



FINAL - SCORECARD

Japan Championship 2023 [FINAL]

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

EVENT 5 COMPETITOR - Elite

EVENT 5

For time

21 cal Ski Erg

15 Bar facing burpee

9 Thruster

Time cap 5min

Score is Time OR Reps

21 cal Ski Erg	21
15 Bar facing burpee	36
9 Thruster	45

Time OR Reps at 5 Minutes _____

WORKOUT VARIATIONS

Men 70kg / Women 45kg Thruster

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 5 COMPETITOR - Rx'd

EVENT 5

For time

21 cal Ski Erg

15 Bar facing burpee

9 Thruster

Time cap 5min

Score is Time OR Reps

21 cal Ski Erg	21
15 Bar facing burpee	36
9 Thruster	45

Time OR Reps at 5 Minutes _____

WORKOUT VARIATIONS

Men 60kg / Women 40kg Thruster

EVENT 5 COMPETITOR - Rx'd

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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