



FINAL - SCORECARD

Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

EVENT 4 COMPETITOR - Elite

EVENT 4

For time

40 / 30 cal Row

10 Shoulder to overhead

3 / 1 Legless Rope climb 15ft

10 Shoulder to overhead

40 / 30 cal Row

Time cap 10min

Score is Time OR Reps

40 / 30 cal Row	40 / 30
10 Shoulder to overhead	50 / 40
3 / 1 Legless rope climb	53 / 41
10 Shoulder to overhead	63 / 51
40 / 30 cal Row	103 / 81

WORKOUT VARIATIONS

Men 80kg / Women 50kg

Shoulder to overhead

Time OR Reps at 10 Minutes _____

EVENT 1 COMPETITOR - Elite

HEAT No. _____ LANE No. _____

JUDGE NAME _____

ATHLETE NAME _____

Time OR Reps _____

上記のスコアが正確であることを確認しました。

選手サイン _____

日付 _____

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FINAL - SCORECARD

Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

EVENT 4 COMPETITOR - Rx'd

EVENT 4

For time

40 / 30 cal Row

10 Shoulder to overhead

3 / 2 Rope climb 15ft

10 Shoulder to overhead

40 / 30 cal Row

Time cap 10min

Score is Time OR Reps

40 / 30 cal Row	40 / 30
10 Shoulder to overhead	50 / 40
3 / 2 Rope climb	53 / 42
10 Shoulder to overhead	63 / 52
40 / 30 cal Row	103 / 82

WORKOUT VARIATIONS

Men 60kg / Women 40kg

Shoulder to overhead

Time OR Reps at 10 Minutes _____

EVENT 4 COMPETITOR - Rx'd

HEAT No. _____ LANE No. _____

JUDGE NAME _____

ATHLETE NAME _____

Time OR Reps _____

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Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

EVENT 4 FITNESS

EVENT 4

For time

30 / 20 cal Row

10 Shoulder to overhead

2 Rope climb

10 Shoulder to overhead

30 / 20 cal Row

Time cap 10min

Score is Time OR Reps

30 / 20 cal Row	30 / 20
10 Shoulder to overhead	40 / 30
2 Rope climb	42 / 32
10 Shoulder to overhead	52 / 42
30 / 20 cal Row	82 / 62

WORKOUT VARIATIONS

Men 50kg / Women 35kg

Shoulder to overhead

Men 15ft / Women 12ft

Rope climb

Time OR Reps at 10 Minutes _____

EVENT 4 FITNESS

HEAT No. _____ LANE No. _____

JUDGE NAME _____

ATHLETE NAME _____

Time OR Reps _____

上記のスコアが正確であることを確認しました。

選手サイン _____

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