

FINAL - SCORECARD

Japan Championship 2025 [FINAL]
SATURDAY, NOVEMBER 1, THROUGH SUNDAY, NOVEMBER 2

EVENT 5 ELITE

For time
500 m BikeErg
21-15-9
Thruster
Chest-to-bar Pull-up

Time Cap 6 minutes
Score is Time or Reps

WORKOUT VARIATIONS

Men
50kg Thruster

Women
35kg Thruster

500m BikeErg		1
TIEBREAK		
21 Thruster		22
21 Chest to bar		43
15 Thruster		58
15 Chest to bar		73
9 Thruster		82
9 Chest to bar		91

Time

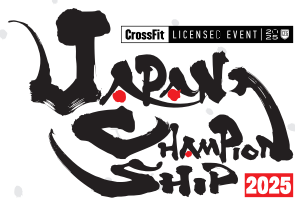
Tiebreak Time _____

Time or Reps _____

EVENT5 ELITE HEAT No. _____ LANE No. _____ Tiebreak Time _____

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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Japan Championship 2025 [FINAL]
SATURDAY, NOVEMBER 1, THROUGH SUNDAY, NOVEMBER 2

EVENT 5 Rx'd

For time
21-15-9
Thruster
Chest-to-bar Pull-up

Time Cap 5 minutes
Score is Time or Reps

WORKOUT VARIATIONS

Men
50kg Thruster

Women
35kg Thruster

21 Thruster	21
21 Chest to bar	42
15 Thruster	57
15 Chest to bar	72
9 Thruster	81
9 Chest to bar	90

Time or Reps _____

EVENT5 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 _____