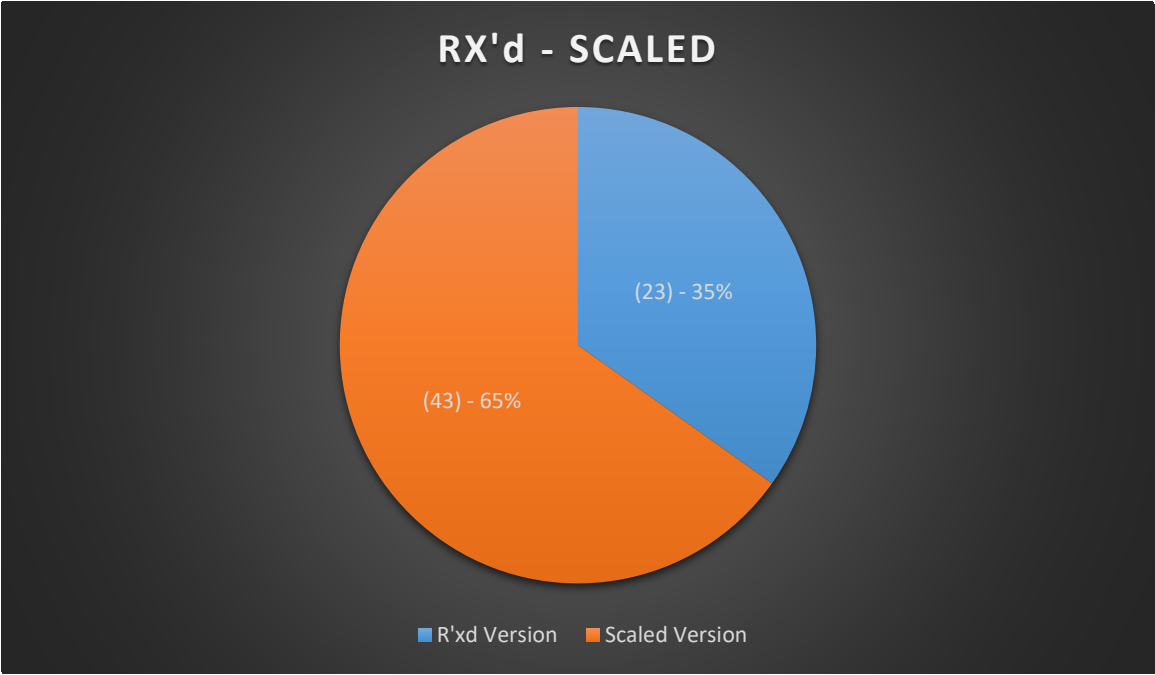


“LYNNE” – 5 ROUNDS FOR REPS

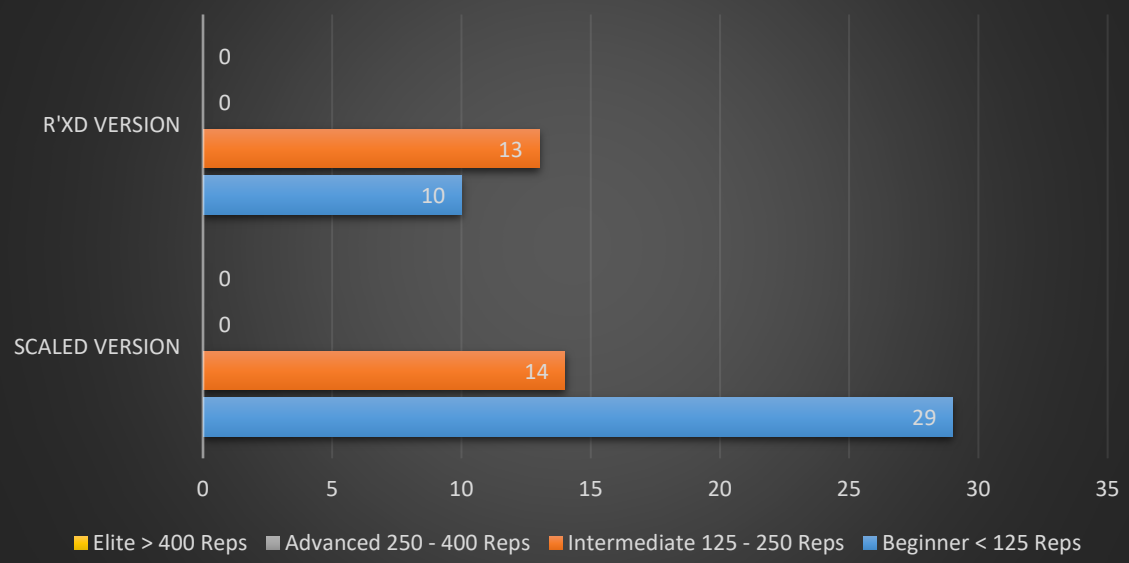
MAX REPS UNBROKEN BENCH PRESS BW

MAX REPS UNBROKEN PULL UP

66 PARTEICPANTI



PERCENTUALE DEGLI SCORE



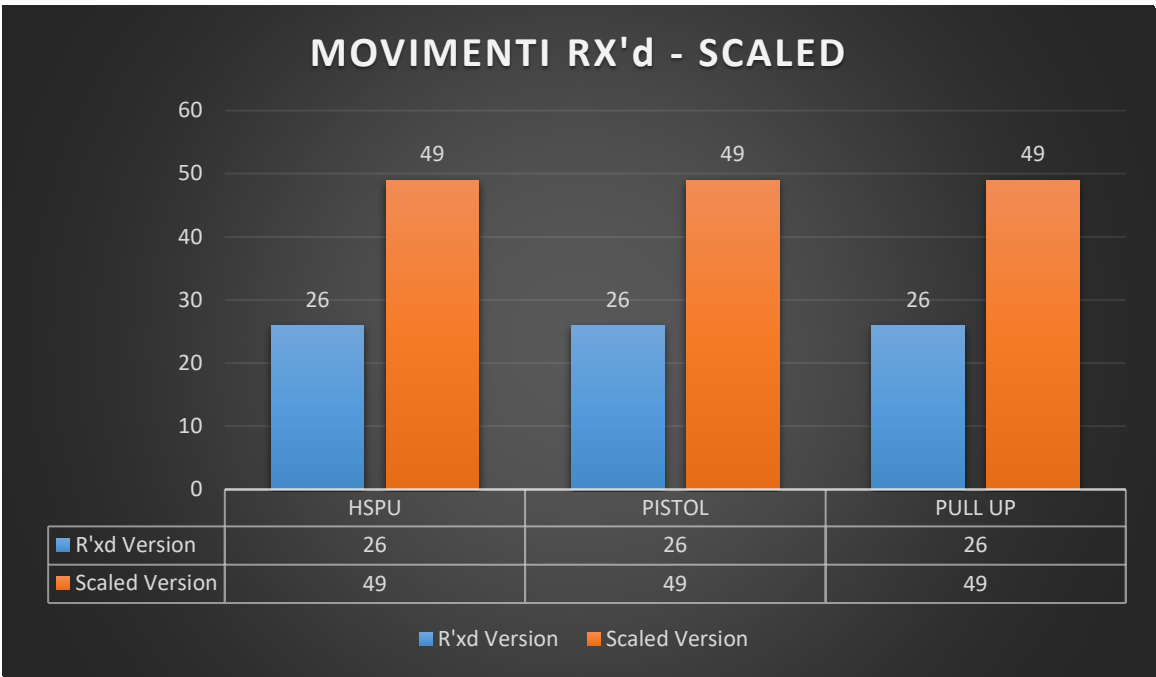
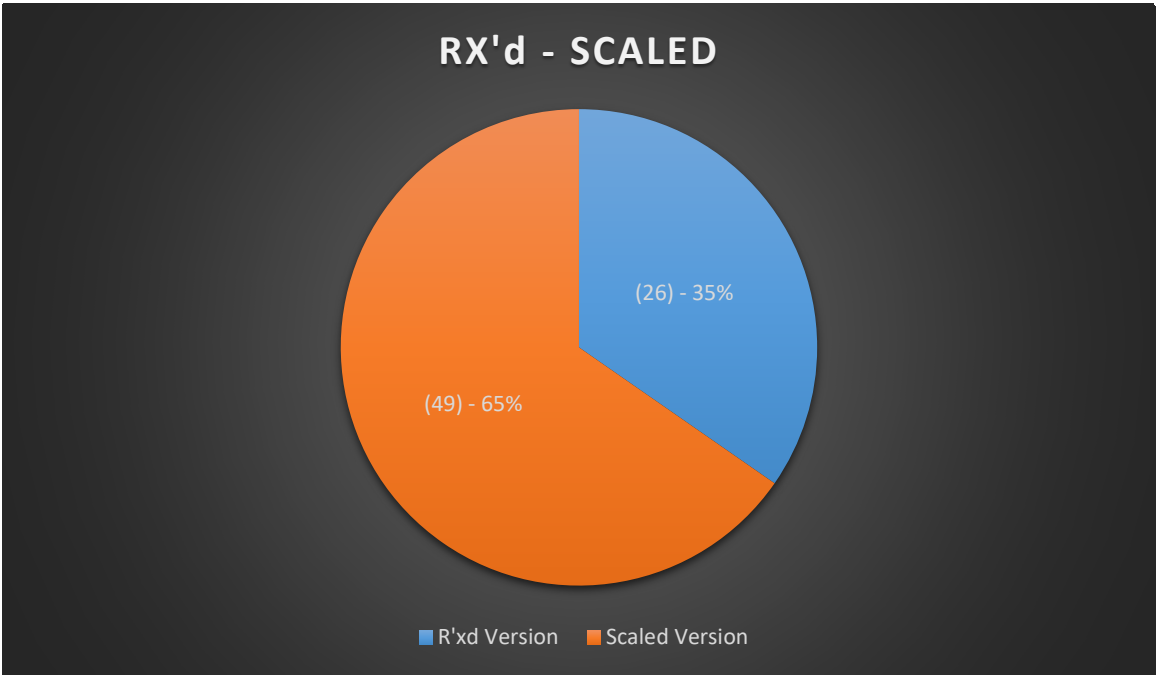
“MARY” – AMRAP 20’

5 HSPU

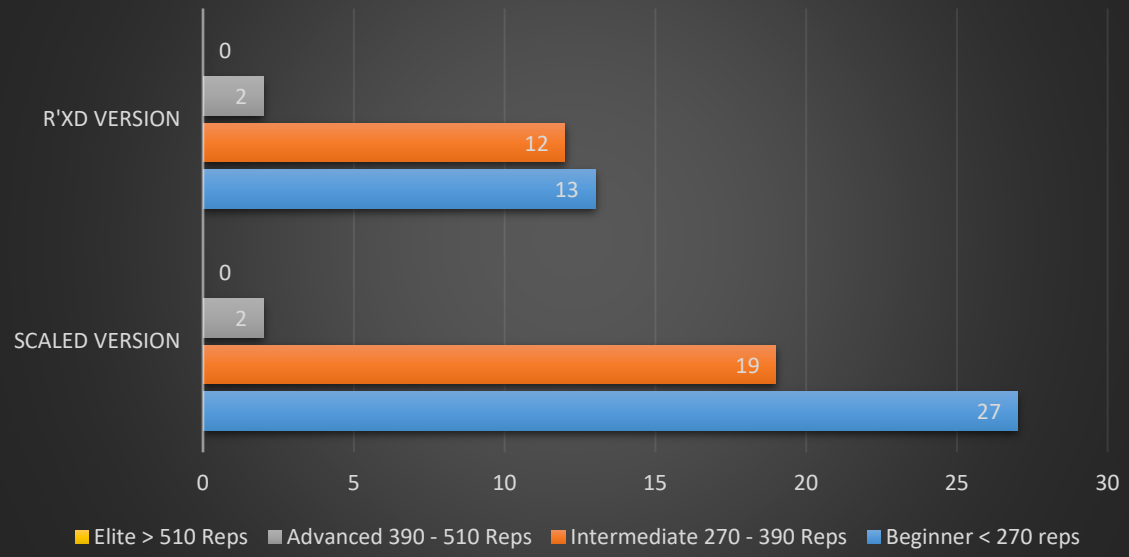
10 ALT. PISTOLS

15 PULL UPS

75 PARTECIPANTI



PERCENTUALE DEGLI SCORE



“CHELSEA” – EMOM 30

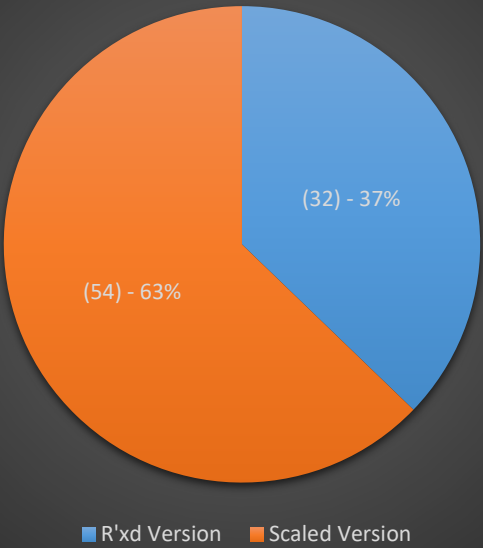
5 PULL UPS

10 PUSH UPS

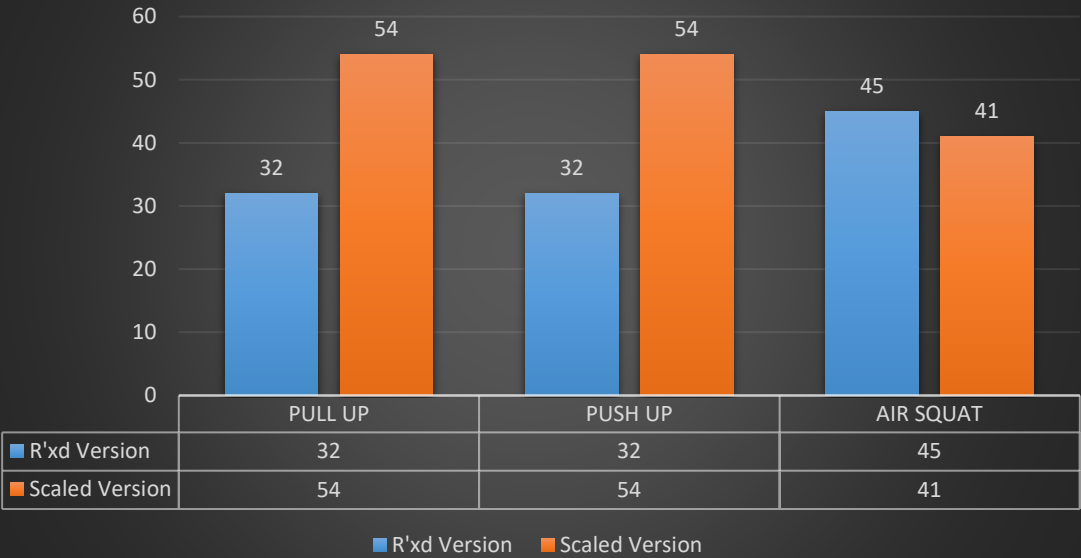
15 AIR SQUATS

86 PARTECIPANTI

RX'd - SCALED



MOVIMENTI RX'd - SCALED



PERCENTUALE DEGLI SCORE

