

Teilnehmerliste

Kids 4-6 Jahre

Vorname	Name			
Jonas	Weisser	x	4	Die Kraftzwerge
Emil	Neuhof	x	4	
Jette	Helms	x	6	Die Turbotiger
Noemie	Loublanches	x	5	
Noah	Jop		5	Unstoppable
Georgia	Tholen		5	

Kids 7-9 Jahre

Theo	Thyen	x	7	Die Feuerdrachen
Emil	Thyen	x	7	
Ella	Tholen		9	powerpuff girls
Lina	Kruse	x	9	
Emilia	Gerhard	X	8	bubble burpee
Matheo	Lüders	X	9	

Teens female 10-12

Vorname	Name			
Janne	Sklorz	X	10	Flying dumbbells
Mae	Perratt	X	9	
Vega	Meyer-Balsa	X	11	Vecilia
Cecilia	Castro		12	
Mina	Gänger	X	11	Dumbbells and donuts
Viola	Schaub	X	12	
Anna				
Sophia	Ziganke	X	13	

Teens female 13-15

Vorname	Name			
Mina	Külpmann	X	15	Die Ventilatoren
Stine	Feuchen	X	15	
Gerda	Eilers	X	13	Allrounder
Philine	Görisch	X	13	
Michelle	Finken	X	13	Hakuna Masquata
Elena	Rädecke	X	13	

Teens male 13-15

Vorname	Name			
Max	Gerhard	X	14	CrossFitteene Gousini
Benno	Weller		14	
Etienne	Anton	X	15	Burpee and chill
Bela	Sobel	X	14	

Adults male RX

Vorname	Name		
Christian	Heinig	x	The Dumbbelldores
Yannick	Pohlmann	x	
	van		
Hidde	Bodegom	x	Too fit to Hyrox
Rodrigo	Gerhard	x	
Niklas	Wachtendorf	x	Snatch me if you can
Lothar	Wissler	x	

Adults male intermediate

Vorname	Name		
Christian	Neuhof	x	Burpee Buddies
Vincent	Loublanchés	x	
Stefano	Gatti		Pizzeria
Tim	Rathjen	x	
Andres	Cobos	x	Las maquinas
Angela	Marulanda	x	

Adults female intermediate

Vorname	Name		
Nina	Juretzek	x	Burpee blondies
Kathrin	Loublanchés	x	
Catharina	Haupt	x	Pineapple punch
Ise	Töpfer	x	
Simone	Strauß	x	Pesi
Petra	Sklorz	x	

Adults mixed scaled

Vorname	Name		
Jule	Kilian		Mother Thrusters
Gianna	Jungbluth		
Natalia	Jop		The trouble under
Petra	Anton	x	
Inna	Finken		
Thomas	Gänger	x	Doppelgänger
Norma	Gänger	x	
Leon	Tholen	x	Oh my Quad
Carolin	Tholen		

Workouts

Kids 4-6 Jahre

Workout 1

3 rounds for time

you go |
go

20x	thruster	Daumen
50m	medball throw	2 kg
50m	medball carry	2 kg
100m	Team run	

Workout 2

amrap 5

you go | go
hand releasing push
10 ups
8 burpee box over

Kids 7-9 Jahre

Workout 1

3 rounds for time

you go |
go

20x	single arm db thruster	2 kg
50m	medball throw	2 kg
50m	medball lunges	2 kg
100m	Team run	

Workout 2

amrap 5

you go | go
hand releasing push
10 ups
8 burpee box over
6 db hang clean and jerk 2x 2/1 kg

Teens female 10-12 Jahre

Workout 1

3 rounds for time

you go |
go

20x	single arm db thruster	5 kg
50m	slamball throw	5 kg
	slamball overhead	
50m	lunges	5 kg
200 m	Team run	

Workout 2

amrap 12

you go | go
10 Knee raises
8 burpee box step over
6 db hang clean and jerk 2x 5 kg

Teens female 13-15 Jahre

Workout 1

3 rounds for time

you go |
go

20x	single arm db thruster	8 kg
50m	slamball throw	5 kg
	slamball overhead	
50m	lunges	5 kg
200 m	Team run	

Workout 2

amrap 12

you go | go
10 leg raises
8 burpee box step over
6 Clean and jerk 25 kg

Teens male 13-15 Jahre

Workout 1

3 rounds for time

you go | go

20x single arm db thruster 10 kg

50m slamball throw 10 kg

slammball overhead

50m lunges 10 kg

200 m Team run

Workout 2

amrap 12

you go | go

10 leg raises

8 burpee box step over

6 Clean and jerk 30 kg

Adults male RX

Workout 1

3 rounds for time

you go | go

20x single arm db thruster 17,5 kg

50m slamball throw 15 kg

slammball overhead

50m lunges 15 kg

200 m Team run

Workout 2

amrap 12

you go | go

10 leg raises

8 burpee box step over

6 Clean and jerk 50 kilo

Adults male intermediate

Workout 1

3 rounds for time

you go | go

20x single arm db thruster 12,5/10 kg

50m slamball throw 15/10 kg

slammball overhead

50m lunges 15/10 kg

200 m Team run

Workout 2

amrap 12

you go | go

10 leg raises

8 burpee box step over

6 Clean and jerk 35 kg

Adults female intermediate

Workout 1

3 rounds for time

you go | go

20x single arm db thruster 10 kg

50m slamball throw 10 kg

slammball overhead

50m lunges 10 kg

200 m Team run

Workout 2

amrap 12

you go | go

10 leg raises

8 burpee box step over

6 Clean and jerk 30 kg

Adults mixed scaled

Workout 1

3 rounds for time

you go | go

20x single arm db thruster 10/8 kg

50m slamball throw 10/5 kg

slammball overhead

50m lunges 10/5 kg

200 m Team run

Workout 2

amrap 12

you go | go

10 knee raises

8 burpee box step over

6 Clean and jerk 20 kg