



"OPEN 20.3"
FOR TIME 9'

For time:

- 21 deadlifts, 225 lb.
- 21 handstand push-ups
- 15 deadlifts, 225 lb.
- 15 handstand push-ups
- 9 deadlifts, 225 lb.
- 9 handstand push-ups
- 21 deadlifts, 315 lb.
- 50-ft. handstand walk
- 15 deadlifts, 315 lb.
- 50-ft. handstand walk
- 9 deadlifts, 315 lb.
- 50-ft. handstand walk

PESO 1	21 DEADLIFT	21	TIME	21 HSPU	42
	15 DEADLIFT	57	TIME	15 HSPU	72
	9 DEADLIFT	81	TIME	9 HSPU	90

PESO 2	21 DEADLIFT	111	TIME	15 m HSW	1.5	3	4.5	6	7.5	121
	15 DEADLIFT	136	TIME	15 m HSW	1.5	3	4.5	6	7.5	146
	9 DEADLIFT	155	TIME	15 m HSW	1.5	3	4.5	6	7.5	165

RX-INT: 102-143 kg / 70-93 kg
SC: 61-83 kg / 43-61 kg

EJERCICIOS ESCALADOS

- Ejerc. 1:
- Ejerc. 2:
- Ejerc. 3:

TOTAL TIME/REPS.

Judge's name
Judge's signature

Athlete's name
Athlete's signature

CATEGORÍA

- RX INT SC