



24.JANUAR - 3.FEBRUAR

TEST 1

ENDURANCE



Tittel LIGAEN 22.1	Format FOR REPETISJONER	Tidsbegrensing 22 MIN	Resultattype REPETISJONER
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	24/18 cal row	16 Burpees over Row-erg	8 x 10m Shuttle sprint
R1	<input type="text" value="24/18"/>	<input type="text" value="40/34"/>	<input type="text" value="48/42"/>
R2	<input type="text" value="72/60"/>	<input type="text" value="88/76"/>	<input type="text" value="96/84"/>
R3	<input type="text" value="120/102"/>	<input type="text" value="136/118"/>	<input type="text" value="144/126"/>
R4	<input type="text" value="168/144"/>	<input type="text" value="184/160"/>	<input type="text" value="192/168"/>
R5	<input type="text" value="216/186"/>	<input type="text" value="232/202"/>	<input type="text" value="240/210"/>
R6	<input type="text" value="264/228"/>	<input type="text" value="280/244"/>	<input type="text" value="288/252"/>
R7	<input type="text" value="312/270"/>	<input type="text" value="328/286"/>	<input type="text" value="336/294"/>
R8	<input type="text" value="360/312"/>	<input type="text" value="376/328"/>	<input type="text" value="384/336"/>
R9	<input type="text" value="408/354"/>	<input type="text" value="424/370"/>	<input type="text" value="432/378"/>
R10	<input type="text" value="456/396"/>	<input type="text" value="472/412"/>	<input type="text" value="480/420"/>
R11	<input type="text" value="504/438"/>	<input type="text" value="520/454"/>	<input type="text" value="528/462"/>

Resultat

Repetisjoner

Kjønn

Kvinne

Mann

Dommer

Klubb _____

Utøver _____

Utøver _____

Test 1 Resultat _____

Dommer _____