



## **2023 Quarterfinal Box Challenge Athlete Guide**

### **Men's and Women's Field**

#### **Stats Listed:**

**Competition Finishes**

**Average Event Finishes by Event Type**

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# A Quick Word

Thanks for taking the time to download our Athlete Guides for the 2023 Quarterfinal Box Challenge. We are excited to create these guides as a way to highlight the athletes, and to give the fans like us a more in-depth way to follow the sport of CrossFit.

We started Fantasy Fitnessing in early 2020 as a fun way to follow the Sanctional season. What started as a basic fantasy game site, quickly expanded to a site where CrossFit fans could look up their favorite athletes, and see a complete record of their results. This was just as much for us to geek out on athlete stats, as it was something we could share with the larger CrossFit community.

Fantasy Fitnessing started out as, and remains to this day a passion project for us. We have jobs and a family, but love CrossFit so we find the time to build and share Fantasy Fitnessing with the community.

So if you like this guide, here are a few things that could help us out.

1. Play out free fantasy CrossFit games at [www.fantasyfitnessing.com](http://www.fantasyfitnessing.com) . We have Goodr sunglasses to give away to our podium winners
2. Follow us on Instagram [@fantasyfitnessing](https://www.instagram.com/fantasyfitnessing)
3. Tell your friends
4. If you share any of this info on the socials, a podcast or at the watercooler, give us a shout out
5. Have feedback on this guide, or the site. Let us know [dave@fantasyfitnessing.com](mailto:dave@fantasyfitnessing.com)

Take Care and Happy Fitnessing  
Dave and Katharine aka Team Fantasy Fitnessing

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# Darren Zurnamer

Age: 22 Height:5ft 8in/173 cm Weight:174 lbs/79 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Last Chance Qualifier	27	24.5	0	0	0	2
2022 - CrossFit Fittest in Cape Town	3	5.5	0	4	6	6
2022 - World Wide Quarterfinals	229	-	-	-	-	-
2022 - Quarterfinals	5	13.4	1	4	4	5
2022 - CrossFit Open	58	141.3	0	0	0	3
2021 - Fittest in Cape Town	13	13.7	0	1	2	7
2021 - Individual Quarterfinals	7	24.6	0	0	1	5
2021 - CrossFit Open	415	1310.5	0	0	0	4

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Last Chance Qualifier	24.5	-	24.5	-	-
2022 - CrossFit Fittest in Cape Town	5.5	8	7.5	3.5	3
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	13.4	58	-	2.3	-
2022 - CrossFit Open	141.3	-	63	59	-
2021 - Fittest in Cape Town	13.7	-	18.3	11	-
2021 - Individual Quarterfinals	24.6	61	19	15	-
2021 - CrossFit Open	1310.5	1084	1778.5	-	-

**Recent Event Results by Movement**

Burpees	2nd 2022 CrossFit Fittest in Cape Town Lucky Number 7	2nd 2022 Quarterfinals Event# 5	63rd 2022 CrossFit Open 22.2	8th 2021 Fittest in Cape Town 3-2-1-Go	24th 2021 Individual Quarterfinals Test 5
Clean	4th 2021 Fittest in Cape Town Pinball	9th 2021 Individual Quarterfinals Test 1			
Chest to Bar Pull Ups	5th 2022 CrossFit Fittest in Cape Town Time For Pudding	302nd 2022 CrossFit Open 22.3	601st 2021 CrossFit Open 21.3		
GHD Situps	4th 2022 Quarterfinals Event# 2	15th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	3rd 2022 CrossFit Fittest in Cape Town Stellies Chipper	2nd 2022 Quarterfinals Event# 1	2nd 2022 Quarterfinals Event# 1	2nd 2022 Quarterfinals Event# 1	4th 2021 Fittest in Cape Town Pinball
Rowing	24th 2022 Last Chance Qualifier Event# 2	3rd 2022 CrossFit Fittest in Cape Town Stellies Chipper	2nd 2022 Quarterfinals Event# 5	8th 2021 Fittest in Cape Town 3-2-1-Go	14th 2021 Individual Quarterfinals Test 3
Snatch	5th 2022 CrossFit Fittest in Cape Town Time For Pudding	2nd 2022 Quarterfinals Event# 5	59th 2022 CrossFit Open 22.1	26th 2021 Fittest in Cape Town Friday Night Lights	24th 2021 Individual Quarterfinals Test 5
Thrusters	25th 2022 Last Chance Qualifier Event# 1	302nd 2022 CrossFit Open 22.3	11th 2021 Fittest in Cape Town The Frinals	601st 2021 CrossFit Open 21.3	
Toes to Bar	3rd 2022 CrossFit Fittest in Cape Town Stellies Chipper	11th 2021 Fittest in Cape Town The Frinals	601st 2021 CrossFit Open 21.3		

Wall Balls	3rd 2022 CrossFit Fittest in Cape Town Stellies Chipper	1st 2022 Quarterfinals Event# 3	11th 2021 Fittest in Cape Town Legless Karen	14th 2021 Individual Quarterfinals Test 3
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CrossFit Competition	Lift	Weight
2022 CrossFit Fittest in Cape Town	Barbell Complex	300 lbs/136.4 kg
2022 Quarterfinals	The Other Total	875 lbs/397.7 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	326 lbs/148.2 kg
2021 CrossFit Open	21.4	277 lbs/125.9 kg

# Kealan Henry

Age: 30 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	40	34.6	0	0	0	5
2022 - CrossFit Fittest in Cape Town	1	4.5	1	4	6	6
2022 - World Wide Quarterfinals	98	-	-	-	-	-
2022 - Quarterfinals	3	7.8	3	4	4	5
2022 - CrossFit Open	24	72.3	0	0	0	3
2021 - Fittest in Cape Town	5	8.1	1	3	5	7
2021 - Individual Quarterfinals	2	13.6	2	3	4	5
2021 - CrossFit Open	83	388.5	0	0	0	4
2020 - CrossFit Open	162	325.2	0	0	0	5



### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	34.6	40	36	28	-
2022 - CrossFit Fittest in Cape Town	4.5	10	4.5	2	4
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	7.8	33	-	1.7	-
2022 - CrossFit Open	72.3	-	58	30	-
2021 - Fittest in Cape Town	8.1	-	9.5	1	-
2021 - Individual Quarterfinals	13.6	54	6	1	-
2021 - CrossFit Open	388.5	1370	52	-	-
2020 - CrossFit Open	325.2	-	126	375	-

### Recent Event Results by Movement

Burpees	1st 2022 CrossFit Fittest in Cape Town Lucky Number 7	1st 2022 Quarterfinals Event# 5	58th 2022 CrossFit Open 22.2	10th 2021 Fittest in Cape Town 3-2-1-Go	2nd 2021 Individual Quarterfinals Test 5
Clean	17th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	36th 2022 CrossFit Games Elizabeth Elevated	8th 2021 Fittest in Cape Town Pinball	1st 2021 Individual Quarterfinals Test 1	
Chest to Bar Pull Ups	28th 2022 CrossFit Games Bike to Work	3rd 2022 CrossFit Fittest in Cape Town Time For Pudding	129th 2022 CrossFit Open 22.3	80th 2021 CrossFit Open 21.3	
GHD Situps	25th 2023 Wodapalooza E2 - Back to the Future	25th 2023 Wodapalooza E2 - Back to the Future	1st 2022 Quarterfinals Event# 2	1st 2021 Individual Quarterfinals Test 2	

Handstand Push Ups	4th 2022 CrossFit Fittest in Cape Town Stellies Chipper	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	8th 2021 Fittest in Cape Town Pinball
Rowing	17th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	4th 2022 CrossFit Fittest in Cape Town Stellies Chipper	1st 2022 Quarterfinals Event# 5	10th 2021 Fittest in Cape Town 3-2-1-Go	10th 2021 Individual Quarterfinals Test 3
Snatch	3rd 2022 CrossFit Fittest in Cape Town Time For Pudding	1st 2022 Quarterfinals Event# 5	30th 2022 CrossFit Open 22.1	16th 2021 Fittest in Cape Town Friday Night Lights	2nd 2021 Individual Quarterfinals Test 5
Thrusters	25th 2023 Wodapalooza E2 - Back to the Future	129th 2022 CrossFit Open 22.3	4th 2021 Fittest in Cape Town The Frinals	80th 2021 CrossFit Open 21.3	192nd 2020 CrossFit Open 20.2
Toes to Bar	32nd 2023 Wodapalooza E3 - Start Fast, Finish Strong	28th 2022 CrossFit Games Bike to Work	4th 2022 CrossFit Fittest in Cape Town Stellies Chipper	4th 2021 Fittest in Cape Town The Frinals	80th 2021 CrossFit Open 21.3
Wall Balls	21st 2023 Wodapalooza E5 - Double Shot with a Splash	4th 2022 CrossFit Fittest in Cape Town Stellies Chipper	3rd 2022 Quarterfinals Event# 3	1st 2021 Fittest in Cape Town Legless Karen	10th 2021 Individual Quarterfinals Test 3
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2023 Wodapalooza			E4 - We Have Lift Off		295 lbs/134.1 kg
2022 CrossFit Fittest in Cape Town			Barbell Complex		291 lbs/132.3 kg
2022 Quarterfinals			The Other Total		915 lbs/415.9 kg
2021 Individual Quarterfinals			Test 4 (4 Rep Max Front Squat)		330 lbs/150 kg
2021 CrossFit Open			21.4		275 lbs/125 kg

## Barend Smit

Age: 31 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Quarterfinals	12	26.6	0	0	1	5
2022 - World Wide Quarterfinals	619	-	-	-	-	-
2022 - CrossFit Open	1156	-	0	-	-	-
2021 - Fittest in Cape Town	15	15.9	0	1	1	7
2021 - Individual Quarterfinals	11	29.4	0	0	0	5
2021 - CrossFit Open	434	1375.5	0	0	0	4

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Quarterfinals	26.6	49	-	14.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	-	-	-	-	-
2021 - Fittest in Cape Town	15.9	-	17	18	-
2021 - Individual Quarterfinals	29.4	44	26.5	11	-
2021 - CrossFit Open	1375.5	827	2005.5	-	-

#### Recent Event Results by Movement

Burpees	19th 2022 Quarterfinals Event# 5	4th 2021 Fittest in Cape Town 3-2-1-Go	18th 2021 Individual Quarterfinals Test 5	900th 2021 CrossFit Open 21.2
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Clean	21st 2021 Fittest in Cape Town Pinball	39th 2021 Individual Quarterfinals Test 1			
Chest to Bar Pull Ups	664th 2021 CrossFit Open 21.3				
GHD Situps	9th 2022 Quarterfinals Event# 2	11th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	40th 2022 Quarterfinals Event# 1	40th 2022 Quarterfinals Event# 1	40th 2022 Quarterfinals Event# 1	21st 2021 Fittest in Cape Town Pinball	39th 2021 Individual Quarterfinals Test 1
Rowing	19th 2022 Quarterfinals Event# 5	4th 2021 Fittest in Cape Town 3-2-1-Go	35th 2021 Individual Quarterfinals Test 3		
Snatch	19th 2022 Quarterfinals Event# 5	18th 2021 Fittest in Cape Town Friday Night Lights	18th 2021 Individual Quarterfinals Test 5	900th 2021 CrossFit Open 21.2	
Thrusters	23rd 2021 Fittest in Cape Town The Frinals	664th 2021 CrossFit Open 21.3			
Toes to Bar	23rd 2021 Fittest in Cape Town The Frinals	664th 2021 CrossFit Open 21.3			
Wall Balls	16th 2022 Quarterfinals Event# 3	18th 2021 Fittest in Cape Town Legless Karen	35th 2021 Individual Quarterfinals Test 3		

CrossFit Competition	Lift	Weight
2022 Quarterfinals	The Other Total	893 lbs/405.9 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	333 lbs/151.4 kg
2021 CrossFit Open	21.4	282 lbs/128.2 kg

## Ruan Potgieter

Age: 26 Height:6ft 0in/182 cm Weight:180 lbs/82 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - ELFIT CrossFit Championship	2	-	-	-	-	-
2022 - Last Chance Qualifier	20	18.8	0	0	1	4
2022 - CrossFit Fittest in Cape Town	4	7.3	2	4	4	6
2022 - World Wide Quarterfinals	455	-	-	-	-	-
2022 - Quarterfinals	7	20.2	0	1	2	5
2022 - CrossFit Open	996	-	0	-	-	-
2021 - Fittest in Cape Town	6	8.7	0	3	5	7
2021 - Individual Quarterfinals	14	32.8	0	0	2	5
2021 - CrossFit Open	844	2283.3	0	0	1	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - ELFIT CrossFit Championship	-	-	-	-	-
2022 - Last Chance Qualifier	18.8	-	22	9	-
2022 - CrossFit Fittest in Cape Town	7.3	19	3	8.5	2

2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	20.2	30	-	22.7	-
2022 - CrossFit Open	-	-	-	-	-
2021 - Fittest in Cape Town	8.7	-	11.8	3	-
2021 - Individual Quarterfinals	32.8	99	26	7	-
2021 - CrossFit Open	2283.3	7813	394.5	-	-

#### Recent Event Results by Movement

Burpees	9th 2022 Last Chance Qualifier Event# 4	16th 2022 CrossFit Fittest in Cape Town Lucky Number 7	28th 2022 Quarterfinals Event# 5	9th 2021 Fittest in Cape Town 3-2-1-Go	36th 2021 Individual Quarterfinals Test 5
Clean	2nd 2021 Fittest in Cape Town Pinball	6th 2021 Individual Quarterfinals Test 1			
Chest to Bar Pull Ups	1st 2022 CrossFit Fittest in Cape Town Time For Pudding	531st 2021 CrossFit Open 21.3			
GHD Situps	8th 2022 Quarterfinals Event# 2	7th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	2nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	3rd 2022 Quarterfinals Event# 1	3rd 2022 Quarterfinals Event# 1	3rd 2022 Quarterfinals Event# 1	2nd 2021 Fittest in Cape Town Pinball
Rowing	16th 2022 Last Chance Qualifier Event# 2	2nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	28th 2022 Quarterfinals Event# 5	9th 2021 Fittest in Cape Town 3-2-1-Go	16th 2021 Individual Quarterfinals Test 3

Snatch	1st 2022 CrossFit Fittest in Cape Town Time For Pudding	28th 2022 Quarterfinals Event# 5	22nd 2021 Fittest in Cape Town Friday Night Lights	36th 2021 Individual Quarterfinals Test 5	780th 2021 CrossFit Open 21.2
Thrusters	27th 2022 Last Chance Qualifier Event# 1	7th 2021 Fittest in Cape Town The Frinals	531st 2021 CrossFit Open 21.3		
Toes to Bar	2nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	7th 2021 Fittest in Cape Town The Frinals	531st 2021 CrossFit Open 21.3		
Wall Balls	9th 2022 Last Chance Qualifier Event# 4	2nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	32nd 2022 Quarterfinals Event# 3	3rd 2021 Fittest in Cape Town Legless Karen	16th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 CrossFit Fittest in Cape Town	Barbell Complex	271 lbs/123.2 kg
2022 Quarterfinals	The Other Total	922 lbs/419.1 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	309 lbs/140.5 kg
2021 CrossFit Open	21.4	244 lbs/110.9 kg

## Ruan Duvenage

Age: 34 Height: 5ft 10in/178 cm Weight: 198 lbs/90 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Fittest in Cape Town	6	8	0	3	4	6
2022 - World Wide Quarterfinals	130	-	-	-	-	-
2022 - Quarterfinals	2	7.2	0	4	4	5

2022 - CrossFit Open	241	478	0	0	0	3
2021 - Last Chance Qualifier	24	19.8	0	0	0	4
2021 - Fittest in Cape Town	2	3.4	1	7	7	7
2021 - Individual Quarterfinals	3	15.8	0	1	2	5
2021 - CrossFit Open	476	1446.3	0	0	0	4

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Fittest in Cape Town	8	4	10.5	9	5
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	7.2	3	-	9.7	-
2022 - CrossFit Open	478	-	658	550	-
2021 - Last Chance Qualifier	19.8	16	25	22	-
2021 - Fittest in Cape Town	3.4	-	2.8	5	-
2021 - Individual Quarterfinals	15.8	17	9.5	9	-
2021 - CrossFit Open	1446.3	662	2412	-	-

#### Recent Event Results by Movement

Burpees	4th 2022 CrossFit Fittest in Cape Town Lucky Number 7	5th 2022 Quarterfinals Event# 5	658th 2022 CrossFit Open 22.2	21st 2021 Last Chance Qualifier Event# 3	5th 2021 Fittest in Cape Town 3-2-1-Go
Clean	22nd 2021 Last Chance Qualifier Event# 4	3rd 2021 Fittest in Cape Town Pinball	34th 2021 Individual Quarterfinals Test 1	3rd 2018 Dubai CrossFit Championship The Final	3rd 2018 Meridian Regional Linda



Chest to Bar Pull Ups	6th 2022 CrossFit Fittest in Cape Town Time For Pudding	226th 2022 CrossFit Open 22.3	299th 2021 CrossFit Open 21.3	202nd 2018 Crossfit Open 18.5	17th 2017 Meridian Regional Regionals 17.1
GHD Situps	5th 2022 Quarterfinals Event# 2	9th 2021 Individual Quarterfinals Test 2	19th 2016 Meridian Regional Regionals 16.5		
Handstand Push Ups	5th 2022 CrossFit Fittest in Cape Town Stellies Chipper	4th 2022 Quarterfinals Event# 1	4th 2022 Quarterfinals Event# 1	4th 2022 Quarterfinals Event# 1	3rd 2021 Fittest in Cape Town Pinball
Rowing	5th 2022 CrossFit Fittest in Cape Town Stellies Chipper	5th 2022 Quarterfinals Event# 5	25th 2021 Last Chance Qualifier Event# 1	5th 2021 Fittest in Cape Town 3-2-1-Go	5th 2021 Individual Quarterfinals Test 3
Snatch	6th 2022 CrossFit Fittest in Cape Town Time For Pudding	5th 2022 Quarterfinals Event# 5	550th 2022 CrossFit Open 22.1	25th 2021 Last Chance Qualifier Event# 1	3rd 2021 Fittest in Cape Town Friday Night Lights
Thrusters	226th 2022 CrossFit Open 22.3	1st 2021 Fittest in Cape Town The Frinals	299th 2021 CrossFit Open 21.3	5th 2018 Meridian Regional Regionals 18.6	202nd 2018 Crossfit Open 18.5
Toes to Bar	5th 2022 CrossFit Fittest in Cape Town Stellies Chipper	1st 2021 Fittest in Cape Town The Frinals	299th 2021 CrossFit Open 21.3	3rd 2018 Dubai CrossFit Championship The Final	10th 2018 Meridian Regional Regionals 18.5
Wall Balls	5th 2022 CrossFit Fittest in Cape Town Stellies Chipper	19th 2022 Quarterfinals Event# 3	5th 2021 Fittest in Cape Town Legless Karen	5th 2021 Individual Quarterfinals Test 3	3rd 2018 Dubai CrossFit Championship The Final

**CrossFit Competition**

**Lift**

**Weight**

2022 CrossFit Fittest in Cape Town

Barbell Complex

304 lbs/138.2 kg

2022 Quarterfinals	The Other Total	1042 lbs/473.6 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	518 lbs/235.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	353 lbs/160.5 kg
2021 CrossFit Open	21.4	286 lbs/130 kg
2018 Dubai CrossFit Championship	Max Snatch	136 lbs/61.8 kg
2018 Crossfit Open	18.2a	353 lbs/160.5 kg

## Lee Keyrouz

Age: 35 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Fittest in Cape Town	12	13.3	0	1	3	6
2022 - Quarterfinals	3	8.8	1	2	4	5
2022 - World Wide Quarterfinals	237	-	-	-	-	-
2022 - CrossFit Open	82	147	0	0	0	3
2021 - Individual Quarterfinals	15	24	1	1	1	5
2021 - CrossFit Open	2245	3898	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Fittest in Cape Town	13.3	28	13.5	7	11
2022 - Quarterfinals	8.8	6	-	12.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	147	-	18	227	-

2021 - Individual Quarterfinals	24	1	26.5	21	-
2021 - CrossFit Open	3898	103	5896	-	-

#### Recent Event Results by Movement

Burpees	10th 2022 CrossFit Fittest in Cape Town Lucky Number 7	27th 2022 Quarterfinals Event# 5	18th 2022 CrossFit Open 22.2	15th 2021 Individual Quarterfinals Test 5	817th 2021 CrossFit Open 21.2
Clean	45th 2021 Individual Quarterfinals Test 1				
Chest to Bar Pull Ups	7th 2022 CrossFit Fittest in Cape Town Time For Pudding	196th 2022 CrossFit Open 22.3	3697th 2021 CrossFit Open 21.3		
GHD Situps	7th 2022 Quarterfinals Event# 2	21st 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	11th 2022 CrossFit Fittest in Cape Town Stellies Chipper	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	45th 2021 Individual Quarterfinals Test 1
Rowing	11th 2022 CrossFit Fittest in Cape Town Stellies Chipper	27th 2022 Quarterfinals Event# 5	38th 2021 Individual Quarterfinals Test 3		
Snatch	7th 2022 CrossFit Fittest in Cape Town Time For Pudding	27th 2022 Quarterfinals Event# 5	227th 2022 CrossFit Open 22.1	15th 2021 Individual Quarterfinals Test 5	817th 2021 CrossFit Open 21.2
Thrusters	196th 2022 CrossFit Open 22.3	3697th 2021 CrossFit Open 21.3			

Toes to Bar	11th 2022 CrossFit Fittest in Cape Town Stellies Chipper	3697th 2021 CrossFit Open 21.3	
Wall Balls	11th 2022 CrossFit Fittest in Cape Town Stellies Chipper	3rd 2022 Quarterfinals Event# 3	38th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 CrossFit Fittest in Cape Town	Barbell Complex	168 lbs/76.4 kg
2022 Quarterfinals	The Other Total	623 lbs/283.2 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	315 lbs/143.2 kg
2021 CrossFit Open	21.4	211 lbs/95.9 kg

# Christina Livaditakis

Age: 26 Height: 5ft 0in/153 cm Weight: 147 lbs/67 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Down Under CrossFit Championship	3	7.1	2	3	6	7
2022 - Last Chance Qualifier	19	18	0	0	0	4
2022 - CrossFit Fittest in Cape Town	2	4.7	1	4	6	6
2022 - World Wide Quarterfinals	358	-	-	-	-	-
2022 - Quarterfinals	6	11.6	1	1	3	5
2022 - CrossFit Open	272	444.7	0	0	0	3
2021 - Torian Pro	28	24.1	0	0	0	7

2021 - Individual Quarterfinals	16	25.4	0	0	0	5
2021 - CrossFit Open	438	1052.5	0	0	0	4

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Down Under CrossFit Championship	7.1	-	5.3	22	1
2022 - Last Chance Qualifier	18	-	18.3	17	-
2022 - CrossFit Fittest in Cape Town	4.7	10	6	1.5	3
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	11.6	11	-	13	-
2022 - CrossFit Open	444.7	-	668	335	-
2021 - Torian Pro	24.1	21	20	27	-
2021 - Individual Quarterfinals	25.4	22	29	35	-
2021 - CrossFit Open	1052.5	1537	803.5	-	-

#### Recent Event Results by Movement

Burpees	1st 2022 Down Under CrossFit Championship E6 - Regionals 16.6	17th 2022 Last Chance Qualifier Event# 4	1st 2022 CrossFit Fittest in Cape Town Lucky Number 7	6th 2022 Quarterfinals Event# 5	668th 2022 CrossFit Open 22.2
Clean	2nd 2022 Down Under CrossFit Championship John Cleary Shuffle	22nd 2022 Down Under CrossFit Championship E2 - Nasty Girls V3	12th 2021 Individual Quarterfinals Test 1		
Chest to Bar Pull Ups	6th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	4th 2022 CrossFit Fittest in Cape Town Time For Pudding	331st 2022 CrossFit Open 22.3	23rd 2021 Torian Pro Final	1066th 2021 CrossFit Open 21.3

GHD Situps	1st 2022 Quarterfinals Event# 2	35th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	6th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	3rd 2022 CrossFit Fittest in Cape Town Stellies Chipper	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1
Rowing	1st 2022 Down Under CrossFit Championship E6 - Regionals 16.6	18th 2022 Last Chance Qualifier Event# 2	3rd 2022 CrossFit Fittest in Cape Town Stellies Chipper	6th 2022 Quarterfinals Event# 5	30th 2021 Torian Pro Reverse Triathlon
Snatch	1st 2022 Down Under CrossFit Championship E5 - Regionals 12.5	10th 2022 Down Under CrossFit Championship E1 - Randy	4th 2022 CrossFit Fittest in Cape Town Time For Pudding	6th 2022 Quarterfinals Event# 5	335th 2022 CrossFit Open 22.1
Thrusters	8th 2022 Down Under CrossFit Championship E7 - Regionals 16.7	20th 2022 Last Chance Qualifier Event# 1	331st 2022 CrossFit Open 22.3	23rd 2021 Torian Pro Final	1066th 2021 CrossFit Open 21.3
Toes to Bar	3rd 2022 CrossFit Fittest in Cape Town Stellies Chipper	1066th 2021 CrossFit Open 21.3			
Wall Balls	17th 2022 Last Chance Qualifier Event# 4	3rd 2022 CrossFit Fittest in Cape Town Stellies Chipper	32nd 2022 Quarterfinals Event# 3	33rd 2021 Individual Quarterfinals Test 3	
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
	2022 Down Under CrossFit Championship		E5 - Regionals 12.5		88 lbs/40 kg
	2022 CrossFit Fittest in Cape Town		Barbell Complex		194 lbs/88.2 kg
	2022 Quarterfinals		The Other Total		606 lbs/275.5 kg
	2021 Individual Quarterfinals		Test 4 (4 Rep Max Front Squat)		221 lbs/100.5 kg

# Michelle Basnett

Age: 26 Height:5ft 5in/165 cm Weight:148 lbs/67 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Fittest in Cape Town	3	5.7	0	3	5	6
2022 - Quarterfinals	2	8.2	0	2	4	5
2022 - World Wide Quarterfinals	224	-	-	-	-	-
2022 - CrossFit Open	364	598.7	0	0	0	3
2022 - Wodapalooza	31	26.1	0	0	0	8
2021 - CrossFit Games	32	25.2	0	0	0	9
2021 - Fittest in Cape Town	1	3.3	2	6	7	7
2021 - Individual Quarterfinals	1	6.2	2	3	4	5
2021 - CrossFit Open	188	530.5	0	0	0	4
2020 - CrossFit Filthy 150	23	19.1	0	0	2	9

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Fittest in Cape Town	5.7	2	8	4.5	7
2022 - Quarterfinals	8.2	8	-	9.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	598.7	-	912	227	-
2022 - Wodapalooza	26.1	24	33	24.6	29

2021 - CrossFit Games	25.2	28	25	30	-
2021 - Fittest in Cape Town	3.3	-	4	2	-
2021 - Individual Quarterfinals	6.2	5	8	9	-
2021 - CrossFit Open	530.5	154	700.5	-	-
2020 - CrossFit Filthy 150	19.1	6	19.2	25.5	-

#### Recent Event Results by Movement

Burpees	6th 2022 CrossFit Fittest in Cape Town Lucky Number 7	2nd 2022 Quarterfinals Event# 5	912th 2022 CrossFit Open 22.2	18th 2022 Wodapalooza Dale	29th 2022 Wodapalooza The Bayside Chipper
Clean	22nd 2021 CrossFit Games Event# 7	31st 2021 CrossFit Games Event# 6	1st 2021 Fittest in Cape Town Pinball	1st 2021 Individual Quarterfinals Test 1	20th 2020 CrossFit Filthy 150 Sisyphus
Chest to Bar Pull Ups	12th 2022 CrossFit Fittest in Cape Town Time For Pudding	657th 2022 CrossFit Open 22.3	32nd 2022 Wodapalooza Echo Fran	567th 2021 CrossFit Open 21.3	9th 2019 Fittest in Cape Town Sprint Murph
GHD Situps	6th 2022 Quarterfinals Event# 2	22nd 2022 Wodapalooza Flipped Off	9th 2021 Individual Quarterfinals Test 2		
Handstand Push Ups	7th 2022 CrossFit Fittest in Cape Town Stellies Chipper	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	29th 2022 Wodapalooza Celebrate Ten
Rowing	7th 2022 CrossFit Fittest in Cape Town Stellies Chipper	2nd 2022 Quarterfinals Event# 5	22nd 2022 Wodapalooza Row, Swim, Run	4th 2021 Fittest in Cape Town 3-2-1-Go	15th 2021 Individual Quarterfinals Test 3



Snatch	12th 2022 CrossFit Fittest in Cape Town Time For Pudding	2nd 2022 Quarterfinals Event# 5	227th 2022 CrossFit Open 22.1	27th 2021 CrossFit Games Event# 9	2nd 2021 Fittest in Cape Town Friday Night Lights
Thrusters	657th 2022 CrossFit Open 22.3	32nd 2022 Wodapalooza Echo Fran	31st 2021 CrossFit Games Event# 4	9th 2021 Fittest in Cape Town The Frinals	567th 2021 CrossFit Open 21.3
Toes to Bar	7th 2022 CrossFit Fittest in Cape Town Stellies Chipper	33rd 2022 Wodapalooza WZAOC Remix	9th 2021 Fittest in Cape Town The Frinals	567th 2021 CrossFit Open 21.3	20th 2020 CrossFit Filthy 150 Sisyphus
Wall Balls	7th 2022 CrossFit Fittest in Cape Town Stellies Chipper	20th 2022 Quarterfinals Event# 3	2nd 2021 Fittest in Cape Town Legless Karen	15th 2021 Individual Quarterfinals Test 3	9th 2020 CrossFit Filthy 150 Squared & Rooted

CrossFit Competition	Lift	Weight
2022 CrossFit Fittest in Cape Town	Barbell Complex	216 lbs/98.2 kg
2022 Quarterfinals	The Other Total	619 lbs/281.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	250 lbs/113.6 kg
2021 CrossFit Open	21.4	207 lbs/94.1 kg
2020 CrossFit Filthy 150	1 Rep Max Snatch	83 lbs/37.7 kg

## Gilmari Reyneke

Age: 26 Height: 5ft 6in/167 cm Weight: 130 lbs/59 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - ELFIT CrossFit Championship	3	-	-	-	-	-
2022 - CrossFit Fittest in Cape Town	13	14.7	0	0	2	6

2022 - World Wide Quarterfinals	603	-	-	-	-	-
2022 - Quarterfinals	16	20.6	0	0	1	5
2022 - CrossFit Open	995	-	0	-	-	-
2021 - Last Chance Qualifier	28	24.5	0	0	0	4
2021 - Fittest in Cape Town	4	7.4	0	3	6	7
2021 - Individual Quarterfinals	14	23.4	0	0	0	5
2021 - CrossFit Open	1073	2183.8	0	0	0	4

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - ELFIT CrossFit Championship	-	-	-	-	-
2022 - CrossFit Fittest in Cape Town	14.7	12	10	17	22
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	20.6	13	-	21	-
2022 - CrossFit Open	-	-	-	-	-
2021 - Last Chance Qualifier	24.5	22.5	26	27	-
2021 - Fittest in Cape Town	7.4	-	9.8	3	-
2021 - Individual Quarterfinals	23.4	14	31	16	-
2021 - CrossFit Open	2183.8	2133	2904	-	-

#### Recent Event Results by Movement

Burpees	7th 2022 CrossFit Fittest in Cape Town Lucky Number 7	29th 2022 Quarterfinals Event# 5	28th 2021 Last Chance Qualifier Event# 3	2nd 2021 Fittest in Cape Town 3-2-1-Go	35th 2021 Individual Quarterfinals Test 5
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Clean	27th 2021 Last Chance Qualifier Event# 4	8th 2021 Fittest in Cape Town Pinball	25th 2021 Individual Quarterfinals Test 1		
Chest to Bar Pull Ups	14th 2022 CrossFit Fittest in Cape Town Time For Pudding	794th 2021 CrossFit Open 21.3			
GHD Situps	10th 2022 Quarterfinals Event# 2	16th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	22nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	27th 2022 Quarterfinals Event# 1	27th 2022 Quarterfinals Event# 1	27th 2022 Quarterfinals Event# 1	8th 2021 Fittest in Cape Town Pinball
Rowing	22nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	29th 2022 Quarterfinals Event# 5	26th 2021 Last Chance Qualifier Event# 1	2nd 2021 Fittest in Cape Town 3-2-1-Go	27th 2021 Individual Quarterfinals Test 3
Snatch	14th 2022 CrossFit Fittest in Cape Town Time For Pudding	29th 2022 Quarterfinals Event# 5	26th 2021 Last Chance Qualifier Event# 1	24th 2021 Fittest in Cape Town Friday Night Lights	35th 2021 Individual Quarterfinals Test 5
Thrusters	7th 2021 Fittest in Cape Town The Frinals	794th 2021 CrossFit Open 21.3			
Toes to Bar	22nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	7th 2021 Fittest in Cape Town The Frinals	794th 2021 CrossFit Open 21.3		
Wall Balls	22nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	24th 2022 Quarterfinals Event# 3	3rd 2021 Fittest in Cape Town Legless Karen	27th 2021 Individual Quarterfinals Test 3	

CrossFit Competition	Lift	Weight
2022 CrossFit Fittest in Cape Town	Barbell Complex	192 lbs/87.3 kg
2022 Quarterfinals	The Other Total	605 lbs/275 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	331 lbs/150.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	231 lbs/105 kg
2021 CrossFit Open	21.4	176 lbs/80 kg

## Tanha Bouffe

Age: 24 Height:5ft 3in/161 cm Weight:154 lbs/70 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Madrid Championship	17	21.3	0	0	1	8
2022 - CrossFit Fittest in Cape Town	6	9.8	0	2	4	6
2022 - Quarterfinals	10	15.4	0	0	2	5
2022 - World Wide Quarterfinals	388	-	-	-	-	-
2022 - CrossFit Open	711	-	0	-	-	-
2021 - Fittest in Cape Town	5	7.3	0	4	5	7
2021 - Individual Quarterfinals	34	13	0	1	3	4
2021 - CrossFit Open	248	666.5	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Madrid Championship	21.3	42	10	23.8	13
2022 - CrossFit Fittest in Cape Town	9.8	8	12.5	12	2

2022 - Quarterfinals	15.4	22	-	15.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	-	-	-	-	-
2021 - Fittest in Cape Town	7.3	-	7.3	14	-
2021 - Individual Quarterfinals	13	34	8	-	-
2021 - CrossFit Open	666.5	719	733	-	-

#### Recent Event Results by Movement

Burpees	16th 2022 CrossFit Fittest in Cape Town Lucky Number 7	21st 2022 Quarterfinals Event# 5	3rd 2021 Fittest in Cape Town 3-2-1-Go	6th 2021 Individual Quarterfinals Test 5	283rd 2021 CrossFit Open 21.2
Clean	17th 2022 Madrid Championship Atocha	11th 2022 Madrid Championship Need For Speed	5th 2021 Fittest in Cape Town Pinball	2nd 2021 Individual Quarterfinals Test 1	
Chest to Bar Pull Ups	13th 2022 Madrid Championship Dirty Saiga	3rd 2022 CrossFit Fittest in Cape Town Time For Pudding	481st 2021 CrossFit Open 21.3		
GHD Situps	30th 2022 Madrid Championship Yoke and Roll	15th 2022 Quarterfinals Event# 2			
Handstand Push Ups	17th 2022 Madrid Championship Atocha	2nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	9th 2022 Quarterfinals Event# 1	9th 2022 Quarterfinals Event# 1	9th 2022 Quarterfinals Event# 1
Rowing	30th 2022 Madrid Championship Yoke and Roll	2nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	21st 2022 Quarterfinals Event# 5	3rd 2021 Fittest in Cape Town 3-2-1-Go	10th 2021 Individual Quarterfinals Test 3

Snatch	3rd 2022 CrossFit Fittest in Cape Town Time For Pudding	21st 2022 Quarterfinals Event# 5	4th 2021 Fittest in Cape Town Friday Night Lights	6th 2021 Individual Quarterfinals Test 5	283rd 2021 CrossFit Open 21.2
Thrusters	13th 2022 Madrid Championship Dirty Saiga	3rd 2021 Fittest in Cape Town The Frinals	481st 2021 CrossFit Open 21.3		
Toes to Bar	9th 2022 Madrid Championship Round 2	2nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	3rd 2021 Fittest in Cape Town The Frinals	481st 2021 CrossFit Open 21.3	
Wall Balls	14th 2022 Madrid Championship The Rings and The Ramp	2nd 2022 CrossFit Fittest in Cape Town Stellies Chipper	10th 2022 Quarterfinals Event# 3	14th 2021 Fittest in Cape Town Legless Karen	10th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 CrossFit Fittest in Cape Town	Barbell Complex	198 lbs/90 kg
2022 Quarterfinals	The Other Total	589 lbs/267.7 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	209 lbs/95 kg
2021 CrossFit Open	21.4	190 lbs/86.4 kg

## Morteza Sedaghat

Age: 28 Height: 5ft 8in/172 cm Weight: 196 lbs/89 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Far East Throwdown	6	8.7	1	2	3	6
2022 - Quarterfinals	6	19	0	3	3	5
2022 - World Wide Quarterfinals	336	-	-	-	-	-

2022 - CrossFit Open	161	334.3	0	0	0	3
2021 - Last Chance Qualifier	18	16.8	0	1	1	4
2021 - Asia Invitational	5	7.2	1	1	5	6
2021 - Individual Quarterfinals	22	47.4	1	1	3	5
2021 - CrossFit Open	318	1104.8	0	0	0	4

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Far East Throwdown	8.7	1	9	9.7	13
2022 - Quarterfinals	19	2	-	30	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	334.3	-	602	318	-
2021 - Last Chance Qualifier	16.8	9.5	28	20	-
2021 - Asia Invitational	7.2	1	6	8	-
2021 - Individual Quarterfinals	47.4	9	75.5	67	-
2021 - CrossFit Open	1104.8	603	1375.5	-	-

#### Recent Event Results by Movement

Burpees	2nd 2022 Quarterfinals Event# 5	602nd 2022 CrossFit Open 22.2	15th 2021 Last Chance Qualifier Event# 3	6th 2021 Asia Invitational Grettel	1st 2021 Individual Quarterfinals Test 5
Clean	20th 2021 Last Chance Qualifier Event# 4	10th 2021 Individual Quarterfinals Test 1			

Chest to Bar Pull Ups	83rd 2022 CrossFit Open 22.3	6th 2021 Asia Invitational Friendly Fran	1065th 2021 CrossFit Open 21.3		
GHD Situps	13th 2022 Far East Throwdown Far East Chipper	13th 2022 Quarterfinals Event# 2	14th 2021 Asia Invitational Semifinals 21.2	67th 2021 Individual Quarterfinals Test 2	
Handstand Push Ups	13th 2022 Far East Throwdown Far East Chipper	3rd 2022 Quarterfinals Event# 1	3rd 2022 Quarterfinals Event# 1	3rd 2022 Quarterfinals Event# 1	10th 2021 Individual Quarterfinals Test 1
Rowing	15th 2022 Far East Throwdown Crossing the Gwang-an Bridge	2nd 2022 Quarterfinals Event# 5	28th 2021 Last Chance Qualifier Event# 1	7th 2021 Asia Invitational Semifinals 21.5	150th 2021 Individual Quarterfinals Test 3
Snatch	13th 2022 Far East Throwdown Far East Chipper	2nd 2022 Far East Throwdown Short or Long	15th 2022 Far East Throwdown Crossing the Gwang-an Bridge	2nd 2022 Quarterfinals Event# 5	318th 2022 CrossFit Open 22.1
Thrusters	83rd 2022 CrossFit Open 22.3	6th 2021 Asia Invitational Friendly Fran	1065th 2021 CrossFit Open 21.3		
Toes to Bar	13th 2022 Far East Throwdown Far East Chipper	1065th 2021 CrossFit Open 21.3			
Wall Balls	13th 2022 Far East Throwdown Far East Chipper	75th 2022 Quarterfinals Event# 3	150th 2021 Individual Quarterfinals Test 3		

CrossFit Competition	Lift	Weight
2022 Far East Throwdown	Barbell Complex	330 lbs/150 kg
2022 Quarterfinals	The Other Total	1056 lbs/480 kg



2021 Last Chance Qualifier	3 Rep Max Deadlift	557 lbs/253.2 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	388 lbs/176.4 kg
2021 CrossFit Open	21.4	287 lbs/130.5 kg

## Seungjong Kim

Age: 27 Height:5ft 9in/175 cm Weight:178 lbs/81 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Far East Throwdown	14	12.7	0	0	2	6
2022 - World Wide Quarterfinals	561	-	-	-	-	-
2022 - Quarterfinals	19	36.6	0	0	1	5
2022 - CrossFit Open	902	-	0	-	-	-
2021 - Asia Invitational	16	16.8	0	0	2	6
2021 - Individual Quarterfinals	28	54.4	0	0	0	5
2021 - CrossFit Open	407	1287.3	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Far East Throwdown	12.7	7	12	11.7	22
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	36.6	35	-	30	-
2022 - CrossFit Open	-	-	-	-	-
2021 - Asia Invitational	16.8	22	20	8.5	-
2021 - Individual Quarterfinals	54.4	66	68.5	29	-

2021 - CrossFit Open	1287.3	2600	631.5	-	-
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### Recent Event Results by Movement

Burpees	9th 2022 Quarterfinals Event# 5	20th 2021 Asia Invitational Grettel	46th 2021 Individual Quarterfinals Test 5	802nd 2021 CrossFit Open 21.2	
Clean	40th 2021 Individual Quarterfinals Test 1				
Chest to Bar Pull Ups	20th 2021 Asia Invitational Friendly Fran	1286th 2021 CrossFit Open 21.3			
GHD Situps	22nd 2022 Far East Throwdown Far East Chipper	38th 2022 Quarterfinals Event# 2	22nd 2021 Asia Invitational Semifinals 21.2	29th 2021 Individual Quarterfinals Test 2	
Handstand Push Ups	22nd 2022 Far East Throwdown Far East Chipper	58th 2022 Quarterfinals Event# 1	58th 2022 Quarterfinals Event# 1	58th 2022 Quarterfinals Event# 1	40th 2021 Individual Quarterfinals Test 1
Rowing	12th 2022 Far East Throwdown Crossing the Gwang-an Bridge	9th 2022 Quarterfinals Event# 5	8th 2021 Asia Invitational Semifinals 21.5	91st 2021 Individual Quarterfinals Test 3	
Snatch	22nd 2022 Far East Throwdown Far East Chipper	8th 2022 Far East Throwdown Short or Long	12th 2022 Far East Throwdown Crossing the Gwang-an Bridge	9th 2022 Quarterfinals Event# 5	22nd 2021 Asia Invitational Semifinals 21.4
Thrusters	20th 2021 Asia Invitational Friendly Fran	1286th 2021 CrossFit Open 21.3			

Toes to Bar	22nd 2022 Far East Throwdown Far East Chipper	1286th 2021 CrossFit Open 21.3	
Wall Balls	22nd 2022 Far East Throwdown Far East Chipper	43rd 2022 Quarterfinals Event# 3	91st 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 Far East Throwdown	Barbell Complex	310 lbs/140.9 kg
2022 Quarterfinals	The Other Total	938 lbs/426.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	340 lbs/154.5 kg
2021 CrossFit Open	21.4	265 lbs/120.5 kg

## Andrey Fedotov

Age: 29 Height: 5ft 5in/164 cm Weight: 178 lbs/81 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Last Chance Qualifier	25	21	0	0	0	3
2022 - Far East Throwdown	4	7.5	0	2	5	6
2022 - World Wide Quarterfinals	330	-	-	-	-	-
2022 - Quarterfinals	13	22.4	0	0	0	5
2022 - CrossFit Open	94	208.3	0	0	0	3
2021 - Individual Quarterfinals	35	60.2	0	1	1	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Last Chance Qualifier	21	-	21	21	-
2022 - Far East Throwdown	7.5	8	6	8.3	6
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	22.4	27	-	19	-
2022 - CrossFit Open	208.3	-	372	176	-
2021 - Individual Quarterfinals	60.2	91	88	31	-

#### Recent Event Results by Movement

Burpees	21st 2022 Last Chance Qualifier Event# 4	14th 2022 Quarterfinals Event# 5	372nd 2022 CrossFit Open 22.2	19th 2021 Individual Quarterfinals Test 5	
Clean	3rd 2021 Individual Quarterfinals Test 1				
Chest to Bar Pull Ups	77th 2022 CrossFit Open 22.3				
GHD Situps	6th 2022 Far East Throwdown Far East Chipper	19th 2022 Quarterfinals Event# 2	31st 2021 Individual Quarterfinals Test 2		
Handstand Push Ups	6th 2022 Far East Throwdown Far East Chipper	28th 2022 Quarterfinals Event# 1	28th 2022 Quarterfinals Event# 1	28th 2022 Quarterfinals Event# 1	3rd 2021 Individual Quarterfinals Test 1
Rowing	27th 2022 Last Chance Qualifier Event# 2	4th 2022 Far East Throwdown Crossing the Gwang-an Bridge	14th 2022 Quarterfinals Event# 5	157th 2021 Individual Quarterfinals Test 3	

Snatch	6th 2022 Far East Throwdown Far East Chipper	5th 2022 Far East Throwdown Short or Long	4th 2022 Far East Throwdown Crossing the Gwang-an Bridge	14th 2022 Quarterfinals Event# 5	176th 2022 CrossFit Open 22.1
Thrusters	15th 2022 Last Chance Qualifier Event# 1	77th 2022 CrossFit Open 22.3			
Toes to Bar	6th 2022 Far East Throwdown Far East Chipper				
Wall Balls	21st 2022 Last Chance Qualifier Event# 4	6th 2022 Far East Throwdown Far East Chipper	24th 2022 Quarterfinals Event# 3	157th 2021 Individual Quarterfinals Test 3	

CrossFit Competition	Lift	Weight
2022 Far East Throwdown	Barbell Complex	305 lbs/138.6 kg
2022 Quarterfinals	The Other Total	961 lbs/436.8 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	333 lbs/151.4 kg

## Ant Haynes

Age: 33 Height:5ft 10in/179 cm Weight:194 lbs/88 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Last Chance Qualifier	24	22.8	0	0	0	4
2022 - Far East Throwdown	5	8.8	0	2	4	6
2022 - Quarterfinals	5	16.2	0	2	2	5
2022 - World Wide Quarterfinals	201	-	-	-	-	-

2022 - CrossFit Open	599	988.7	0	0	0	3
2021 - Asia Invitational	9	12.8	0	0	2	6
2021 - Individual Quarterfinals	10	32.8	0	1	1	5
2021 - CrossFit Open	805	2203.5	0	0	0	4
2020 - CrossFit Open	282	510.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Last Chance Qualifier	22.8	-	23	22	-
2022 - Far East Throwdown	8.8	19	3	8	7
2022 - Quarterfinals	16.2	26	-	9.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	988.7	-	283	1847	-
2021 - Asia Invitational	12.8	14	10.5	17.5	-
2021 - Individual Quarterfinals	32.8	58	20	34	-
2021 - CrossFit Open	2203.5	3067	2717	-	-
2020 - CrossFit Open	510.2	-	343	552	-

#### Recent Event Results by Movement

Burpees	22nd 2022 Last Chance Qualifier Event# 4	20th 2022 Quarterfinals Event# 5	283rd 2022 CrossFit Open 22.2	9th 2021 Asia Invitational Grettel	36th 2021 Individual Quarterfinals Test 5
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Clean	32nd 2021 Individual Quarterfinals Test 1	4th 2019 Asia CrossFit Championship Event# 1	339th 2019 Crossfit Open 19.2	19th 2018 Pacific Regional Linda	1914th 2018 Crossfit Open 18.2a
Chest to Bar Pull Ups	836th 2022 CrossFit Open 22.3	12th 2021 Asia Invitational Friendly Fran	313th 2021 CrossFit Open 21.3	369th 2019 Crossfit Open 19.5	545th 2018 Crossfit Open 18.5
GHD Situps	7th 2022 Far East Throwdown Far East Chipper	5th 2022 Quarterfinals Event# 2	7th 2021 Asia Invitational Semifinals 21.2	34th 2021 Individual Quarterfinals Test 2	14th 2016 Pacific Regional Regionals 16.5
Handstand Push Ups	7th 2022 Far East Throwdown Far East Chipper	26th 2022 Quarterfinals Event# 1	26th 2022 Quarterfinals Event# 1	26th 2022 Quarterfinals Event# 1	32nd 2021 Individual Quarterfinals Test 1
Rowing	23rd 2022 Last Chance Qualifier Event# 2	6th 2022 Far East Throwdown Crossing the Gwang-an Bridge	20th 2022 Quarterfinals Event# 5	13th 2021 Asia Invitational Semifinals 21.5	4th 2021 Individual Quarterfinals Test 3
Snatch	7th 2022 Far East Throwdown Far East Chipper	16th 2022 Far East Throwdown Short or Long	6th 2022 Far East Throwdown Crossing the Gwang-an Bridge	20th 2022 Quarterfinals Event# 5	1847th 2022 CrossFit Open 22.1
Thrusters	24th 2022 Last Chance Qualifier Event# 1	836th 2022 CrossFit Open 22.3	12th 2021 Asia Invitational Friendly Fran	313th 2021 CrossFit Open 21.3	804th 2020 CrossFit Open 20.2
Toes to Bar	7th 2022 Far East Throwdown Far East Chipper	313th 2021 CrossFit Open 21.3	804th 2020 CrossFit Open 20.2	339th 2019 Crossfit Open 19.2	24th 2018 Pacific Regional Regionals 18.5
Wall Balls	22nd 2022 Last Chance Qualifier Event# 4	7th 2022 Far East Throwdown Far East Chipper	4th 2022 Quarterfinals Event# 3	4th 2021 Individual Quarterfinals Test 3	125th 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Far East Throwdown	Barbell Complex	275 lbs/125 kg
2022 Quarterfinals	The Other Total	963 lbs/437.7 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	343 lbs/155.9 kg
2021 CrossFit Open	21.4	264 lbs/120 kg
2018 Crossfit Open	18.2a	321 lbs/145.9 kg
2015 Pacific Regional	Regionals 15.5	205 lbs/93.2 kg

## Arthur Semenov

Age: 30 Height:6ft 2in/187 cm Weight:213 lbs/97 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	39	35.4	0	0	0	11
2022 - Last Chance Qualifier	18	16.5	0	0	1	4
2022 - Far East Throwdown	3	3.7	2	5	6	6
2022 - Quarterfinals	14	24.6	0	0	0	5
2022 - World Wide Quarterfinals	375	-	-	-	-	-
2022 - CrossFit Open	560	922	0	0	0	3
2020 - Norwegian CrossFit Championship	24	14.2	0	3	4	9
2020 - CrossFit Open	125	276.2	0	0	0	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
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2022 - CrossFit Games	35.4	32	34.7	36	39
2022 - Last Chance Qualifier	16.5	-	15.7	19	-
2022 - Far East Throwdown	3.7	5	1	3	7
2022 - Quarterfinals	24.6	21	-	16.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	922	-	1274	401	-
2020 - Norwegian CrossFit Championship	14.2	24.5	4.3	13.7	-
2020 - CrossFit Open	276.2	-	199	295.5	-

#### Recent Event Results by Movement

Burpees	18th 2023 Wodapalooza E6 - Dirty Isabel	19th 2022 Last Chance Qualifier Event# 4	22nd 2022 Quarterfinals Event# 5	1274th 2022 CrossFit Open 22.2	3rd 2020 Norwegian CrossFit Championship Event# 3
Clean	11th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	20th 2022 CrossFit Games Sandbag Ladder	37th 2022 CrossFit Games Elizabeth Elevated	5th 2020 Norwegian CrossFit Championship Event# 1	788th 2018 Crossfit Open 18.2a
Chest to Bar Pull Ups	16th 2023 Wodapalooza E6 - Miami Meat Market	39th 2022 CrossFit Games Bike to Work	1091st 2022 CrossFit Open 22.3	25th 2020 Norwegian CrossFit Championship Event# 9	856th 2018 Crossfit Open 18.5
GHD Situps	10th 2023 Wodapalooza E2 - Back to the Future	10th 2023 Wodapalooza E2 - Back to the Future	39th 2022 CrossFit Games Up and Over	7th 2022 Far East Throwdown Far East Chipper	16th 2022 Quarterfinals Event# 2
Handstand Push Ups	7th 2022 Far East Throwdown Far East Chipper	52nd 2022 Quarterfinals Event# 1	52nd 2022 Quarterfinals Event# 1	52nd 2022 Quarterfinals Event# 1	25th 2020 Norwegian CrossFit Championship Event# 7

Rowing	11th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	7th 2022 Last Chance Qualifier Event# 2	5th 2022 Far East Throwdown Crossing the Gwang-an Bridge	22nd 2022 Quarterfinals Event# 5	11th 2020 Norwegian CrossFit Championship Event# 6
Snatch	18th 2023 Wodapalooza E6 - Dirty Isabel	33rd 2022 CrossFit Games Hat Trick	7th 2022 Far East Throwdown Far East Chipper	1st 2022 Far East Throwdown Short or Long	5th 2022 Far East Throwdown Crossing the Gwang-an Bridge
Thrusters	10th 2023 Wodapalooza E2 - Back to the Future	26th 2022 Last Chance Qualifier Event# 1	1091st 2022 CrossFit Open 22.3	25th 2020 Norwegian CrossFit Championship Event# 9	452nd 2020 CrossFit Open 20.2
Toes to Bar	35th 2023 Wodapalooza E3 - Start Fast, Finish Strong	39th 2022 CrossFit Games Bike to Work	7th 2022 Far East Throwdown Far East Chipper	2nd 2020 Norwegian CrossFit Championship Event# 4	452nd 2020 CrossFit Open 20.2
Wall Balls	17th 2023 Wodapalooza E5 - Double Shot with a Splash	33rd 2022 CrossFit Games Hat Trick	19th 2022 Last Chance Qualifier Event# 4	7th 2022 Far East Throwdown Far East Chipper	12th 2022 Quarterfinals Event# 3
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2023 Wodapalooza			E4 - We Have Lift Off		365 lbs/165.9 kg
2022 CrossFit Games			Sandbag Ladder		310 lbs/140.9 kg
2022 Far East Throwdown			Barbell Complex		325 lbs/147.7 kg
2022 Quarterfinals			The Other Total		970 lbs/440.9 kg
2020 Norwegian CrossFit Championship					0 lbs/0 kg
2018 Crossfit Open			18.2a		336 lbs/152.7 kg

## Dawon Jung

Age: 28 Height:5ft 7in/170 cm Weight:143 lbs/65 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Last Chance Qualifier	18	17.8	0	0	0	4
2022 - Far East Throwdown	3	4.8	0	4	6	6
2022 - World Wide Quarterfinals	155	-	-	-	-	-
2022 - Quarterfinals	5	6.8	0	0	5	5
2022 - CrossFit Open	196	328	0	0	0	3
2021 - Asia Invitational	10	10.2	0	1	3	6
2021 - Individual Quarterfinals	10	18	0	0	1	5
2021 - CrossFit Open	343	851.8	0	0	0	4
2020 - CrossFit Open	309	515	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Last Chance Qualifier	17.8	-	19.3	13	-
2022 - Far East Throwdown	4.8	5	8	4.7	2
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	6.8	8	-	6	-
2022 - CrossFit Open	328	-	776	171	-
2021 - Asia Invitational	10.2	4	8	14	-
2021 - Individual Quarterfinals	18	17	21	10	-
2021 - CrossFit Open	851.8	1108	1035.5	-	-
2020 - CrossFit Open	515	-	390	546.3	-

### Recent Event Results by Movement

Burpees	13th 2022 Last Chance Qualifier Event# 4	6th 2022 Quarterfinals Event# 5	776th 2022 CrossFit Open 22.2	10th 2021 Asia Invitational Grettel	23rd 2021 Individual Quarterfinals Test 5
Clean	21st 2021 Individual Quarterfinals Test 1				
Chest to Bar Pull Ups	37th 2022 CrossFit Open 22.3	6th 2021 Asia Invitational Friendly Fran	228th 2021 CrossFit Open 21.3		
GHD Situps	2nd 2022 Far East Throwdown Far East Chipper	6th 2022 Quarterfinals Event# 2	13th 2021 Asia Invitational Semifinals 21.2	10th 2021 Individual Quarterfinals Test 2	
Handstand Push Ups	2nd 2022 Far East Throwdown Far East Chipper	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	21st 2021 Individual Quarterfinals Test 1
Rowing	22nd 2022 Last Chance Qualifier Event# 2	7th 2022 Far East Throwdown Crossing the Gwang-an Bridge	6th 2022 Quarterfinals Event# 5	13th 2021 Asia Invitational Semifinals 21.5	19th 2021 Individual Quarterfinals Test 3
Snatch	7th 2022 Far East Throwdown Crossing the Gwang-an Bridge	2nd 2022 Far East Throwdown Far East Chipper	4th 2022 Far East Throwdown Short or Long	6th 2022 Quarterfinals Event# 5	171st 2022 CrossFit Open 22.1
Thrusters	17th 2022 Last Chance Qualifier Event# 1	37th 2022 CrossFit Open 22.3	6th 2021 Asia Invitational Friendly Fran	228th 2021 CrossFit Open 21.3	556th 2020 CrossFit Open 20.2
Toes to Bar	2nd 2022 Far East Throwdown Far East Chipper	228th 2021 CrossFit Open 21.3	556th 2020 CrossFit Open 20.2		

Wall Balls	13th 2022 Last Chance Qualifier Event# 4	2nd 2022 Far East Throwdown Far East Chipper	6th 2022 Quarterfinals Event# 3	19th 2021 Individual Quarterfinals Test 3	649th 2020 CrossFit Open 20.5
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CrossFit Competition	Lift	Weight
2022 Far East Throwdown	Barbell Complex	195 lbs/88.6 kg
2022 Quarterfinals	The Other Total	604 lbs/274.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	225 lbs/102.3 kg
2021 CrossFit Open	21.4	185 lbs/84.1 kg

## Seher Kaya

Age: 25 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	15	12.6	0	0	3	8
2022 - CrossFit Games	29	24.9	0	1	1	14
2022 - Far East Throwdown	2	2.7	2	6	6	6
2022 - Quarterfinals	3	5.4	2	3	4	5
2022 - World Wide Quarterfinals	116	-	-	-	-	-
2022 - CrossFit Open	20	50.7	0	1	1	3
2021 - Asia Invitational	7	9.3	0	2	4	6
2021 - Individual Quarterfinals	5	15.2	0	2	3	5
2021 - CrossFit Open	462	1121.8	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	12.6	13.5	15	12.7	8
2022 - CrossFit Games	24.9	23.3	26.5	26.5	13
2022 - Far East Throwdown	2.7	5	4	2	1
2022 - Quarterfinals	5.4	13	-	4.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	50.7	-	5	82	-
2021 - Asia Invitational	9.3	18	7	10	-
2021 - Individual Quarterfinals	15.2	40	12	8	-
2021 - CrossFit Open	1121.8	4091	115	-	-

### Recent Event Results by Movement

Burpees	9th 2022 Dubai Fitness Championship Fast Like an Oryx	5th 2022 Quarterfinals Event# 5	5th 2022 CrossFit Open 22.2	2nd 2021 Asia Invitational Grettel	20th 2021 Individual Quarterfinals Test 5
Clean	18th 2022 Dubai Fitness Championship Hang Clean Ladder	13th 2022 Dubai Fitness Championship Barbell Furious	31st 2022 CrossFit Games Sandbag Ladder	37th 2022 CrossFit Games Elizabeth Elevated	4th 2021 Individual Quarterfinals Test 1
Chest to Bar Pull Ups	13th 2022 Dubai Fitness Championship Heavy Handed	19th 2022 CrossFit Games Bike to Work	65th 2022 CrossFit Open 22.3	12th 2021 Asia Invitational Friendly Fran	166th 2021 CrossFit Open 21.3
GHD Situps	32nd 2022 CrossFit Games Up and Over	1st 2022 Far East Throwdown Far East Chipper	7th 2022 Quarterfinals Event# 2	4th 2021 Asia Invitational Semifinals 21.2	8th 2021 Individual Quarterfinals Test 2

Handstand Push Ups	1st 2022 Far East Throwdown Far East Chipper	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	4th 2021 Individual Quarterfinals Test 1
Rowing	26th 2022 CrossFit Games Jackie Pro	3rd 2022 Far East Throwdown Crossing the Gwang-an Bridge	5th 2022 Quarterfinals Event# 5	10th 2021 Asia Invitational Semifinals 21.5	4th 2021 Individual Quarterfinals Test 3
Snatch	16th 2022 Dubai Fitness Championship Get a Grip	35th 2022 CrossFit Games Hat Trick	1st 2022 Far East Throwdown Far East Chipper	2nd 2022 Far East Throwdown Short or Long	3rd 2022 Far East Throwdown Crossing the Gwang-an Bridge
Thrusters	9th 2022 Dubai Fitness Championship Fast Like an Oryx	26th 2022 CrossFit Games Jackie Pro	65th 2022 CrossFit Open 22.3	12th 2021 Asia Invitational Friendly Fran	166th 2021 CrossFit Open 21.3
Toes to Bar	16th 2022 Dubai Fitness Championship Get a Grip	19th 2022 CrossFit Games Bike to Work	1st 2022 Far East Throwdown Far East Chipper	166th 2021 CrossFit Open 21.3	
Wall Balls	35th 2022 CrossFit Games Hat Trick	1st 2022 Far East Throwdown Far East Chipper	1st 2022 Quarterfinals Event# 3	4th 2021 Individual Quarterfinals Test 3	
<b>CrossFit Competition</b>		<b>Lift</b>			<b>Weight</b>
2022 Dubai Fitness Championship		Hang Clean Ladder			95 lbs/43.2 kg
2022 CrossFit Games		Sandbag Ladder			190 lbs/86.4 kg
2022 Far East Throwdown		Barbell Complex			195 lbs/88.6 kg
2022 Quarterfinals		The Other Total			594 lbs/270 kg
2021 Individual Quarterfinals		Test 4 (4 Rep Max Front Squat)			209 lbs/95 kg
2021 CrossFit Open		21.4			165 lbs/75 kg

# Shahad Budebs

Age: 28 Height:5ft 3in/160 cm Weight:128 lbs/58 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - ELFIT CrossFit Championship	2	-	-	-	-	-
2022 - Far East Throwdown	6	7.3	0	3	5	6
2022 - Quarterfinals	2	5.2	0	3	5	5
2022 - World Wide Quarterfinals	126	-	-	-	-	-
2022 - CrossFit Open	257	425	0	0	0	3
2021 - Individual Quarterfinals	22	29.2	0	1	1	5
2021 - CrossFit Open	491	1182.3	0	0	0	4
2020 - CrossFit Open	512	819.2	0	0	0	5

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - ELFIT CrossFit Championship	-	-	-	-	-
2022 - Far East Throwdown	7.3	10	2	9.3	4
2022 - Quarterfinals	5.2	4	-	4.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	425	-	729	107	-
2021 - Individual Quarterfinals	29.2	40	44	5	-
2021 - CrossFit Open	1182.3	2297	1075.5	-	-
2020 - CrossFit Open	819.2	-	453	910.8	-



**Recent Event Results by Movement**

Burpees	4th 2022 Quarterfinals Event# 5	729th 2022 CrossFit Open 22.2	33rd 2021 Individual Quarterfinals Test 5	571st 2021 CrossFit Open 21.2	15th 2019 Dubai CrossFit Championship Event# 11
Clean	13th 2021 Individual Quarterfinals Test 1	24th 2019 Dubai CrossFit Championship Event# 1	21st 2019 Dubai CrossFit Championship Event# 9		
Chest to Bar Pull Ups	439th 2022 CrossFit Open 22.3	281st 2021 CrossFit Open 21.3	16th 2019 Dubai CrossFit Championship Event# 8		
GHD Situps	4th 2022 Far East Throwdown Far East Chipper	2nd 2022 Quarterfinals Event# 2	5th 2021 Individual Quarterfinals Test 2		
Handstand Push Ups	4th 2022 Far East Throwdown Far East Chipper	9th 2022 Quarterfinals Event# 1	9th 2022 Quarterfinals Event# 1	9th 2022 Quarterfinals Event# 1	13th 2021 Individual Quarterfinals Test 1
Rowing	2nd 2022 Far East Throwdown Crossing the Gwang-an Bridge	4th 2022 Quarterfinals Event# 5	55th 2021 Individual Quarterfinals Test 3	13th 2019 Dubai CrossFit Championship Event# 7	125th 2020 CrossFit Open 20.5
Snatch	8th 2022 Far East Throwdown Short or Long	2nd 2022 Far East Throwdown Crossing the Gwang-an Bridge	4th 2022 Far East Throwdown Far East Chipper	4th 2022 Quarterfinals Event# 5	107th 2022 CrossFit Open 22.1
Thrusters	439th 2022 CrossFit Open 22.3	281st 2021 CrossFit Open 21.3	15th 2019 Dubai CrossFit Championship Event# 11	1173rd 2020 CrossFit Open 20.2	

Toes to Bar	4th 2022 Far East Throwdown Far East Chipper	281st 2021 CrossFit Open 21.3	9th 2019 Dubai CrossFit Championship Event# 10	1173rd 2020 CrossFit Open 20.2	
Wall Balls	4th 2022 Far East Throwdown Far East Chipper	7th 2022 Quarterfinals Event# 3	55th 2021 Individual Quarterfinals Test 3	13th 2019 Dubai CrossFit Championship Event# 7	125th 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Far East Throwdown	Barbell Complex	185 lbs/84.1 kg
2022 Quarterfinals	The Other Total	615 lbs/279.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	209 lbs/95 kg
2021 CrossFit Open	21.4	175 lbs/79.5 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	90 lbs/40.9 kg

## Yuko Sakuyama

Age: 36 Height:5ft 0in/152 cm Weight:120 lbs/55 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Far East Throwdown	5	6.7	0	2	6	6
2022 - World Wide Quarterfinals	507	-	-	-	-	-
2022 - Quarterfinals	11	17	1	3	3	5
2022 - CrossFit Open	168	285.3	0	0	0	3
2021 - Asia Invitational	4	5.5	1	3	5	6
2021 - Individual Quarterfinals	6	15.8	0	2	4	5
2021 - CrossFit Open	69	265.5	0	0	0	4

2020 - Pandaland CrossFit Challenge	7	8.4	0	1	3	5
2020 - CrossFit Open	178	314.6	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Far East Throwdown	6.7	10	4	6.7	6
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	17	5	-	25	-
2022 - CrossFit Open	285.3	-	173	347	-
2021 - Asia Invitational	5.5	11	4	2.5	-
2021 - Individual Quarterfinals	15.8	10	31.5	4	-
2021 - CrossFit Open	265.5	684	149	-	-
2020 - Pandaland CrossFit Challenge	8.4	-	5.5	11	13
2020 - CrossFit Open	314.6	-	129	361	-

#### Recent Event Results by Movement

Burpees	17th 2022 Quarterfinals Event# 5	173rd 2022 CrossFit Open 22.2	1st 2021 Asia Invitational Grettel	9th 2021 Individual Quarterfinals Test 5	256th 2021 CrossFit Open 21.2
Clean	2nd 2021 Individual Quarterfinals Test 1	10th 2019 Asia CrossFit Championship Event# 1	12th 2018 Pacific Regional Linda	649th 2018 Crossfit Open 18.2a	28th 2017 Pacific Regional Regionals 17.6
Chest to Bar Pull Ups	336th 2022 CrossFit Open 22.3	7th 2021 Asia Invitational Friendly Fran	80th 2021 CrossFit Open 21.3	7th 2020 Pandaland CrossFit Challenge Event# 5	574th 2018 Crossfit Open 18.5

GHD Situps	6th 2022 Far East Throwdown Far East Chipper	1st 2022 Quarterfinals Event# 2	9th 2021 Asia Invitational Semifinals 21.2	4th 2021 Individual Quarterfinals Test 2	25th 2015 Pacific Regional Regionals 15.3
Handstand Push Ups	6th 2022 Far East Throwdown Far East Chipper	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	2nd 2021 Individual Quarterfinals Test 1
Rowing	9th 2022 Far East Throwdown Crossing the Gwang-an Bridge	17th 2022 Quarterfinals Event# 5	3rd 2021 Asia Invitational Semifinals 21.5	54th 2021 Individual Quarterfinals Test 3	7th 2020 Pandaland CrossFit Challenge Event# 5
Snatch	6th 2022 Far East Throwdown Far East Chipper	6th 2022 Far East Throwdown Short or Long	9th 2022 Far East Throwdown Crossing the Gwang-an Bridge	17th 2022 Quarterfinals Event# 5	347th 2022 CrossFit Open 22.1
Thrusters	336th 2022 CrossFit Open 22.3	7th 2021 Asia Invitational Friendly Fran	80th 2021 CrossFit Open 21.3	7th 2020 Pandaland CrossFit Challenge Event# 5	69th 2020 CrossFit Open 20.2
Toes to Bar	6th 2022 Far East Throwdown Far East Chipper	80th 2021 CrossFit Open 21.3	7th 2020 Pandaland CrossFit Challenge Event# 5	69th 2020 CrossFit Open 20.2	30th 2018 Pacific Regional Regionals 18.5
Wall Balls	6th 2022 Far East Throwdown Far East Chipper	57th 2022 Quarterfinals Event# 3	54th 2021 Individual Quarterfinals Test 3	11th 2020 Pandaland CrossFit Challenge Event# 3	413th 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Far East Throwdown	Barbell Complex	185 lbs/84.1 kg
2022 Quarterfinals	The Other Total	605 lbs/275 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	234 lbs/106.4 kg

2021 CrossFit Open	21.4	191 lbs/86.8 kg
2020 Pandaland CrossFit Challenge		145 lbs/65.9 kg
2018 Crossfit Open	18.2a	217 lbs/98.6 kg
2015 Pacific Regional	Regionals 15.5	145 lbs/65.9 kg

## Dema Zebdiah

Age: 37 Height:5ft 9in/175 cm Weight:163 lbs/74 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - ELFIT CrossFit Championship	6	-	-	-	-	-
2022 - Far East Throwdown	4	6.5	0	1	6	6
2022 - World Wide Quarterfinals	398	-	-	-	-	-
2022 - Quarterfinals	9	13.8	0	1	2	5
2022 - CrossFit Open	751	-	0	-	-	-

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - ELFIT CrossFit Championship	-	-	-	-	-
2022 - Far East Throwdown	6.5	4	7	6.3	9
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	13.8	9	-	12.7	-
2022 - CrossFit Open	-	-	-	-	-

### Recent Event Results by Movement

Burpees	2nd 2022 Quarterfinals Event# 5			
Clean	No results found			
Chest to Bar Pull Ups	No results found			
GHD Situps	9th 2022 Far East Throwdown Far East Chipper	19th 2022 Quarterfinals Event# 2		
Handstand Push Ups	9th 2022 Far East Throwdown Far East Chipper	22nd 2022 Quarterfinals Event# 1	22nd 2022 Quarterfinals Event# 1	22nd 2022 Quarterfinals Event# 1
Rowing	6th 2022 Far East Throwdown Crossing the Gwang-an Bridge	2nd 2022 Quarterfinals Event# 5		
Snatch	9th 2022 Far East Throwdown Far East Chipper	7th 2022 Far East Throwdown Short or Long	6th 2022 Far East Throwdown Crossing the Gwang-an Bridge	2nd 2022 Quarterfinals Event# 5
Thrusters	No results found			
Toes to Bar	9th 2022 Far East Throwdown Far East Chipper			
Wall Balls	9th 2022 Far East Throwdown Far East Chipper	17th 2022 Quarterfinals Event# 3		
<b>CrossFit Competition</b>		<b>Lift</b>		<b>Weight</b>
2022 Far East Throwdown		Barbell Complex		200 lbs/90.9 kg
2022 Quarterfinals		The Other Total		601 lbs/273.2 kg

## Uldis Upenieks

Age: 25 Height:5ft 9in/174 cm Weight:185 lbs/84 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Madrid Challenger Series	2	-	-	-	-	-
2022 - CrossFit Games	21	20.9	1	2	3	14
2022 - Battle of Wermland	1	-	-	-	-	-
2022 - Lowlands Throwdown	3	7.5	2	3	4	6
2022 - Quarterfinals	13	64.2	0	0	0	5
2022 - World Wide Quarterfinals	70	-	-	-	-	-
2022 - CrossFit Open	110	233.3	1	1	1	3
2022 - Wodapalooza	18	17.9	0	0	1	8
2021 - Dubai CrossFit Championship	Withdrew From Event	-	0	-	-	-
2021 - Rogue Invitational	15	13.1	0	1	2	7
2021 - CrossFit Games	25	21.8	0	1	2	10
2021 - CrossFit Lowlands Throwdown	3	7.2	0	3	5	6
2021 - Individual Quarterfinals	10	53.6	0	0	1	5
2021 - CrossFit Open	99	458.3	0	0	0	4
2020 - CrossFit Open	56	128.6	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Madrid Challenger Series	-	-	-	-	-
2022 - CrossFit Games	20.9	18	21	22.3	32

2022 - Battle of Wermland	-	-	-	-	-
2022 - Lowlands Throwdown	7.5	13	8	7.7	-
2022 - Quarterfinals	64.2	178	-	43.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	233.3	-	1	603	-
2022 - Wodapalooza	17.9	35	11	16.8	13
2021 - Dubai CrossFit Championship	-	-	-	-	-
2021 - Rogue Invitational	13.1	20	4.5	16	-
2021 - CrossFit Games	21.8	22.5	21.8	13	-
2021 - CrossFit Lowlands Throwdown	7.2	10	5	5	-
2021 - Individual Quarterfinals	53.6	67	77.5	7	-
2021 - CrossFit Open	458.3	1255	253.5	-	-
2020 - CrossFit Open	128.6	-	21	155.5	-

#### Recent Event Results by Movement

Burpees	2nd 2022 Lowlands Throwdown Jigsaw	78th 2022 Quarterfinals Event# 5	1st 2022 CrossFit Open 22.2	23rd 2022 Wodapalooza Dale	13th 2022 Wodapalooza The Bayside Chipper
Clean	5th 2022 CrossFit Games Elizabeth Elevated	14th 2022 CrossFit Games Sandbag Ladder	1st 2022 Lowlands Throwdown Devil's Advocate	17th 2021 Rogue Invitational The Duel	32nd 2021 CrossFit Games Event# 7
Chest to Bar Pull Ups	11th 2022 CrossFit Games Bike to Work	2nd 2022 Lowlands Throwdown Jigsaw	96th 2022 CrossFit Open 22.3	13th 2022 Wodapalooza Echo Fran	3rd 2021 CrossFit Lowlands Throwdown Friendly Fran



GHD Situps	9th 2022 CrossFit Games Up and Over	23rd 2022 Quarterfinals Event# 2	16th 2022 Wodapalooza Flipped Off	15th 2021 Rogue Invitational Concept2	8th 2021 CrossFit Lowlands Throwdown Semifinals 21.2
Handstand Push Ups	1st 2022 Lowlands Throwdown Devil's Advocate	13th 2022 Quarterfinals Event# 1	13th 2022 Quarterfinals Event# 1	13th 2022 Quarterfinals Event# 1	8th 2022 Wodapalooza Celebrate Ten
Rowing	19th 2022 CrossFit Games Jackie Pro	1st 2022 Lowlands Throwdown Insidious	78th 2022 Quarterfinals Event# 5	24th 2022 Wodapalooza Row, Swim, Run	13th 2021 Rogue Invitational Chipper
Snatch	36th 2022 CrossFit Games Hat Trick	78th 2022 Quarterfinals Event# 5	603rd 2022 CrossFit Open 22.1	17th 2021 Rogue Invitational The Duel	32nd 2021 CrossFit Games Event# 9
Thrusters	19th 2022 CrossFit Games Jackie Pro	2nd 2022 Lowlands Throwdown Jigsaw	96th 2022 CrossFit Open 22.3	13th 2022 Wodapalooza Echo Fran	3rd 2021 Rogue Invitational Echo Burner
Toes to Bar	11th 2022 CrossFit Games Bike to Work	11th 2022 Wodapalooza WZAOC Remix	3rd 2021 CrossFit Games Event# 10	71st 2021 CrossFit Open 21.3	9th 2019 Dubai CrossFit Championship Event# 10
Wall Balls	36th 2022 CrossFit Games Hat Trick	29th 2022 Quarterfinals Event# 3	40th 2021 Individual Quarterfinals Test 3	9th 2019 Dubai CrossFit Championship Event# 7	36th 2020 CrossFit Open 20.5
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2022 CrossFit Games			Sandbag Ladder		320 lbs/145.5 kg
2022 Lowlands Throwdown			Barbell Complex		299 lbs/135.9 kg
2022 Quarterfinals			The Other Total		948 lbs/430.9 kg
2021 Rogue Invitational			Bella Complex		297 lbs/135 kg

2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	366 lbs/166.4 kg
2021 CrossFit Open	21.4	276 lbs/125.5 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	141 lbs/64.1 kg
2018 Dubai CrossFit Championship	Max Snatch	115 lbs/52.3 kg
2018 Crossfit Open	18.2a	313 lbs/142.3 kg

## Willy Georges

Age: 30 Height:5ft 10in/179 cm Weight:194 lbs/88 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	17	18.5	0	1	3	14
2022 - Strength in Depth	1	4.3	0	5	5	6
2022 - World Wide Quarterfinals	9	-	-	-	-	-
2022 - Quarterfinals	2	23.4	0	1	2	5
2022 - CrossFit Open	36	93	0	0	0	3
2021 - Dubai CrossFit Championship	5	8.2	0	3	7	9
2021 - CrossFit Open	55916	717	0	0	0	2
2020 - CrossFit Open	30	78	0	0	0	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	18.5	18	24	11.5	11
2022 - Strength in Depth	4.3	3	2	3.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - Quarterfinals	23.4	11	-	20.7	-
2022 - CrossFit Open	93	-	50	203	-
2021 - Dubai CrossFit Championship	8.2	6.5	7.8	16	5
2021 - CrossFit Open	717	-	717	-	-
2020 - CrossFit Open	78	-	23	91.8	-

#### Recent Event Results by Movement

Burpees	4th 2022 Strength in Depth Hard Times	8th 2022 Quarterfinals Event# 5	50th 2022 CrossFit Open 22.2	6th 2021 Dubai CrossFit Championship Athletes Choice Part B	42nd 2021 CrossFit Open 21.2
Clean	25th 2022 CrossFit Games Sandbag Ladder	25th 2022 CrossFit Games Elizabeth Elevated	9th 2021 Dubai CrossFit Championship Event# 4	10th 2019 Dubai CrossFit Championship Event# 9	8th 2019 Dubai CrossFit Championship Event# 1
Chest to Bar Pull Ups	8th 2022 CrossFit Games Bike to Work	26th 2022 CrossFit Open 22.3	13th 2019 Dubai CrossFit Championship Event# 8	18th 2019 Crossfit Open 19.5	2nd 2018 Crossfit Games Bicouplet 1
GHD Situps	16th 2022 CrossFit Games Up and Over	5th 2022 Quarterfinals Event# 2	13th 2019 CrossFit French Throwdown Event# 3		
Handstand Push Ups	44th 2022 Quarterfinals Event# 1	44th 2022 Quarterfinals Event# 1	44th 2022 Quarterfinals Event# 1	9th 2021 Dubai CrossFit Championship Event# 4	13th 2019 Dubai CrossFit Championship Event# 8
Rowing	9th 2022 CrossFit Games Jackie Pro	4th 2022 Strength in Depth Copperfield	8th 2022 Quarterfinals Event# 5	9th 2021 Dubai CrossFit Championship Event# 4	6th 2021 Dubai CrossFit Championship Athletes Choice Part B

Snatch	27th 2022 CrossFit Games Hat Trick	2nd 2022 Strength in Depth Havisham	8th 2022 Quarterfinals Event# 5	203rd 2022 CrossFit Open 22.1	42nd 2021 CrossFit Open 21.2
Thrusters	9th 2022 CrossFit Games Jackie Pro	4th 2022 Strength in Depth Hard Times	26th 2022 CrossFit Open 22.3	7th 2021 Dubai CrossFit Championship Event# 6	12th 2019 Dubai CrossFit Championship Event# 11
Toes to Bar	8th 2022 CrossFit Games Bike to Work	11th 2022 Strength in Depth Curiosity Shop	14th 2021 Dubai CrossFit Championship Athletes Choice Part A	10th 2019 Dubai CrossFit Championship Event# 10	78th 2020 CrossFit Open 20.2
Wall Balls	27th 2022 CrossFit Games Hat Trick	49th 2022 Quarterfinals Event# 3	14th 2019 Dubai CrossFit Championship Event# 7	19th 2020 CrossFit Open 20.5	12th 2019 CrossFit Strength in Depth 19.1

CrossFit Competition	Lift	Weight
2022 CrossFit Games	Sandbag Ladder	300 lbs/136.4 kg
2022 Strength in Depth	Barbell Complex	324 lbs/147.3 kg
2022 Quarterfinals	The Other Total	1060 lbs/481.8 kg
2021 Dubai CrossFit Championship	Lift Off	150 lbs/68.2 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	155 lbs/70.5 kg
2018 Dubai CrossFit Championship	Max Snatch	135 lbs/61.4 kg
2018 Crossfit Games	CrossFit Total	1230 lbs/559.1 kg
2018 Crossfit Open	18.2a	364 lbs/165.5 kg

## Björgvin Karl Guðmundsson

Age: 30 Height: 5ft 10in/178 cm Weight: 185 lbs/84 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	6	8.6	0	1	7	10
2022 - CrossFit Games	9	13.9	0	1	6	14
2022 - Lowlands Throwdown	2	4.7	0	5	5	6
2022 - Quarterfinals	1	19.6	0	1	1	5
2022 - World Wide Quarterfinals	8	-	-	-	-	-
2022 - CrossFit Open	32	90.3	0	0	0	3
2021 - Rogue Invitational	4	7.3	1	2	5	7
2021 - CrossFit Games	4	10.3	1	3	7	15
2021 - CrossFit Lowlands Throwdown	1	5.8	1	3	4	6
2021 - Individual Quarterfinals	5	37.2	0	1	1	5
2021 - CrossFit Open	73	360	0	0	0	4
2020 - Crossfit Games - Online	8	12	0	1	4	7
2020 - The Rogue Invitational	2	5.1	1	4	7	7
2020 - CrossFit Open	4	19.4	0	2	2	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	8.6	10	9.8	8.5	-
2022 - CrossFit Games	13.9	22	12.3	9.8	9
2022 - Lowlands Throwdown	4.7	3	5	5.3	-
2022 - Quarterfinals	19.6	22	-	18	-
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - CrossFit Open	90.3	-	204	50	-
2021 - Rogue Invitational	7.3	13	10	7	-
2021 - CrossFit Games	10.3	9	12.6	5	16
2021 - CrossFit Lowlands Throwdown	5.8	11	8	2	-
2021 - Individual Quarterfinals	37.2	107	32	11	-
2021 - CrossFit Open	360	1367	19.5	-	-
2020 - Crossfit Games - Online	12	14.3	13	7.5	-
2020 - The Rogue Invitational	5.1	4	6.5	10	-
2020 - CrossFit Open	19.4	-	2	23.8	-

#### Recent Event Results by Movement

Burpees	12th 2022 Lowlands Throwdown Jigsaw	23rd 2022 Quarterfinals Event# 5	204th 2022 CrossFit Open 22.2	8th 2021 Rogue Invitational The Mule	1st 2021 CrossFit Games Event# 13
Clean	4th 2022 Rogue Invitational DT with a Spin	21st 2022 CrossFit Games Sandbag Ladder	2nd 2022 CrossFit Games Elizabeth Elevated	2nd 2022 Lowlands Throwdown Devil's Advocate	7th 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	7th 2022 CrossFit Games Bike to Work	12th 2022 Lowlands Throwdown Jigsaw	17th 2022 CrossFit Open 22.3	16th 2021 CrossFit Games Event# 15	11th 2021 CrossFit Lowlands Throwdown Friendly Fran
GHD Situps	6th 2022 Rogue Invitational Ski Bar	6th 2022 CrossFit Games Up and Over	5th 2022 Quarterfinals Event# 2	7th 2021 Rogue Invitational Concept2	1st 2021 CrossFit Games Event# 13
Handstand Push Ups	11th 2022 Rogue Invitational Snatch and Press	2nd 2022 Lowlands Throwdown Devil's Advocate	22nd 2022 Quarterfinals Event# 1	22nd 2022 Quarterfinals Event# 1	22nd 2022 Quarterfinals Event# 1

Rowing	8th 2022 CrossFit Games Jackie Pro	4th 2022 Lowlands Throwdown Insidious	23rd 2022 Quarterfinals Event# 5	1st 2021 Rogue Invitational Chipper	16th 2021 CrossFit Games Event# 15
Snatch	11th 2022 Rogue Invitational Snatch and Press	15th 2022 CrossFit Games Hat Trick	23rd 2022 Quarterfinals Event# 5	50th 2022 CrossFit Open 22.1	7th 2021 Rogue Invitational The Duel
Thrusters	8th 2022 CrossFit Games Jackie Pro	12th 2022 Lowlands Throwdown Jigsaw	17th 2022 CrossFit Open 22.3	12th 2021 Rogue Invitational Echo Burner	12th 2021 CrossFit Games Event# 4
Toes to Bar	7th 2022 CrossFit Games Bike to Work	14th 2021 CrossFit Games Event# 10	34th 2021 CrossFit Open 21.3	10th 2020 The Rogue Invitational Event# 4	11th 2019 Dubai CrossFit Championship Event# 10
Wall Balls	15th 2022 CrossFit Games Hat Trick	26th 2022 Quarterfinals Event# 3	38th 2021 Individual Quarterfinals Test 3	5th 2019 Dubai CrossFit Championship Event# 7	3rd 2020 CrossFit Open 20.5
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2022 Rogue Invitational			Texas Oak		270 lbs/122.7 kg
2022 CrossFit Games			Sandbag Ladder		310 lbs/140.9 kg
2022 Lowlands Throwdown			Barbell Complex		315 lbs/143.2 kg
2022 Quarterfinals			The Other Total		1037 lbs/471.4 kg
2021 Rogue Invitational			Bella Complex		330 lbs/150 kg
2021 CrossFit Games			1 Rep Max Snatch		275 lbs/125 kg
2021 Individual Quarterfinals			Test 4 (4 Rep Max Front Squat)		357 lbs/162.3 kg
2021 CrossFit Open			21.4		275 lbs/125 kg
2020 Crossfit Games - Online			1 Rep Max Front Squat		406 lbs/184.5 kg

2020 The Rogue Invitational	Clean and Jerk Lift Off	350 lbs/159.1 kg
2020 The Rogue Invitational		lbs/0 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	160 lbs/72.7 kg
2019 Crossfit Games	Clean	365 lbs/165.9 kg
2019 Reykjavík CrossFit Championship	Last Man Standing	132 lbs/60 kg
2018 Dubai CrossFit Championship	Max Snatch	130 lbs/59.1 kg
2018 Crossfit Games	CrossFit Total	1185 lbs/538.6 kg
2018 Crossfit Open	18.2a	336 lbs/152.7 kg
2017 Crossfit Games	1 Rep Max Snatch	286 lbs/130 kg
2016 Crossfit Games	Ranch Deadlift Ladder	495 lbs/225 kg
2015 Crossfit Games	Clean and Jerk	307 lbs/139.5 kg
2015 Meridian Regional	Regionals 15.5	256 lbs/116.4 kg
2014 Crossfit Games	Overhead Squat	316 lbs/143.6 kg

## Jonne Koski

Age: 28 Height:5ft 7in/171 cm Weight:185 lbs/84 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	4	6	0	3	8	8
2022 - Rogue Invitational	11	10	0	3	5	10
2022 - CrossFit Games	15	17.7	0	2	5	14
2022 - Last Chance Qualifier	2	5.3	0	3	4	4
2022 - Strength in Depth	6	8.2	0	2	4	6
2022 - World Wide Quarterfinals	20	-	-	-	-	-



2022 - Quarterfinals	4	30.4	0	1	1	5
2022 - CrossFit Open	19	61	0	0	0	3
2021 - CrossFit Games	6	11	1	3	8	15
2021 - CrossFit German Throwdown	1	3.3	2	5	5	6
2021 - Individual Quarterfinals	3	31.6	1	2	2	5
2021 - CrossFit Open	14	141	1	1	1	4
2020 - Crossfit Games - Online	7	11.9	0	2	3	7
2020 - The Rogue Invitational	12	10.7	0	1	3	7
2020 - CrossFit Open	11	40	0	1	2	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	6	8.5	8	4.7	2
2022 - Rogue Invitational	10	14.5	10.8	7	-
2022 - CrossFit Games	17.7	31.3	10.5	14.8	34
2022 - Last Chance Qualifier	5.3	-	5.3	5	-
2022 - Strength in Depth	8.2	13	11	5.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	30.4	76	-	23.7	-
2022 - CrossFit Open	61	-	22	146	-
2021 - CrossFit Games	11	13	12.6	8	3
2021 - CrossFit German Throwdown	3.3	12	1.5	1.5	-
2021 - Individual Quarterfinals	31.6	93	30.5	3	-

2021 - CrossFit Open	141	429	55	-	-
2020 - Crossfit Games - Online	11.9	11.7	6.5	17.5	-
2020 - The Rogue Invitational	10.7	9.3	12	6	-
2020 - CrossFit Open	40	-	3	49.3	-

#### Recent Event Results by Movement

Burpees	2nd 2022 Dubai Fitness Championship Fast Like an Oryx	5th 2022 Last Chance Qualifier Event# 4	3rd 2022 Strength in Depth Hard Times	16th 2022 Quarterfinals Event# 5	22nd 2022 CrossFit Open 22.2
Clean	9th 2022 Dubai Fitness Championship Hang Clean Ladder	3rd 2022 Dubai Fitness Championship Barbell Furious	3rd 2022 Rogue Invitational DT with a Spin	30th 2022 CrossFit Games Sandbag Ladder	15th 2022 CrossFit Games Elizabeth Elevated
Chest to Bar Pull Ups	7th 2022 Dubai Fitness Championship Heavy Handed	2nd 2022 CrossFit Games Bike to Work	15th 2022 CrossFit Open 22.3	3rd 2021 CrossFit Games Event# 15	2nd 2021 CrossFit German Throwdown Friendly Fran
GHD Situps	11th 2022 Rogue Invitational Ski Bar	12th 2022 CrossFit Games Up and Over	13th 2022 Quarterfinals Event# 2	14th 2021 CrossFit Games Event# 13	2nd 2021 CrossFit German Throwdown Semifinals 21.2
Handstand Push Ups	2nd 2022 Rogue Invitational Snatch and Press	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	7th 2021 CrossFit Games Event# 14
Rowing	7th 2022 CrossFit Games Jackie Pro	4th 2022 Last Chance Qualifier Event# 2	9th 2022 Strength in Depth Copperfield	16th 2022 Quarterfinals Event# 5	3rd 2021 CrossFit Games Event# 15
Snatch	9th 2022 Dubai Fitness Championship Get a Grip	2nd 2022 Rogue Invitational Snatch and Press	31st 2022 CrossFit Games Hat Trick	4th 2022 Strength in Depth Havisham	16th 2022 Quarterfinals Event# 5

Thrusters	2nd 2022 Dubai Fitness Championship Fast Like an Oryx	7th 2022 CrossFit Games Jackie Pro	4th 2022 Last Chance Qualifier Event# 1	3rd 2022 Strength in Depth Hard Times	15th 2022 CrossFit Open 22.3
Toes to Bar	9th 2022 Dubai Fitness Championship Get a Grip	2nd 2022 CrossFit Games Bike to Work	9th 2022 Strength in Depth Curiosity Shop	15th 2021 CrossFit Games Event# 10	25th 2021 CrossFit Open 21.3
Wall Balls	31st 2022 CrossFit Games Hat Trick	5th 2022 Last Chance Qualifier Event# 4	42nd 2022 Quarterfinals Event# 3	39th 2021 Individual Quarterfinals Test 3	13th 2019 Dubai CrossFit Championship Event# 7

CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	162 lbs/73.6 kg
2022 Rogue Invitational	Texas Oak	270 lbs/122.7 kg
2022 CrossFit Games	Sandbag Ladder	290 lbs/131.8 kg
2022 Strength in Depth	Barbell Complex	304 lbs/138.2 kg
2022 Quarterfinals	The Other Total	997 lbs/453.2 kg
2021 CrossFit Games	1 Rep Max Snatch	260 lbs/118.2 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	360 lbs/163.6 kg
2021 CrossFit Open	21.4	293 lbs/133.2 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	396 lbs/180 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	330 lbs/150 kg
2020 The Rogue Invitational		lbs/0 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	150 lbs/68.2 kg
2017 Crossfit Games	1 Rep Max Snatch	247 lbs/112.3 kg
2016 Crossfit Games	Ranch Deadlift Ladder	475 lbs/215.9 kg

2015 Crossfit Games	Clean and Jerk	307 lbs/139.5 kg
2015 Meridian Regional	Regionals 15.5	237 lbs/107.7 kg
2014 Crossfit Games	Overhead Squat	317 lbs/144.1 kg

## Lazar Đukić

Age: 27 Height:6ft 0in/182 cm Weight:198 lbs/90 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	12	10.5	1	2	4	8
2022 - Rogue Invitational	20	15.7	0	0	2	10
2022 - Madrid Championship	1	7.3	2	2	7	8
2022 - CrossFit Games	8	14.1	1	2	7	14
2022 - Lowlands Throwdown	1	3.3	1	5	6	6
2022 - World Wide Quarterfinals	14	-	-	-	-	-
2022 - Quarterfinals	3	25.2	0	0	1	5
2022 - CrossFit Open	273	532.7	0	0	0	3
2021 - Dubai CrossFit Championship	2	5	1	6	8	9
2021 - Rogue Invitational	12	11.7	0	0	3	7
2021 - CrossFit Games	9	12.9	1	3	6	15
2021 - CrossFit German Throwdown	2	4.5	2	3	6	6
2021 - Individual Quarterfinals	14	63.4	1	2	2	5
2021 - CrossFit Open	34	204.3	0	0	0	4
2020 - CrossFit Open	360	619.2	1	1	1	5

**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	10.5	15.5	1	9.3	8
2022 - Rogue Invitational	15.7	16.5	19.5	9	-
2022 - Madrid Championship	7.3	6	3.5	9.5	7
2022 - CrossFit Games	14.1	19.7	13.8	9.8	13
2022 - Lowlands Throwdown	3.3	8	1	3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	25.2	49	-	19.3	-
2022 - CrossFit Open	532.7	-	769	718	-
2021 - Dubai CrossFit Championship	5	10.5	4.3	3	3
2021 - Rogue Invitational	11.7	16	11	13.5	-
2021 - CrossFit Games	12.9	19	11.7	10.7	9
2021 - CrossFit German Throwdown	4.5	7	8	1.5	-
2021 - Individual Quarterfinals	63.4	185	58	2	-
2021 - CrossFit Open	204.3	366	214	-	-
2020 - CrossFit Open	619.2	-	2583	128.3	-

**Recent Event Results by Movement**

Burpees	7th 2022 Dubai Fitness Championship Fast Like an Oryx	3rd 2022 Lowlands Throwdown Jigsaw	35th 2022 Quarterfinals Event# 5	769th 2022 CrossFit Open 22.2	4th 2021 Dubai CrossFit Championship Athletes Choice Part B
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Clean	13th 2022 Dubai Fitness Championship Hang Clean Ladder	17th 2022 Dubai Fitness Championship Barbell Furious	13th 2022 Rogue Invitational DT with a Spin	8th 2022 Madrid Championship Atocha	6th 2022 Madrid Championship Need For Speed
Chest to Bar Pull Ups	16th 2022 Dubai Fitness Championship Heavy Handed	7th 2022 Madrid Championship Dirty Saiga	10th 2022 CrossFit Games Bike to Work	3rd 2022 Lowlands Throwdown Jigsaw	111th 2022 CrossFit Open 22.3
GHD Situps	15th 2022 Rogue Invitational Ski Bar	10th 2022 Madrid Championship Yoke and Roll	24th 2022 CrossFit Games Up and Over	10th 2022 Quarterfinals Event# 2	11th 2021 Rogue Invitational Concept2
Handstand Push Ups	20th 2022 Rogue Invitational Snatch and Press	8th 2022 Madrid Championship Atocha	2nd 2022 Lowlands Throwdown Devil's Advocate	19th 2022 Quarterfinals Event# 1	19th 2022 Quarterfinals Event# 1
Rowing	10th 2022 Madrid Championship Yoke and Roll	1st 2022 CrossFit Games Jackie Pro	2nd 2022 Lowlands Throwdown Insidious	35th 2022 Quarterfinals Event# 5	4th 2021 Dubai CrossFit Championship Athletes Choice Part B
Snatch	4th 2022 Dubai Fitness Championship Get a Grip	20th 2022 Rogue Invitational Snatch and Press	6th 2022 CrossFit Games Hat Trick	35th 2022 Quarterfinals Event# 5	718th 2022 CrossFit Open 22.1
Thrusters	7th 2022 Dubai Fitness Championship Fast Like an Oryx	7th 2022 Madrid Championship Dirty Saiga	1st 2022 CrossFit Games Jackie Pro	3rd 2022 Lowlands Throwdown Jigsaw	111th 2022 CrossFit Open 22.3
Toes to Bar	4th 2022 Dubai Fitness Championship Get a Grip	1st 2022 Madrid Championship Round 2	10th 2022 CrossFit Games Bike to Work	2nd 2021 Dubai CrossFit Championship Athletes Choice Part A	1st 2021 CrossFit Games Event# 10
Wall Balls	1st 2022 Madrid Championship The Rings and The Ramp	6th 2022 CrossFit Games Hat Trick	13th 2022 Quarterfinals Event# 3	1st 2021 Individual Quarterfinals Test 3	6th 2019 Dubai CrossFit Championship Event# 7

CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	160 lbs/72.7 kg
2022 Rogue Invitational	Texas Oak	0 lbs/0 kg
2022 CrossFit Games	Sandbag Ladder	300 lbs/136.4 kg
2022 Lowlands Throwdown	Barbell Complex	308 lbs/140 kg
2022 Quarterfinals	The Other Total	1013 lbs/460.5 kg
2021 Dubai CrossFit Championship	Lift Off	145 lbs/65.9 kg
2021 Rogue Invitational	Bella Complex	322 lbs/146.4 kg
2021 CrossFit Games	1 Rep Max Snatch	270 lbs/122.7 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	348 lbs/158.2 kg
2021 CrossFit Open	21.4	295 lbs/134.1 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	147 lbs/66.8 kg
2018 Dubai CrossFit Championship	Max Snatch	117 lbs/53.2 kg
2018 Crossfit Open	18.2a	325 lbs/147.7 kg

## Reggie Fasa

Age: 28 Height:5ft 8in/172 cm Weight:198 lbs/90 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	11	10.3	2	2	4	8
2022 - Strength in Depth	10	10.5	0	2	3	6
2022 - World Wide Quarterfinals	111	-	-	-	-	-
2022 - Quarterfinals	28	90.2	0	0	0	5
2022 - CrossFit Open	51	125.3	0	0	0	3

2022 - Wodapalooza	20	20.9	0	0	2	8
2021 - CrossFit Lowlands Throwdown	13	13.3	0	0	2	6
2021 - Individual Quarterfinals	1	27.6	0	0	1	5
2021 - CrossFit Open	38	213.5	0	1	1	4
2020 - Wodapalooza CrossFit Festival	18	18	1	1	1	9
2020 - CrossFit Filthy 150	15	14.1	0	0	3	9
2020 - CrossFit Open	106	240.8	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	10.3	7	15	9.7	14
2022 - Strength in Depth	10.5	4	24	9.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	90.2	161	-	77.3	-
2022 - CrossFit Open	125.3	-	22	318	-
2022 - Wodapalooza	20.9	15	10	23.6	24
2021 - CrossFit Lowlands Throwdown	13.3	15.5	7	13	-
2021 - Individual Quarterfinals	27.6	7	31	35	-
2021 - CrossFit Open	213.5	58	347	-	-
2020 - Wodapalooza CrossFit Festival	18	1	18.3	24	-
2020 - CrossFit Filthy 150	14.1	26	14.5	7	-
2020 - CrossFit Open	240.8	-	67	284.3	-



## Recent Event Results by Movement

Burpees	10th 2022 Dubai Fitness Championship Fast Like an Oryx	5th 2022 Strength in Depth Hard Times	48th 2022 Quarterfinals Event# 5	22nd 2022 CrossFit Open 22.2	31st 2022 Wodapalooza Dale
Clean	1st 2022 Dubai Fitness Championship Hang Clean Ladder	1st 2022 Dubai Fitness Championship Barbell Furious	34th 2021 Individual Quarterfinals Test 1	19th 2020 Wodapalooza CrossFit Festival Shark Bait	8th 2020 CrossFit Filthy 150 Sisyphus
Chest to Bar Pull Ups	10th 2022 Dubai Fitness Championship Heavy Handed	36th 2022 CrossFit Open 22.3	9th 2022 Wodapalooza Echo Fran	7th 2021 CrossFit Lowlands Throwdown Friendly Fran	102nd 2021 CrossFit Open 21.3
GHD Situps	29th 2022 Quarterfinals Event# 2	27th 2022 Wodapalooza Flipped Off	16th 2021 CrossFit Lowlands Throwdown Semifinals 21.2	35th 2021 Individual Quarterfinals Test 2	19th 2019 CrossFit French Throwdown Event# 3
Handstand Push Ups	58th 2022 Quarterfinals Event# 1	58th 2022 Quarterfinals Event# 1	58th 2022 Quarterfinals Event# 1	15th 2022 Wodapalooza Celebrate Ten	34th 2021 Individual Quarterfinals Test 1
Rowing	12th 2022 Strength in Depth Copperfield	48th 2022 Quarterfinals Event# 5	36th 2022 Wodapalooza Row, Swim, Run	15th 2021 CrossFit Lowlands Throwdown Semifinals 21.5	28th 2021 Individual Quarterfinals Test 3
Snatch	18th 2022 Dubai Fitness Championship Get a Grip	12th 2022 Strength in Depth Havisham	48th 2022 Quarterfinals Event# 5	318th 2022 CrossFit Open 22.1	24th 2021 CrossFit Lowlands Throwdown Semifinals 21.4
Thrusters	10th 2022 Dubai Fitness Championship Fast Like an Oryx	5th 2022 Strength in Depth Hard Times	36th 2022 CrossFit Open 22.3	9th 2022 Wodapalooza Echo Fran	7th 2021 CrossFit Lowlands Throwdown Friendly Fran

Toes to Bar	18th 2022 Dubai Fitness Championship Get a Grip	6th 2022 Strength in Depth Curiosity Shop	10th 2022 Wodapalooza WZAOC Remix	102nd 2021 CrossFit Open 21.3	13th 2020 Wodapalooza CrossFit Festival Nine Lives Part B
Wall Balls	155th 2022 Quarterfinals Event# 3	28th 2021 Individual Quarterfinals Test 3	16th 2020 Wodapalooza CrossFit Festival Celebrate Life	15th 2020 CrossFit Filthy 150 Squared & Rooted	15th 2020 CrossFit Filthy 150 Squared & Rooted

CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	172 lbs/78.2 kg
2022 Strength in Depth	Barbell Complex	321 lbs/145.9 kg
2022 Quarterfinals	The Other Total	954 lbs/433.6 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	400 lbs/181.8 kg
2021 CrossFit Open	21.4	316 lbs/143.6 kg
2020 CrossFit Filthy 150	1 Rep Max Snatch	105 lbs/47.7 kg

## Alex Kotoulas

Age: 30 Height:5ft 7in/170 cm Weight:172 lbs/78 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	5	6.5	1	3	8	8
2022 - Madrid Challenger Series	3	-	-	-	-	-
2022 - Madrid Championship	4	8.9	0	1	6	8
2022 - Last Chance Qualifier	9	10.8	0	0	2	4
2022 - French Throwdown	11	12.9	0	2	4	8
2022 - Strength in Depth	7	9.3	1	1	4	6

2022 - World Wide Quarterfinals	50	-	-	-	-	-
2022 - Quarterfinals	6	47.4	0	1	2	5
2022 - CrossFit Open	11	36.7	0	0	0	3
2021 - Dubai CrossFit Championship	11	11.8	0	2	3	9
2021 - Last Chance Qualifier	9	11.3	0	2	2	4
2021 - CrossFit German Throwdown	7	8.7	0	2	4	6
2021 - Individual Quarterfinals	20	73.2	1	1	1	5
2021 - CrossFit Open	21	160.5	0	0	0	4
2020 - CrossFit Strength in Depth	11	13.6	0	1	3	7
2020 - CrossFit Open	53	125	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	6.5	5.5	10	7.3	3
2022 - Madrid Challenger Series	-	-	-	-	-
2022 - Madrid Championship	8.9	14	9	7.5	9
2022 - Last Chance Qualifier	10.8	-	11.7	8	-
2022 - French Throwdown	12.9	21	17.3	8	-
2022 - Strength in Depth	9.3	20	7	9.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	47.4	191	-	8.7	-
2022 - CrossFit Open	36.7	-	31	15	-
2021 - Dubai CrossFit Championship	11.8	14	9.3	9	17

2021 - Last Chance Qualifier	11.3	12.5	15	5	-
2021 - CrossFit German Throwdown	8.7	14	10	4	-
2021 - Individual Quarterfinals	73.2	185	68	1	-
2021 - CrossFit Open	160.5	577	17.5	-	-
2020 - CrossFit Strength in Depth	13.6	13	19	9	23
2020 - CrossFit Open	125	-	324	75.3	-

#### Recent Event Results by Movement

Burpees	5th 2022 Dubai Fitness Championship Fast Like an Oryx	8th 2022 Last Chance Qualifier Event# 4	4th 2022 French Throwdown 2017 Remix	9th 2022 French Throwdown Laser BMX Run	11th 2022 Strength in Depth Hard Times
Clean	10th 2022 Dubai Fitness Championship Barbell Furious	10th 2022 Dubai Fitness Championship Hang Clean Ladder	13th 2022 Madrid Championship Atocha	8th 2022 Madrid Championship Need For Speed	15th 2021 Dubai CrossFit Championship Event# 4
Chest to Bar Pull Ups	6th 2022 Dubai Fitness Championship Heavy Handed	9th 2022 Madrid Championship Dirty Saiga	13th 2022 French Throwdown Axle Helen	64th 2022 CrossFit Open 22.3	7th 2021 CrossFit German Throwdown Friendly Fran
GHD Situps	7th 2022 Madrid Championship Yoke and Roll	6th 2022 French Throwdown Chipper	4th 2022 Quarterfinals Event# 2	10th 2021 CrossFit German Throwdown Semifinals 21.2	1st 2021 Individual Quarterfinals Test 2
Handstand Push Ups	13th 2022 Madrid Championship Atocha	20th 2022 Quarterfinals Event# 1	20th 2022 Quarterfinals Event# 1	20th 2022 Quarterfinals Event# 1	15th 2021 Dubai CrossFit Championship Event# 4
Rowing	7th 2022 Madrid Championship Yoke and Roll	9th 2022 Last Chance Qualifier Event# 2	13th 2022 French Throwdown Axle Helen	7th 2022 Strength in Depth Copperfield	13th 2022 Quarterfinals Event# 5

Snatch	7th 2022 Dubai Fitness Championship Get a Grip	13th 2022 French Throwdown Axle Helen	10th 2022 Strength in Depth Havisham	13th 2022 Quarterfinals Event# 5	15th 2022 CrossFit Open 22.1
Thrusters	5th 2022 Dubai Fitness Championship Fast Like an Oryx	9th 2022 Madrid Championship Dirty Saiga	13th 2022 Last Chance Qualifier Event# 1	4th 2022 French Throwdown 2017 Remix	11th 2022 Strength in Depth Hard Times
Toes to Bar	7th 2022 Dubai Fitness Championship Get a Grip	10th 2022 Madrid Championship Round 2	1st 2022 Strength in Depth Curiosity Shop	18th 2021 Dubai CrossFit Championship Athletes Choice Part A	30th 2021 CrossFit Open 21.3
Wall Balls	3rd 2022 Madrid Championship The Rings and The Ramp	8th 2022 Last Chance Qualifier Event# 4	9th 2022 Quarterfinals Event# 3	110th 2021 Individual Quarterfinals Test 3	23rd 2020 CrossFit Strength in Depth Creeping Death

CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	162 lbs/73.6 kg
2022 French Throwdown	Snatch + OHS Elite Ladder	115 lbs/52.3 kg
2022 Strength in Depth	Barbell Complex	297 lbs/135 kg
2022 Quarterfinals	The Other Total	944 lbs/429.1 kg
2021 Dubai CrossFit Championship	Lift Off	140 lbs/63.6 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	485 lbs/220.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	348 lbs/158.2 kg
2021 CrossFit Open	21.4	287 lbs/130.5 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	140 lbs/63.6 kg
2018 Dubai CrossFit Championship	Max Snatch	115 lbs/52.3 kg
2018 Crossfit Open	18.2a	314 lbs/142.7 kg

# Luka Đukić

Age: 24 Height:6ft 0in/182 cm Weight:200 lbs/91 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	7	9.6	1	2	4	8
2022 - Madrid Championship	7	13.1	0	4	5	8
2022 - Battle of Wermland	2	-	-	-	-	-
2022 - Last Chance Qualifier	17	15.3	0	0	1	4
2022 - French Throwdown	3	7.6	1	4	6	9
2022 - Lowlands Throwdown	6	8.2	0	3	5	6
2022 - Quarterfinals	26	86.4	0	0	1	5
2022 - World Wide Quarterfinals	114	-	-	-	-	-
2022 - CrossFit Open	85	182.3	0	0	0	3
2021 - Dubai CrossFit Championship	9	9.6	0	2	6	9
2021 - CrossFit Games	29	25.7	0	0	1	10
2021 - CrossFit German Throwdown	3	7.7	0	2	4	6
2021 - Individual Quarterfinals	52	135.8	0	0	0	5
2021 - CrossFit Open	74	365	0	0	1	4
2020 - Norwegian CrossFit Championship	16	13.4	0	2	4	9
2020 - CrossFit Open	149	305.8	0	0	0	5

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	9.6	15.5	2	6.7	16
2022 - Madrid Championship	13.1	4	8	20.5	3
2022 - Battle of Wermland	-	-	-	-	-
2022 - Last Chance Qualifier	15.3	-	16	13	-
2022 - French Throwdown	7.6	6	8	5.7	-
2022 - Lowlands Throwdown	8.2	20	3	7	-
2022 - Quarterfinals	86.4	102	-	33	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	182.3	-	237	15	-
2021 - Dubai CrossFit Championship	9.6	12	6.5	17	13
2021 - CrossFit Games	25.7	19.5	29.5	22	-
2021 - CrossFit German Throwdown	7.7	16	9	4.5	-
2021 - Individual Quarterfinals	135.8	426	47	15	-
2021 - CrossFit Open	365	581	370.5	-	-
2020 - Norwegian CrossFit Championship	13.4	11	10.3	15.3	-
2020 - CrossFit Open	305.8	-	372	289.3	-

#### Recent Event Results by Movement

Burpees	6th 2022 Dubai Fitness Championship Fast Like an Oryx	13th 2022 Last Chance Qualifier Event# 4	16th 2022 French Throwdown 2017 Remix	13th 2022 French Throwdown Laser BMX Run	8th 2022 Lowlands Throwdown Jigsaw
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Clean	16th 2022 Dubai Fitness Championship Hang Clean Ladder	13th 2022 Dubai Fitness Championship Barbell Furious	13th 2022 Madrid Championship Need For Speed	38th 2022 Madrid Championship Atocha	4th 2022 Lowlands Throwdown Devil's Advocate
Chest to Bar Pull Ups	8th 2022 Dubai Fitness Championship Heavy Handed	3rd 2022 Madrid Championship Dirty Saiga	3rd 2022 French Throwdown Axle Helen	8th 2022 Lowlands Throwdown Jigsaw	295th 2022 CrossFit Open 22.3
GHD Situps	5th 2022 Madrid Championship Yoke and Roll	13th 2022 French Throwdown Chipper	54th 2022 Quarterfinals Event# 2	3rd 2021 CrossFit German Throwdown Semifinals 21.2	15th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	38th 2022 Madrid Championship Atocha	4th 2022 Lowlands Throwdown Devil's Advocate	231st 2022 Quarterfinals Event# 1	231st 2022 Quarterfinals Event# 1	231st 2022 Quarterfinals Event# 1
Rowing	5th 2022 Madrid Championship Yoke and Roll	10th 2022 Last Chance Qualifier Event# 2	3rd 2022 French Throwdown Axle Helen	5th 2022 Lowlands Throwdown Insidious	35th 2022 Quarterfinals Event# 5
Snatch	1st 2022 Dubai Fitness Championship Get a Grip	3rd 2022 French Throwdown Axle Helen	35th 2022 Quarterfinals Event# 5	15th 2022 CrossFit Open 22.1	25th 2021 CrossFit Games Event# 9
Thrusters	6th 2022 Dubai Fitness Championship Fast Like an Oryx	3rd 2022 Madrid Championship Dirty Saiga	21st 2022 Last Chance Qualifier Event# 1	16th 2022 French Throwdown 2017 Remix	8th 2022 Lowlands Throwdown Jigsaw
Toes to Bar	1st 2022 Dubai Fitness Championship Get a Grip	3rd 2022 Madrid Championship Round 2	5th 2021 Dubai CrossFit Championship Athletes Choice Part A	20th 2021 CrossFit Games Event# 10	138th 2021 CrossFit Open 21.3
Wall Balls	9th 2022 Madrid Championship The Rings and The Ramp	13th 2022 Last Chance Qualifier Event# 4	10th 2022 Quarterfinals Event# 3	21st 2021 Individual Quarterfinals Test 3	6th 2020 Norwegian CrossFit Championship Event# 4



CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	155 lbs/70.5 kg
2022 French Throwdown	Snatch + OHS Elite Ladder	125 lbs/56.8 kg
2022 Lowlands Throwdown	Barbell Complex	291 lbs/132.3 kg
2022 Quarterfinals	The Other Total	980 lbs/445.5 kg
2021 Dubai CrossFit Championship	Lift Off	145 lbs/65.9 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	326 lbs/148.2 kg
2021 CrossFit Open	21.4	287 lbs/130.5 kg
2020 Norwegian CrossFit Championship		130 lbs/59.1 kg

## Guillaume Briant

Age: 29 Height:5ft 11in/180 cm Weight:191 lbs/87 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	8	9.6	0	1	3	8
2022 - CrossFit Games	26	21.7	0	0	0	14
2022 - Strength in Depth	5	8.3	0	3	5	6
2022 - Quarterfinals	9	49.2	0	0	1	5
2022 - World Wide Quarterfinals	39	-	-	-	-	-
2022 - CrossFit Open	130	266.7	0	0	0	3
2021 - Madrid CrossFit Championship	11	-	-	-	-	-
2021 - CrossFit Lowlands Throwdown	11	13.2	0	2	2	6
2021 - Individual Quarterfinals	18	71.2	0	0	0	5

2021 - CrossFit Open	46	240.8	0	0	0	4
2020 - CrossFit Open	230	420.6	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	9.6	8.5	9	9.7	11
2022 - CrossFit Games	21.7	25	19.8	22.8	21
2022 - Strength in Depth	8.3	10	5	10.7	-
2022 - Quarterfinals	49.2	9	-	52	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	266.7	-	723	27	-
2021 - Madrid CrossFit Championship	-	-	-	-	-
2021 - CrossFit Lowlands Throwdown	13.2	10.5	24	7	-
2021 - Individual Quarterfinals	71.2	77	74	83	-
2021 - CrossFit Open	240.8	367	283.5	-	-
2020 - CrossFit Open	420.6	-	359	436	-

#### Recent Event Results by Movement

Burpees	16th 2023 Wodapalooza E6 - Dirty Isabel	12th 2022 Dubai Fitness Championship Fast Like an Oryx	19th 2022 Strength in Depth Hard Times	35th 2022 Quarterfinals Event# 5	723rd 2022 CrossFit Open 22.2
Clean	8th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	14th 2022 Dubai Fitness Championship Hang Clean Ladder	11th 2022 Dubai Fitness Championship Barbell Furious	27th 2022 CrossFit Games Sandbag Ladder	19th 2022 CrossFit Games Elizabeth Elevated

Chest to Bar Pull Ups	10th 2023 Wodapalooza E6 - Miami Meat Market	11th 2022 Dubai Fitness Championship Heavy Handed	23rd 2022 CrossFit Games Bike to Work	50th 2022 CrossFit Open 22.3	5th 2021 CrossFit Lowlands Throwdown Friendly Fran
GHD Situps	13th 2023 Wodapalooza E2 - Back to the Future	13th 2023 Wodapalooza E2 - Back to the Future	17th 2022 CrossFit Games Up and Over	82nd 2022 Quarterfinals Event# 2	20th 2021 CrossFit Lowlands Throwdown Semifinals 21.2
Handstand Push Ups	81st 2022 Quarterfinals Event# 1	81st 2022 Quarterfinals Event# 1	81st 2022 Quarterfinals Event# 1	48th 2021 Individual Quarterfinals Test 1	48th 2021 Individual Quarterfinals Test 1
Rowing	8th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	14th 2022 CrossFit Games Jackie Pro	10th 2022 Strength in Depth Copperfield	35th 2022 Quarterfinals Event# 5	11th 2021 CrossFit Lowlands Throwdown Semifinals 21.5
Snatch	16th 2023 Wodapalooza E6 - Dirty Isabel	6th 2022 Dubai Fitness Championship Get a Grip	28th 2022 CrossFit Games Hat Trick	3rd 2022 Strength in Depth Havisham	35th 2022 Quarterfinals Event# 5
Thrusters	13th 2023 Wodapalooza E2 - Back to the Future	12th 2022 Dubai Fitness Championship Fast Like an Oryx	14th 2022 CrossFit Games Jackie Pro	19th 2022 Strength in Depth Hard Times	50th 2022 CrossFit Open 22.3
Toes to Bar	23rd 2023 Wodapalooza E3 - Start Fast, Finish Strong	6th 2022 Dubai Fitness Championship Get a Grip	23rd 2022 CrossFit Games Bike to Work	3rd 2022 Strength in Depth Curiosity Shop	29th 2021 CrossFit Open 21.3
Wall Balls	28th 2023 Wodapalooza E5 - Double Shot with a Splash	28th 2022 CrossFit Games Hat Trick	39th 2022 Quarterfinals Event# 3	75th 2021 Individual Quarterfinals Test 3	137th 2020 CrossFit Open 20.5

**CrossFit Competition**

**Lift**

**Weight**

2023 Wodapalooza

E4 - We Have Lift Off

337 lbs/153.2 kg

2022 Dubai Fitness Championship	Hang Clean Ladder	160 lbs/72.7 kg
2022 CrossFit Games	Sandbag Ladder	300 lbs/136.4 kg
2022 Strength in Depth	Barbell Complex	310 lbs/140.9 kg
2022 Quarterfinals	The Other Total	1063 lbs/483.2 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	364 lbs/165.5 kg
2021 CrossFit Open	21.4	295 lbs/134.1 kg

## Enrico Zenoni

Age: 25 Height:5ft 10in/178 cm Weight:189 lbs/86 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	29	24.8	0	1	2	14
2022 - Lowlands Throwdown	5	7.3	0	1	5	6
2022 - Quarterfinals	18	74.4	0	0	2	5
2022 - World Wide Quarterfinals	87	-	-	-	-	-
2022 - CrossFit Open	76	167.7	0	0	0	3
2022 - Wodapalooza Rx	2	-	-	-	-	-
2021 - CrossFit Open	461	1438	0	0	0	4
2020 - CrossFit Open	481	820.8	0	0	0	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	24.8	29	19	28.8	38
2022 - Lowlands Throwdown	7.3	8	11	5.7	-

2022 - Quarterfinals	74.4	178	-	62.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	167.7	-	275	67	-
2022 - Wodapalooza Rx	-	-	-	-	-
2021 - CrossFit Open	1438	4893	336	-	-
2020 - CrossFit Open	820.8	-	543	890.3	-

#### Recent Event Results by Movement

Burpees	4th 2022 Lowlands Throwdown Jigsaw	137th 2022 Quarterfinals Event# 5	275th 2022 CrossFit Open 22.2	347th 2021 CrossFit Open 21.2	543rd 2020 CrossFit Open 20.1
Clean	34th 2022 CrossFit Games Sandbag Ladder	10th 2022 CrossFit Games Elizabeth Elevated	6th 2022 Lowlands Throwdown Devil's Advocate		
Chest to Bar Pull Ups	22nd 2022 CrossFit Games Bike to Work	4th 2022 Lowlands Throwdown Jigsaw	161st 2022 CrossFit Open 22.3	187th 2021 CrossFit Open 21.3	
GHD Situps	11th 2022 CrossFit Games Up and Over	9th 2022 Quarterfinals Event# 2			
Handstand Push Ups	6th 2022 Lowlands Throwdown Devil's Advocate	6th 2022 Quarterfinals Event# 1	6th 2022 Quarterfinals Event# 1	6th 2022 Quarterfinals Event# 1	1375th 2020 CrossFit Open 20.3
Rowing	26th 2022 CrossFit Games Jackie Pro	8th 2022 Lowlands Throwdown Insidious	137th 2022 Quarterfinals Event# 5	256th 2020 CrossFit Open 20.5	
Snatch	39th 2022 CrossFit Games Hat Trick	137th 2022 Quarterfinals Event# 5	67th 2022 CrossFit Open 22.1	347th 2021 CrossFit Open 21.2	

Thrusters	26th 2022 CrossFit Games Jackie Pro	4th 2022 Lowlands Throwdown Jigsaw	161st 2022 CrossFit Open 22.3	187th 2021 CrossFit Open 21.3	972nd 2020 CrossFit Open 20.2
Toes to Bar	22nd 2022 CrossFit Games Bike to Work	187th 2021 CrossFit Open 21.3	972nd 2020 CrossFit Open 20.2		
Wall Balls	39th 2022 CrossFit Games Hat Trick	42nd 2022 Quarterfinals Event# 3	256th 2020 CrossFit Open 20.5		

CrossFit Competition	Lift	Weight
2022 CrossFit Games	Sandbag Ladder	290 lbs/131.8 kg
2022 Lowlands Throwdown	Barbell Complex	308 lbs/140 kg
2022 Quarterfinals	The Other Total	948 lbs/430.9 kg
2021 CrossFit Open	21.4	254 lbs/115.5 kg

## Gabriela Migala

Age: 24 Height:5ft 7in/170 cm Weight:165 lbs/75 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	5	8.1	0	5	6	10
2022 - CrossFit Games	8	14.1	1	4	7	14
2022 - Lowlands Throwdown	3	5.5	1	5	5	6
2022 - Quarterfinals	1	9.2	1	3	4	5
2022 - World Wide Quarterfinals	3	-	-	-	-	-
2022 - CrossFit Open	13	32	0	1	1	3

2021 - Dubai CrossFit Championship	3	6	1	5	8	9
2021 - Rogue Invitational	3	7	0	3	6	7
2021 - CrossFit Games	6	10.9	0	4	9	15
2021 - CrossFit Lowlands Throwdown	3	4	1	4	6	6
2021 - Individual Quarterfinals	2	10.8	0	3	3	5
2021 - CrossFit Open	12	82.5	0	0	1	4
2020 - Crossfit Games - Online	18	16.3	0	0	1	7
2020 - Norwegian CrossFit Championship	1	3.9	1	7	9	9
2020 - CrossFit Strength in Depth	2	3.4	2	6	7	7
2020 - CrossFit Open	17	38.6	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	8.1	6	6.5	14	-
2022 - CrossFit Games	14.1	11.7	22	7.5	1
2022 - Lowlands Throwdown	5.5	4	17	3.7	-
2022 - Quarterfinals	9.2	7	-	12.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	32	-	42	2	-
2021 - Dubai CrossFit Championship	6	5.5	7.5	3	1
2021 - Rogue Invitational	7	5	9	5	-
2021 - CrossFit Games	10.9	11.7	11	6	9
2021 - CrossFit Lowlands Throwdown	4	3.5	1	7	-

2021 - Individual Quarterfinals	10.8	27	3	3	-
2021 - CrossFit Open	82.5	29	90.5	-	-
2020 - Crossfit Games - Online	16.3	17	18	13.5	-
2020 - Norwegian CrossFit Championship	3.9	6	2	4.7	-
2020 - CrossFit Strength in Depth	3.4	4.5	8	2	1
2020 - CrossFit Open	38.6	-	27	41.5	-

#### Recent Event Results by Movement

Burpees	5th 2022 Lowlands Throwdown Jigsaw	4th 2022 Quarterfinals Event# 5	42nd 2022 CrossFit Open 22.2	9th 2021 Dubai CrossFit Championship Athletes Choice Part B	9th 2021 Rogue Invitational The Mule
Clean	4th 2022 Rogue Invitational DT with a Spin	26th 2022 CrossFit Games Sandbag Ladder	30th 2022 CrossFit Games Elizabeth Elevated	2nd 2022 Lowlands Throwdown Devil's Advocate	9th 2021 Dubai CrossFit Championship Event# 4
Chest to Bar Pull Ups	12th 2022 CrossFit Games Bike to Work	5th 2022 Lowlands Throwdown Jigsaw	52nd 2022 CrossFit Open 22.3	9th 2021 CrossFit Games Event# 15	4th 2021 CrossFit Lowlands Throwdown Friendly Fran
GHD Situps	11th 2022 Rogue Invitational Ski Bar	17th 2022 CrossFit Games Up and Over	32nd 2022 Quarterfinals Event# 2	3rd 2021 Rogue Invitational Concept2	2nd 2021 CrossFit Games Event# 13
Handstand Push Ups	14th 2022 Rogue Invitational Snatch and Press	2nd 2022 Lowlands Throwdown Devil's Advocate	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1
Rowing	7th 2022 CrossFit Games Jackie Pro	1st 2022 Lowlands Throwdown Insidious	4th 2022 Quarterfinals Event# 5	9th 2021 Dubai CrossFit Championship Event# 4	9th 2021 Dubai CrossFit Championship Athletes Choice Part B



Snatch	14th 2022 Rogue Invitational Snatch and Press	6th 2022 CrossFit Games Hat Trick	4th 2022 Quarterfinals Event# 5	2nd 2022 CrossFit Open 22.1	7th 2021 Rogue Invitational The Duel
Thrusters	7th 2022 CrossFit Games Jackie Pro	5th 2022 Lowlands Throwdown Jigsaw	52nd 2022 CrossFit Open 22.3	13th 2021 Dubai CrossFit Championship Event# 6	9th 2021 Rogue Invitational Echo Burner
Toes to Bar	12th 2022 CrossFit Games Bike to Work	5th 2021 Dubai CrossFit Championship Athletes Choice Part A	7th 2021 CrossFit Games Event# 10	120th 2021 CrossFit Open 21.3	3rd 2020 Norwegian CrossFit Championship Event# 4
Wall Balls	6th 2022 CrossFit Games Hat Trick	2nd 2022 Quarterfinals Event# 3	4th 2021 Individual Quarterfinals Test 3	3rd 2020 Norwegian CrossFit Championship Event# 4	1st 2020 CrossFit Strength in Depth Creeping Death

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	190 lbs/86.4 kg
2022 CrossFit Games	Sandbag Ladder	200 lbs/90.9 kg
2022 Lowlands Throwdown	Barbell Complex	216 lbs/98.2 kg
2022 Quarterfinals	The Other Total	706 lbs/320.9 kg
2021 Dubai CrossFit Championship	Lift Off	110 lbs/50 kg
2021 Rogue Invitational	Bella Complex	235 lbs/106.8 kg
2021 CrossFit Games	1 Rep Max Snatch	190 lbs/86.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	252 lbs/114.5 kg
2021 CrossFit Open	21.4	221 lbs/100.5 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	265 lbs/120.5 kg
2020 Norwegian CrossFit Championship		110 lbs/50 kg

2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	107 lbs/48.6 kg
2018 Dubai CrossFit Championship	Max Snatch	91 lbs/41.4 kg
2018 Crossfit Open	18.2a	247 lbs/112.3 kg

## Emma Mcquaid

Age: 33 Height:5ft 5in/165 cm Weight:143 lbs/65 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Zelos Games	7	7.3	0	1	4	4
2022 - Rogue Invitational	13	10.3	1	3	4	10
2022 - Madrid Championship	2	4.9	2	5	7	8
2022 - CrossFit Games	12	15.5	0	2	7	14
2022 - Strength in Depth	2	4.8	1	4	6	6
2022 - World Wide Quarterfinals	10	-	-	-	-	-
2022 - Quarterfinals	2	14.2	0	0	1	5
2022 - CrossFit Open	6	19.3	0	0	1	3
2022 - Wodapalooza	1	6.1	1	3	7	8
2021 - Rogue Invitational	9	10	0	0	5	7
2021 - CrossFit Games	12	13.5	0	2	6	15
2021 - CrossFit Lowlands Throwdown	1	3.2	1	6	6	6
2021 - Individual Quarterfinals	5	28	0	1	2	5
2021 - CrossFit Open	6	58	0	0	1	4
2020 - Crossfit Games - Online	19	17.3	0	0	2	7
2020 - CrossFit Filthy 150	3	5.4	0	5	9	9

2020 - CrossFit Open	7	16.8	1	1	2	5
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**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Zelos Games	7.3	-	5	7	-
2022 - Rogue Invitational	10.3	11.5	10.3	11	-
2022 - Madrid Championship	4.9	11	3	3.8	7
2022 - CrossFit Games	15.5	13.7	10.8	17.8	10
2022 - Strength in Depth	4.8	4	7	4.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	14.2	24	-	12	-
2022 - CrossFit Open	19.3	-	6	19	-
2022 - Wodapalooza	6.1	6	3	7.8	1
2021 - Rogue Invitational	10	8	10	11.5	-
2021 - CrossFit Games	13.5	14.3	16.4	10	12
2021 - CrossFit Lowlands Throwdown	3.2	3.5	3	2	-
2021 - Individual Quarterfinals	28	21	32.5	51	-
2021 - CrossFit Open	58	25	90	-	-
2020 - Crossfit Games - Online	17.3	21.3	8.5	20	-
2020 - CrossFit Filthy 150	5.4	6	5.7	4.5	-
2020 - CrossFit Open	16.8	-	1	20.8	-

**Recent Event Results by Movement**

Burpees	7th 2022 Zelos Games Royal Flush	5th 2022 Strength in Depth Hard Times	15th 2022 Quarterfinals Event# 5	6th 2022 CrossFit Open 22.2	7th 2022 Wodapalooza Dale
Clean	7th 2022 Zelos Games Royal Flush	12th 2022 Rogue Invitational DT with a Spin	3rd 2022 Madrid Championship Atocha	3rd 2022 Madrid Championship Need For Speed	5th 2022 CrossFit Games Elizabeth Elevated
Chest to Bar Pull Ups	10th 2022 Zelos Games Full House	7th 2022 Madrid Championship Dirty Saiga	10th 2022 CrossFit Games Bike to Work	33rd 2022 CrossFit Open 22.3	13th 2022 Wodapalooza Echo Fran
GHD Situps	5th 2022 Rogue Invitational Ski Bar	1st 2022 Madrid Championship Yoke and Roll	15th 2022 CrossFit Games Up and Over	9th 2022 Quarterfinals Event# 2	3rd 2022 Wodapalooza Flipped Off
Handstand Push Ups	1st 2022 Rogue Invitational Snatch and Press	3rd 2022 Madrid Championship Atocha	11th 2022 Quarterfinals Event# 1	11th 2022 Quarterfinals Event# 1	11th 2022 Quarterfinals Event# 1
Rowing	10th 2022 Zelos Games Full House	1st 2022 Madrid Championship Yoke and Roll	19th 2022 CrossFit Games Jackie Pro	7th 2022 Strength in Depth Copperfield	15th 2022 Quarterfinals Event# 5
Snatch	5th 2022 Zelos Games Ace of Spades	1st 2022 Rogue Invitational Snatch and Press	32nd 2022 CrossFit Games Hat Trick	1st 2022 Strength in Depth Havisham	15th 2022 Quarterfinals Event# 5
Thrusters	7th 2022 Zelos Games Royal Flush	7th 2022 Madrid Championship Dirty Saiga	19th 2022 CrossFit Games Jackie Pro	5th 2022 Strength in Depth Hard Times	33rd 2022 CrossFit Open 22.3
Toes to Bar	3rd 2022 Madrid Championship Round 2	10th 2022 CrossFit Games Bike to Work	5th 2022 Strength in Depth Curiosity Shop	3rd 2022 Wodapalooza WZAOC Remix	18th 2021 CrossFit Games Event# 10

Wall Balls	10th 2022 Zelos Games Full House	1st 2022 Madrid Championship The Rings and The Ramp	32nd 2022 CrossFit Games Hat Trick	12th 2022 Quarterfinals Event# 3	56th 2021 Individual Quarterfinals Test 3
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CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	180 lbs/81.8 kg
2022 CrossFit Games	Sandbag Ladder	210 lbs/95.5 kg
2022 Strength in Depth	Barbell Complex	213 lbs/96.8 kg
2022 Quarterfinals	The Other Total	671 lbs/305 kg
2021 Rogue Invitational	Bella Complex	227 lbs/103.2 kg
2021 CrossFit Games	1 Rep Max Snatch	185 lbs/84.1 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	254 lbs/115.5 kg
2021 CrossFit Open	21.4	224 lbs/101.8 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	253 lbs/115 kg
2020 CrossFit Filthy 150	1 Rep Max Snatch	83 lbs/37.7 kg
2019 CrossFit Strength in Depth		80 lbs/36.4 kg
2018 Dubai CrossFit Championship	Max Snatch	86 lbs/39.1 kg
2018 Crossfit Open	18.2a	237 lbs/107.7 kg
2015 Meridian Regional	Regionals 15.5	147 lbs/66.8 kg

# Jacqueline Dahlstrøm

Age: 31 Height:5ft 6in/167 cm Weight:147 lbs/67 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
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2022 - Rogue Invitational	17	14.2	0	0	3	10
2022 - CrossFit Games	15	16.1	0	1	4	14
2022 - Strength in Depth	1	3.8	0	5	6	6
2022 - Quarterfinals	4	15	0	1	1	5
2022 - World Wide Quarterfinals	12	-	-	-	-	-
2022 - CrossFit Open	87	152	0	0	0	3
2021 - Dubai CrossFit Championship	5	5.9	1	4	9	9
2021 - Rogue Invitational	20	15.4	0	0	1	7
2021 - Madrid CrossFit Championship	3	-	-	-	-	-
2021 - CrossFit Games	17	16.7	0	0	3	15
2021 - CrossFit German Throwdown	2	3	1	6	6	6
2021 - Individual Quarterfinals	4	14.4	1	1	2	5
2021 - CrossFit Open	35	164.5	0	0	0	4
2020 - Norwegian CrossFit Championship	4	8	2	3	6	9
2020 - CrossFit Open	64736	-	0	-	-	-

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	14.2	19.5	13.5	12	-
2022 - CrossFit Games	16.1	7.7	28.3	14.5	12
2022 - Strength in Depth	3.8	4	5	3.3	-
2022 - Quarterfinals	15	29	-	10	-
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - CrossFit Open	152	-	357	73	-
2021 - Dubai CrossFit Championship	5.9	7.5	5.3	7	4
2021 - Rogue Invitational	15.4	10	18	17.5	-
2021 - Madrid CrossFit Championship	-	-	-	-	-
2021 - CrossFit Games	16.7	18	19	11	11
2021 - CrossFit German Throwdown	3	2	2.5	4	-
2021 - Individual Quarterfinals	14.4	31	12	1	-
2021 - CrossFit Open	164.5	261	192	-	-
2020 - Norwegian CrossFit Championship	8	6.5	8.3	11	-
2020 - CrossFit Open	-	-	-	-	-

#### Recent Event Results by Movement

Burpees	2nd 2022 Strength in Depth Hard Times	12th 2022 Quarterfinals Event# 5	357th 2022 CrossFit Open 22.2	5th 2021 Dubai CrossFit Championship Athletes Choice Part B	18th 2021 Rogue Invitational The Mule
Clean	19th 2022 Rogue Invitational DT with a Spin	2nd 2022 CrossFit Games Sandbag Ladder	35th 2022 CrossFit Games Elizabeth Elevated	6th 2021 Dubai CrossFit Championship Event# 4	17th 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	17th 2022 CrossFit Games Bike to Work	26th 2022 CrossFit Open 22.3	11th 2021 CrossFit Games Event# 15	1st 2021 CrossFit German Throwdown Friendly Fran	13th 2021 CrossFit Open 21.3
GHD Situps	6th 2022 Rogue Invitational Ski Bar	14th 2022 CrossFit Games Up and Over	5th 2022 Quarterfinals Event# 2	18th 2021 Rogue Invitational Concept2	9th 2021 CrossFit Games Event# 13

Handstand Push Ups	16th 2022 Rogue Invitational Snatch and Press	16th 2022 Quarterfinals Event# 1	16th 2022 Quarterfinals Event# 1	16th 2022 Quarterfinals Event# 1	6th 2021 Dubai CrossFit Championship Event# 4
Rowing	8th 2022 CrossFit Games Jackie Pro	6th 2022 Strength in Depth Copperfield	12th 2022 Quarterfinals Event# 5	5th 2021 Dubai CrossFit Championship Athletes Choice Part B	6th 2021 Dubai CrossFit Championship Event# 4
Snatch	16th 2022 Rogue Invitational Snatch and Press	18th 2022 CrossFit Games Hat Trick	2nd 2022 Strength in Depth Havisham	12th 2022 Quarterfinals Event# 5	73rd 2022 CrossFit Open 22.1
Thrusters	8th 2022 CrossFit Games Jackie Pro	2nd 2022 Strength in Depth Hard Times	26th 2022 CrossFit Open 22.3	1st 2021 Dubai CrossFit Championship Event# 6	18th 2021 Rogue Invitational Echo Burner
Toes to Bar	17th 2022 CrossFit Games Bike to Work	4th 2022 Strength in Depth Curiosity Shop	7th 2021 Dubai CrossFit Championship Athletes Choice Part A	9th 2021 CrossFit Games Event# 10	13th 2021 CrossFit Open 21.3
Wall Balls	18th 2022 CrossFit Games Hat Trick	13th 2022 Quarterfinals Event# 3	9th 2021 Individual Quarterfinals Test 3	1st 2020 Norwegian CrossFit Championship Event# 4	86th 2019 Crossfit Open 19.1
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2022 Rogue Invitational			Texas Oak		170 lbs/77.3 kg
2022 CrossFit Games			Sandbag Ladder		240 lbs/109.1 kg
2022 Strength in Depth			Barbell Complex		213 lbs/96.8 kg
2022 Quarterfinals			The Other Total		663 lbs/301.4 kg
2021 Dubai CrossFit Championship			Lift Off		105 lbs/47.7 kg
2021 Rogue Invitational			Bella Complex		222 lbs/100.9 kg



2021 CrossFit Games	1 Rep Max Snatch	175 lbs/79.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	249 lbs/113.2 kg
2021 CrossFit Open	21.4	202 lbs/91.8 kg
2020 Norwegian CrossFit Championship		105 lbs/47.7 kg
2019 Reykjavík CrossFit Championship	Last Man Standing	80 lbs/36.4 kg
2018 Crossfit Open	18.2a	233 lbs/105.9 kg

## Annie Thorisdottir

Age: 33 Height:5ft 7in/170 cm Weight:152 lbs/69 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	2	6.9	0	3	9	10
2022 - CrossFit Open	18	49	0	0	0	3
2021 - Rogue Invitational	2	5	2	4	6	7
2021 - CrossFit Games	3	9.1	1	5	10	15
2021 - CrossFit Lowlands Throwdown	3	4	1	4	6	6
2021 - Individual Quarterfinals	9	37.4	0	2	2	5
2021 - CrossFit Open	118	375.3	0	0	0	4
2020 - CrossFit Open	2	7.8	1	3	4	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	6.9	7	6	9	-
2022 - CrossFit Open	49	-	37	35	-

2021 - Rogue Invitational	5	5	2	9.5	-
2021 - CrossFit Games	9.1	11.7	10.1	6.7	3
2021 - CrossFit Lowlands Throwdown	4	4.5	2	6	-
2021 - Individual Quarterfinals	37.4	116	3.5	36	-
2021 - CrossFit Open	375.3	252	341	-	-
2020 - CrossFit Open	7.8	-	4	8.8	-

#### Recent Event Results by Movement

Burpees	37th 2022 CrossFit Open 22.2	1st 2021 Rogue Invitational The Mule	4th 2021 CrossFit Games Event# 13	2nd 2021 CrossFit Lowlands Throwdown Grettel	3rd 2021 Individual Quarterfinals Test 5
Clean	5th 2022 Rogue Invitational DT with a Spin	13th 2021 Rogue Invitational The Duel	14th 2021 CrossFit Games Event# 7	11th 2021 CrossFit Games Event# 6	28th 2021 Individual Quarterfinals Test 1
Chest to Bar Pull Ups	75th 2022 CrossFit Open 22.3	3rd 2021 CrossFit Games Event# 15	7th 2021 CrossFit Lowlands Throwdown Friendly Fran	567th 2021 CrossFit Open 21.3	13th 2019 Crossfit Open 19.5
GHD Situps	8th 2022 Rogue Invitational Ski Bar	6th 2021 Rogue Invitational Concept2	4th 2021 CrossFit Games Event# 13	1st 2021 CrossFit Lowlands Throwdown Semifinals 21.2	36th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	5th 2022 Rogue Invitational Snatch and Press	6th 2021 Rogue Invitational Chipper	1st 2021 CrossFit Games Event# 14	28th 2021 Individual Quarterfinals Test 1	28th 2021 Individual Quarterfinals Test 1
Rowing	6th 2021 Rogue Invitational Chipper	3rd 2021 CrossFit Games Event# 15	5th 2021 CrossFit Lowlands Throwdown Semifinals 21.5	4th 2021 Individual Quarterfinals Test 3	9th 2020 CrossFit Open 20.5

Snatch	5th 2022 Rogue Invitational Snatch and Press	35th 2022 CrossFit Open 22.1	13th 2021 Rogue Invitational The Duel	2nd 2021 CrossFit Games 1 Rep Max Snatch	2nd 2021 CrossFit Games Event# 9
Thrusters	75th 2022 CrossFit Open 22.3	3rd 2021 Rogue Invitational Echo Burner	9th 2021 CrossFit Games Event# 4	7th 2021 CrossFit Lowlands Throwdown Friendly Fran	567th 2021 CrossFit Open 21.3
Toes to Bar	16th 2021 CrossFit Games Event# 10	567th 2021 CrossFit Open 21.3	22nd 2020 CrossFit Open 20.2	24th 2019 Crossfit Open 19.2	1st 2018 Europe Regional Regionals 18.5
Wall Balls	4th 2021 Individual Quarterfinals Test 3	9th 2020 CrossFit Open 20.5	3rd 2019 Crossfit Open 19.1	1st 2017 Meridian Regional Regionals 17.3	6th 2017 Crossfit Open 17.4

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	190 lbs/86.4 kg
2021 Rogue Invitational	Bella Complex	235 lbs/106.8 kg
2021 CrossFit Games	1 Rep Max Snatch	200 lbs/90.9 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	231 lbs/105 kg
2021 CrossFit Open	21.4	203 lbs/92.3 kg
2018 Crossfit Games	CrossFit Total	840 lbs/381.8 kg
2018 Crossfit Open	18.2a	231 lbs/105 kg
2017 Crossfit Games	1 Rep Max Snatch	198 lbs/90 kg
2016 Crossfit Games	Ranch Deadlift Ladder	375 lbs/170.5 kg
2015 Crossfit Games	Clean and Jerk	196 lbs/89.1 kg
2015 Meridian Regional	Regionals 15.5	176 lbs/80 kg
2014 Crossfit Games	Overhead Squat	222 lbs/100.9 kg

2012 Crossfit Games	Clean Ladder	220 lbs/100 kg
2009 CrossFit Games	Snatch	115 lbs/52.3 kg
2009 CrossFit Games	Deadlifts	305 lbs/138.6 kg

## Laura Horváth

Age: 26 Height:5ft 7in/170 cm Weight:154 lbs/70 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	1	5.8	4	6	8	10
2022 - CrossFit Games	3	11.4	2	7	8	14
2022 - Lowlands Throwdown	1	2.7	2	5	6	6
2022 - Quarterfinals	9	25	2	2	2	5
2022 - World Wide Quarterfinals	21	-	-	-	-	-
2022 - CrossFit Open	103	177	0	1	1	3
2021 - Dubai CrossFit Championship	1	4.3	1	8	8	9
2021 - Rogue Invitational	4	7.6	0	4	4	7
2021 - CrossFit Games	2	7.1	1	9	11	15
2021 - CrossFit Lowlands Throwdown	2	3.3	3	5	6	6
2021 - Individual Quarterfinals	1	9.6	0	2	3	5
2021 - CrossFit Open	52	211.3	0	0	0	4
2020 - Crossfit Games - Online	24	19.7	0	0	1	7
2020 - The Rogue Invitational	5	6.4	0	4	5	7
2020 - CrossFit Strength in Depth	1	2.9	4	5	7	7
2020 - CrossFit Open	10	29.4	0	0	1	5

**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	5.8	2.5	7.5	4	-
2022 - CrossFit Games	11.4	15.7	16	4.8	2
2022 - Lowlands Throwdown	2.7	1	2	3.7	-
2022 - Quarterfinals	25	1	-	11.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	177	-	328	199	-
2021 - Dubai CrossFit Championship	4.3	2.5	7.3	1	2
2021 - Rogue Invitational	7.6	2	6.5	7	-
2021 - CrossFit Games	7.1	10	8.9	3	2
2021 - CrossFit Lowlands Throwdown	3.3	1	5	5	-
2021 - Individual Quarterfinals	9.6	11	6	2	-
2021 - CrossFit Open	211.3	31	391.5	-	-
2020 - Crossfit Games - Online	19.7	15.3	27	19	-
2020 - The Rogue Invitational	6.4	6.3	4.5	4	-
2020 - CrossFit Strength in Depth	2.9	4	1	3.3	1
2020 - CrossFit Open	29.4	-	36	27.8	-

**Recent Event Results by Movement**

Burpees	6th 2022 Lowlands Throwdown Jigsaw	1st 2022 Quarterfinals Event# 5	328th 2022 CrossFit Open 22.2	17th 2021 Dubai CrossFit Championship Athletes Choice Part B	11th 2021 Rogue Invitational The Mule
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Clean	1st 2022 Rogue Invitational DT with a Spin	21st 2022 CrossFit Games Elizabeth Elevated	3rd 2022 CrossFit Games Sandbag Ladder	4th 2022 Lowlands Throwdown Devil's Advocate	2nd 2021 Dubai CrossFit Championship Event# 4
Chest to Bar Pull Ups	5th 2022 CrossFit Games Bike to Work	6th 2022 Lowlands Throwdown Jigsaw	4th 2022 CrossFit Open 22.3	2nd 2021 CrossFit Games Event# 15	1st 2021 CrossFit Lowlands Throwdown Friendly Fran
GHD Situps	14th 2022 Rogue Invitational Ski Bar	12th 2022 CrossFit Games Up and Over	11th 2022 Quarterfinals Event# 2	12th 2021 Rogue Invitational Concept2	3rd 2021 CrossFit Games Event# 13
Handstand Push Ups	19th 2022 Rogue Invitational Snatch and Press	4th 2022 Lowlands Throwdown Devil's Advocate	90th 2022 Quarterfinals Event# 1	90th 2022 Quarterfinals Event# 1	90th 2022 Quarterfinals Event# 1
Rowing	4th 2022 CrossFit Games Jackie Pro	2nd 2022 Lowlands Throwdown Insidious	1st 2022 Quarterfinals Event# 5	2nd 2021 Dubai CrossFit Championship Event# 4	17th 2021 Dubai CrossFit Championship Athletes Choice Part B
Snatch	19th 2022 Rogue Invitational Snatch and Press	9th 2022 CrossFit Games Hat Trick	1st 2022 Quarterfinals Event# 5	199th 2022 CrossFit Open 22.1	2nd 2021 Rogue Invitational The Duel
Thrusters	4th 2022 CrossFit Games Jackie Pro	6th 2022 Lowlands Throwdown Jigsaw	4th 2022 CrossFit Open 22.3	5th 2021 Dubai CrossFit Championship Event# 6	2nd 2021 Rogue Invitational Echo Burner
Toes to Bar	5th 2022 CrossFit Games Bike to Work	3rd 2021 Dubai CrossFit Championship Athletes Choice Part A	15th 2021 CrossFit Games Event# 10	31st 2021 CrossFit Open 21.3	4th 2020 The Rogue Invitational Event# 4
Wall Balls	9th 2022 CrossFit Games Hat Trick	22nd 2022 Quarterfinals Event# 3	7th 2021 Individual Quarterfinals Test 3	1st 2020 CrossFit Strength in Depth Creeping Death	21st 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	200 lbs/90.9 kg
2022 CrossFit Games	Sandbag Ladder	230 lbs/104.5 kg
2022 Lowlands Throwdown	Barbell Complex	233 lbs/105.9 kg
2022 Quarterfinals	The Other Total	750 lbs/340.9 kg
2021 Dubai CrossFit Championship	Lift Off	110 lbs/50 kg
2021 Rogue Invitational	Bella Complex	257 lbs/116.8 kg
2021 CrossFit Games	1 Rep Max Snatch	190 lbs/86.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	261 lbs/118.6 kg
2021 CrossFit Open	21.4	220 lbs/100 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	275 lbs/125 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	260 lbs/118.2 kg
2020 The Rogue Invitational		lbs/0 kg
2018 Dubai CrossFit Championship	Max Snatch	93 lbs/42.3 kg
2018 Crossfit Games	CrossFit Total	850 lbs/386.4 kg
2018 Crossfit Open	18.2a	249 lbs/113.2 kg

## Elena Carratala Sanahuja

Age: 29 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Madrid Challenger Series	3	-	-	-	-	-
2022 - Zelos Games	9	8	0	1	3	4
2022 - CrossFit Games	38	31.2	0	0	0	11

2022 - Last Chance Qualifier	2	4.8	0	3	4	4
2022 - French Throwdown	1	4.3	0	6	8	9
2022 - Lowlands Throwdown	7	8.2	0	2	5	6
2022 - World Wide Quarterfinals	35	-	-	-	-	-
2022 - Quarterfinals	14	35	0	0	0	5
2022 - CrossFit Open	44	86.3	0	0	0	3
2022 - Wodapalooza	20	19.6	0	0	0	8
2021 - Last Chance Qualifier	14	13.3	0	1	1	4
2021 - CrossFit Lowlands Throwdown	7	8.8	0	1	5	6
2021 - Individual Quarterfinals	53	98	0	0	1	5
2021 - CrossFit Open	8	60.3	0	0	0	4
2020 - Wodapalooza RX	9	-	-	-	-	-
2020 - Pandaland CrossFit Challenge	2	3.6	1	4	5	5
2020 - CrossFit Open	71	147.8	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Madrid Challenger Series	-	-	-	-	-
2022 - Zelos Games	8	-	10	7	-
2022 - CrossFit Games	31.2	24	33.3	35.5	36
2022 - Last Chance Qualifier	4.8	-	5.7	2	-
2022 - French Throwdown	4.3	4	4.3	5.3	-
2022 - Lowlands Throwdown	8.2	9	5	8	-



2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	35	47	-	38.7	-
2022 - CrossFit Open	86.3	-	133	65	-
2022 - Wodapalooza	19.6	13	19	21.6	17
2021 - Last Chance Qualifier	13.3	16.5	15	5	-
2021 - CrossFit Lowlands Throwdown	8.8	6.5	11	9.5	-
2021 - Individual Quarterfinals	98	8	109	233	-
2021 - CrossFit Open	60.3	54	62.5	-	-
2020 - Wodapalooza RX	-	-	-	-	-
2020 - Pandaland CrossFit Challenge	3.6	-	2	3	7
2020 - CrossFit Open	147.8	-	108	157.8	-

#### Recent Event Results by Movement

Burpees	12th 2022 Zelos Games Royal Flush	2nd 2022 Last Chance Qualifier Event# 4	6th 2022 French Throwdown 2017 Remix	2nd 2022 French Throwdown Laser BMX Run	9th 2022 Lowlands Throwdown Jigsaw
Clean	35th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	12th 2022 Zelos Games Royal Flush	36th 2022 CrossFit Games Sandbag Ladder	39th 2022 CrossFit Games Elizabeth Elevated	5th 2022 Lowlands Throwdown Devil's Advocate
Chest to Bar Pull Ups	8th 2022 Zelos Games Full House	40th 2022 CrossFit Games Bike to Work	2nd 2022 French Throwdown Axle Helen	9th 2022 Lowlands Throwdown Jigsaw	61st 2022 CrossFit Open 22.3
GHD Situps	26th 2023 Wodapalooza E2 - Back to the Future	26th 2023 Wodapalooza E2 - Back to the Future	29th 2022 CrossFit Games Up and Over	2nd 2022 French Throwdown Chipper	17th 2022 Quarterfinals Event# 2

Handstand Push Ups	5th 2022 Lowlands Throwdown Devil's Advocate	12th 2022 Quarterfinals Event# 1	12th 2022 Quarterfinals Event# 1	12th 2022 Quarterfinals Event# 1	13th 2022 Wodapalooza Celebrate Ten
Rowing	35th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	8th 2022 Zelos Games Full House	5th 2022 Last Chance Qualifier Event# 2	2nd 2022 French Throwdown Axle Helen	11th 2022 Lowlands Throwdown Insidious
Snatch	10th 2022 Zelos Games Ace of Spades	31st 2022 CrossFit Games Hat Trick	2nd 2022 French Throwdown Axle Helen	24th 2022 Quarterfinals Event# 5	65th 2022 CrossFit Open 22.1
Thrusters	26th 2023 Wodapalooza E2 - Back to the Future	12th 2022 Zelos Games Royal Flush	7th 2022 Last Chance Qualifier Event# 1	6th 2022 French Throwdown 2017 Remix	9th 2022 Lowlands Throwdown Jigsaw
Toes to Bar	34th 2023 Wodapalooza E3 - Start Fast, Finish Strong	40th 2022 CrossFit Games Bike to Work	19th 2022 Wodapalooza WZAOC Remix	62nd 2021 CrossFit Open 21.3	4th 2020 Pandaland CrossFit Challenge Event# 5
Wall Balls	15th 2023 Wodapalooza E5 - Double Shot with a Splash	8th 2022 Zelos Games Full House	31st 2022 CrossFit Games Hat Trick	2nd 2022 Last Chance Qualifier Event# 4	75th 2022 Quarterfinals Event# 3
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2023 Wodapalooza			E4 - We Have Lift Off		220 lbs/100 kg
2022 CrossFit Games			Sandbag Ladder		180 lbs/81.8 kg
2022 French Throwdown			Snatch + OHS Elite Ladder		85 lbs/38.6 kg
2022 Lowlands Throwdown			Barbell Complex		209 lbs/95 kg
2022 Quarterfinals			The Other Total		640 lbs/290.9 kg
2021 Last Chance Qualifier			3 Rep Max Deadlift		333 lbs/151.4 kg
2021 Individual Quarterfinals			Test 4 (4 Rep Max Front Squat)		267 lbs/121.4 kg

2021 CrossFit Open	21.4	216 lbs/98.2 kg
2020 Pandaland CrossFit Challenge		155 lbs/70.5 kg
2019 Reykjavík CrossFit Championship	Last Man Standing	75 lbs/34.1 kg
2019 CrossFit Strength in Depth		65 lbs/29.5 kg

## Elisa Fuliano

Age: 27 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - German Throwdown	1	-	-	-	-	-
2022 - CrossFit Games	35	28.6	0	1	1	11
2022 - Strength in Depth	5	8.5	0	1	5	6
2022 - World Wide Quarterfinals	71	-	-	-	-	-
2022 - Quarterfinals	34	63.2	0	0	1	5
2022 - CrossFit Open	119	205.3	0	0	0	3
2021 - Tuscany Games	1	-	-	-	-	-
2021 - Individual Quarterfinals	125	213.4	0	0	0	5
2021 - CrossFit Open	306	785	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - German Throwdown	-	-	-	-	-
2022 - CrossFit Games	28.6	30.7	27.3	32.5	35
2022 - Strength in Depth	8.5	9	9	9	-

2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	63.2	41	-	72.7	-
2022 - CrossFit Open	205.3	-	342	153	-
2021 - Tuscany Games	-	-	-	-	-
2021 - Individual Quarterfinals	213.4	36	341	192	-
2021 - CrossFit Open	785	729	864	-	-

#### Recent Event Results by Movement

Burpees	5th 2023 Wodapalooza E6 - Dirty Isabel	10th 2022 Strength in Depth Hard Times	10th 2022 Quarterfinals Event# 5	342nd 2022 CrossFit Open 22.2	44th 2021 Individual Quarterfinals Test 5
Clean	30th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	37th 2022 CrossFit Games Sandbag Ladder	13th 2022 CrossFit Games Elizabeth Elevated	157th 2021 Individual Quarterfinals Test 1	
Chest to Bar Pull Ups	19th 2023 Wodapalooza E6 - Miami Meat Market	35th 2022 CrossFit Games Bike to Work	121st 2022 CrossFit Open 22.3	683rd 2021 CrossFit Open 21.3	
GHD Situps	15th 2023 Wodapalooza E2 - Back to the Future	15th 2023 Wodapalooza E2 - Back to the Future	36th 2022 CrossFit Games Up and Over	16th 2022 Quarterfinals Event# 2	192nd 2021 Individual Quarterfinals Test 2
Handstand Push Ups	57th 2022 Quarterfinals Event# 1	57th 2022 Quarterfinals Event# 1	57th 2022 Quarterfinals Event# 1	157th 2021 Individual Quarterfinals Test 1	157th 2021 Individual Quarterfinals Test 1
Rowing	30th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	12th 2022 Strength in Depth Copperfield	10th 2022 Quarterfinals Event# 5	638th 2021 Individual Quarterfinals Test 3	

Snatch	5th 2023 Wodapalooza E6 - Dirty Isabel	30th 2022 CrossFit Games Hat Trick	5th 2022 Strength in Depth Havisham	10th 2022 Quarterfinals Event# 5	153rd 2022 CrossFit Open 22.1
Thrusters	15th 2023 Wodapalooza E2 - Back to the Future	10th 2022 Strength in Depth Hard Times	121st 2022 CrossFit Open 22.3	683rd 2021 CrossFit Open 21.3	
Toes to Bar	2nd 2023 Wodapalooza E3 - Start Fast, Finish Strong	35th 2022 CrossFit Games Bike to Work	6th 2022 Strength in Depth Curiosity Shop	683rd 2021 CrossFit Open 21.3	
Wall Balls	21st 2023 Wodapalooza E5 - Double Shot with a Splash	30th 2022 CrossFit Games Hat Trick	192nd 2022 Quarterfinals Event# 3	638th 2021 Individual Quarterfinals Test 3	

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	246 lbs/111.8 kg
2022 CrossFit Games	Sandbag Ladder	170 lbs/77.3 kg
2022 Strength in Depth	Barbell Complex	211 lbs/95.9 kg
2022 Quarterfinals	The Other Total	650 lbs/295.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	247 lbs/112.3 kg
2021 CrossFit Open	21.4	190 lbs/86.4 kg

## Manon Angonese

Age: 30 Height:5ft 4in/163 cm Weight:145 lbs/66 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
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2022 - Dubai Fitness Championship	6	7.6	0	3	6	8
2022 - Rogue Invitational	11	9.9	0	2	5	10
2022 - Madrid Championship	3	5.8	2	4	6	8
2022 - French Throwdown	10	13.4	0	1	4	9
2022 - CrossFit Open	226	380.7	0	0	0	3
2022 - Wodapalooza	Withdrew From Event	-	0	-	-	-
2021 - Dubai CrossFit Championship	13	12	1	1	2	9
2021 - Last Chance Qualifier	6	10	0	1	2	4
2021 - CrossFit Lowlands Throwdown	6	9	0	2	3	6
2021 - Individual Quarterfinals	22	59.6	0	0	0	5
2021 - CrossFit Open	55	219.3	0	0	0	4
2020 - CrossFit Open	65	138.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	7.6	11	6	8	4
2022 - Rogue Invitational	9.9	8	11.5	4.5	-
2022 - Madrid Championship	5.8	16	4	5.3	1
2022 - French Throwdown	13.4	10	9.5	18	-
2022 - CrossFit Open	380.7	-	502	391	-
2022 - Wodapalooza	-	-	-	-	-
2021 - Dubai CrossFit Championship	12	8	13.3	11	13

2021 - Last Chance Qualifier	10	7	14	12	-
2021 - CrossFit Lowlands Throwdown	9	8.5	4	9.5	-
2021 - Individual Quarterfinals	59.6	24	62.5	105	-
2021 - CrossFit Open	219.3	125	345	-	-
2020 - CrossFit Open	138.2	-	170	130.3	-

#### Recent Event Results by Movement

Burpees	11th 2022 Dubai Fitness Championship Fast Like an Oryx	19th 2022 French Throwdown 2017 Remix	15th 2022 French Throwdown Laser BMX Run	502nd 2022 CrossFit Open 22.2	16th 2021 Dubai CrossFit Championship Athletes Choice Part B
Clean	5th 2022 Dubai Fitness Championship Barbell Furious	7th 2022 Dubai Fitness Championship Hang Clean Ladder	17th 2022 Rogue Invitational DT with a Spin	2nd 2022 Madrid Championship Atocha	1st 2022 Madrid Championship Need For Speed
Chest to Bar Pull Ups	5th 2022 Dubai Fitness Championship Heavy Handed	1st 2022 Madrid Championship Dirty Saiga	13th 2022 French Throwdown Axle Helen	249th 2022 CrossFit Open 22.3	5th 2021 CrossFit Lowlands Throwdown Friendly Fran
GHD Situps	11th 2022 Rogue Invitational Ski Bar	6th 2022 Madrid Championship Yoke and Roll	19th 2022 French Throwdown Chipper	14th 2021 CrossFit Lowlands Throwdown Semifinals 21.2	105th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	2nd 2022 Rogue Invitational Snatch and Press	2nd 2022 Madrid Championship Atocha	15th 2021 Dubai CrossFit Championship Event# 4	44th 2021 Individual Quarterfinals Test 1	44th 2021 Individual Quarterfinals Test 1
Rowing	6th 2022 Madrid Championship Yoke and Roll	13th 2022 French Throwdown Axle Helen	15th 2021 Dubai CrossFit Championship Event# 4	16th 2021 Dubai CrossFit Championship Athletes Choice Part B	14th 2021 Last Chance Qualifier Event# 1

Snatch	8th 2022 Dubai Fitness Championship Get a Grip	2nd 2022 Rogue Invitational Snatch and Press	13th 2022 French Throwdown Axle Helen	391st 2022 CrossFit Open 22.1	14th 2021 Last Chance Qualifier Event# 1
Thrusters	11th 2022 Dubai Fitness Championship Fast Like an Oryx	1st 2022 Madrid Championship Dirty Saiga	19th 2022 French Throwdown 2017 Remix	249th 2022 CrossFit Open 22.3	6th 2021 Dubai CrossFit Championship Event# 6
Toes to Bar	8th 2022 Dubai Fitness Championship Get a Grip	7th 2022 Madrid Championship Round 2	13th 2021 Dubai CrossFit Championship Athletes Choice Part A	62nd 2021 CrossFit Open 21.3	15th 2019 Dubai CrossFit Championship Event# 10
Wall Balls	2nd 2022 Madrid Championship The Rings and The Ramp	107th 2021 Individual Quarterfinals Test 3	13th 2019 Dubai CrossFit Championship Event# 7	209th 2020 CrossFit Open 20.5	8th 2019 CrossFit Italian Showdown Event# 2

CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	112 lbs/50.9 kg
2022 Rogue Invitational	Texas Oak	190 lbs/86.4 kg
2022 French Throwdown	Snatch + OHS Elite Ladder	80 lbs/36.4 kg
2021 Dubai CrossFit Championship	Lift Off	115 lbs/52.3 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	370 lbs/168.2 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	253 lbs/115 kg
2021 CrossFit Open	21.4	209 lbs/95 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	110 lbs/50 kg
2018 Dubai CrossFit Championship	Max Snatch	90 lbs/40.9 kg
2018 Crossfit Open	18.2a	209 lbs/95 kg



# Oihana Moya

Age: 27 Height:5ft 5in/165 cm Weight:136 lbs/62 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	5	7.3	0	4	7	8
2022 - Last Chance Qualifier	9	9	0	1	3	4
2022 - French Throwdown	Withdrew From Event	-	0	-	-	-
2022 - Lowlands Throwdown	8	11.3	1	1	3	6
2022 - World Wide Quarterfinals	80	-	-	-	-	-
2022 - Quarterfinals	36	67.4	0	2	2	5
2022 - CrossFit Open	117	205	0	0	0	3
2022 - Wodapalooza	24	17.3	0	1	1	6
2021 - Last Chance Qualifier	10	11.8	1	1	1	4
2021 - CrossFit German Throwdown	8	10	0	3	3	6
2021 - Individual Quarterfinals	27	67.4	0	1	2	5
2021 - CrossFit Open	469	1137.3	0	1	2	4
2020 - CrossFit Open	601	-	0	-	-	-

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	7.3	3.5	17	5.7	9
2022 - Last Chance Qualifier	9	-	9	9	-

2022 - French Throwdown	-	-	-	-	-
2022 - Lowlands Throwdown	11.3	8	12	10.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	67.4	5	-	32.3	-
2022 - CrossFit Open	205	-	91	440	-
2022 - Wodapalooza	17.3	12	-	19.3	15
2021 - Last Chance Qualifier	11.8	7	13	20	-
2021 - CrossFit German Throwdown	10	4	2.5	18.5	-
2021 - Individual Quarterfinals	67.4	4	19	47	-
2021 - CrossFit Open	1137.3	87	2227	-	-
2020 - CrossFit Open	-	-	-	-	-

#### Recent Event Results by Movement

Burpees	3rd 2022 Dubai Fitness Championship Fast Like an Oryx	9th 2022 Last Chance Qualifier Event# 4	1st 2022 Lowlands Throwdown Jigsaw	3rd 2022 Quarterfinals Event# 5	91st 2022 CrossFit Open 22.2
Clean	24th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	2nd 2022 Dubai Fitness Championship Hang Clean Ladder	10th 2022 Dubai Fitness Championship Barbell Furious	24th 2022 Lowlands Throwdown Devil's Advocate	20th 2021 Last Chance Qualifier Event# 4
Chest to Bar Pull Ups	8th 2022 Dubai Fitness Championship Heavy Handed	1st 2022 Lowlands Throwdown Jigsaw	84th 2022 CrossFit Open 22.3	5th 2022 Wodapalooza Echo Fran	2nd 2021 CrossFit German Throwdown Friendly Fran
GHD Situps	19th 2023 Wodapalooza E2 - Back to the Future	19th 2023 Wodapalooza E2 - Back to the Future	20th 2022 Quarterfinals Event# 2	18th 2022 Wodapalooza Flipped Off	14th 2021 CrossFit German Throwdown Semifinals 21.2

Handstand Push Ups	24th 2022 Lowlands Throwdown Devil's Advocate	235th 2022 Quarterfinals Event# 1	235th 2022 Quarterfinals Event# 1	235th 2022 Quarterfinals Event# 1	27th 2022 Wodapalooza Celebrate Ten
Rowing	24th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	13th 2022 Last Chance Qualifier Event# 2	16th 2022 Lowlands Throwdown Insidious	3rd 2022 Quarterfinals Event# 5	27th 2022 Wodapalooza Row, Swim, Run
Snatch	4th 2022 Dubai Fitness Championship Get a Grip	3rd 2022 Quarterfinals Event# 5	440th 2022 CrossFit Open 22.1	13th 2021 Last Chance Qualifier Event# 1	4th 2021 CrossFit German Throwdown Semifinals 21.4
Thrusters	19th 2023 Wodapalooza E2 - Back to the Future	3rd 2022 Dubai Fitness Championship Fast Like an Oryx	5th 2022 Last Chance Qualifier Event# 1	1st 2022 Lowlands Throwdown Jigsaw	84th 2022 CrossFit Open 22.3
Toes to Bar	4th 2023 Wodapalooza E3 - Start Fast, Finish Strong	4th 2022 Dubai Fitness Championship Get a Grip	8th 2021 CrossFit Open 21.3		
Wall Balls	26th 2023 Wodapalooza E5 - Double Shot with a Splash	9th 2022 Last Chance Qualifier Event# 4	74th 2022 Quarterfinals Event# 3	32nd 2021 Individual Quarterfinals Test 3	

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	215 lbs/97.7 kg
2022 Dubai Fitness Championship	Hang Clean Ladder	120 lbs/54.5 kg
2022 Lowlands Throwdown	Barbell Complex	211 lbs/95.9 kg
2022 Quarterfinals	The Other Total	730 lbs/331.8 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	392 lbs/178.2 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	283 lbs/128.6 kg

# Claudia Gluck

Age: 24 Height:5ft 3in/160 cm Weight:132 lbs/60 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	7	8.1	1	2	6	8
2022 - German Throwdown	4	-	-	-	-	-
2022 - French Throwdown	4	8.4	1	5	7	9
2022 - Lowlands Throwdown	10	13	0	2	3	6
2022 - World Wide Quarterfinals	44	-	-	-	-	-
2022 - Quarterfinals	16	39.6	1	1	1	5
2022 - CrossFit Open	537	811.7	0	0	0	3
2021 - CrossFit German Throwdown	17	16	0	0	1	6
2021 - Individual Quarterfinals	51	95.8	0	0	0	5
2021 - CrossFit Open	111	358.5	0	0	0	4

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	8.1	11	8	8	5
2022 - German Throwdown	-	-	-	-	-
2022 - French Throwdown	8.4	5	11	8.7	-
2022 - Lowlands Throwdown	13	20	22	9	-
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - Quarterfinals	39.6	74	-	32.3	-
2022 - CrossFit Open	811.7	-	2045	357	-
2021 - CrossFit German Throwdown	16	21	16	10.5	-
2021 - Individual Quarterfinals	95.8	150	126.5	50	-
2021 - CrossFit Open	358.5	915	199.5	-	-

#### Recent Event Results by Movement

Burpees	1st 2022 Dubai Fitness Championship Fast Like an Oryx	3rd 2022 French Throwdown 2017 Remix	7th 2022 French Throwdown Laser BMX Run	3rd 2022 Lowlands Throwdown Jigsaw	20th 2022 Quarterfinals Event# 5
Clean	9th 2022 Dubai Fitness Championship Hang Clean Ladder	8th 2022 Dubai Fitness Championship Barbell Furious	19th 2022 Lowlands Throwdown Devil's Advocate	26th 2021 Individual Quarterfinals Test 1	796th 2019 Crossfit Open 19.2
Chest to Bar Pull Ups	6th 2022 Dubai Fitness Championship Heavy Handed	17th 2022 French Throwdown Axle Helen	3rd 2022 Lowlands Throwdown Jigsaw	33rd 2022 CrossFit Open 22.3	14th 2021 CrossFit German Throwdown Friendly Fran
GHD Situps	1st 2022 French Throwdown Chipper	1st 2022 Quarterfinals Event# 2	22nd 2021 CrossFit German Throwdown Semifinals 21.2	50th 2021 Individual Quarterfinals Test 2	
Handstand Push Ups	19th 2022 Lowlands Throwdown Devil's Advocate	27th 2022 Quarterfinals Event# 1	27th 2022 Quarterfinals Event# 1	27th 2022 Quarterfinals Event# 1	26th 2021 Individual Quarterfinals Test 1
Rowing	17th 2022 French Throwdown Axle Helen	9th 2022 Lowlands Throwdown Insidious	20th 2022 Quarterfinals Event# 5	13th 2021 CrossFit German Throwdown Semifinals 21.5	192nd 2021 Individual Quarterfinals Test 3

Snatch	15th 2022 Dubai Fitness Championship Get a Grip	17th 2022 French Throwdown Axle Helen	20th 2022 Quarterfinals Event# 5	357th 2022 CrossFit Open 22.1	21st 2021 CrossFit German Throwdown Semifinals 21.4
Thrusters	1st 2022 Dubai Fitness Championship Fast Like an Oryx	3rd 2022 French Throwdown 2017 Remix	3rd 2022 Lowlands Throwdown Jigsaw	33rd 2022 CrossFit Open 22.3	14th 2021 CrossFit German Throwdown Friendly Fran
Toes to Bar	15th 2022 Dubai Fitness Championship Get a Grip	120th 2021 CrossFit Open 21.3	796th 2019 Crossfit Open 19.2		
Wall Balls	76th 2022 Quarterfinals Event# 3	192nd 2021 Individual Quarterfinals Test 3	950th 2019 Crossfit Open 19.1		

CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	110 lbs/50 kg
2022 French Throwdown	Snatch + OHS Elite Ladder	85 lbs/38.6 kg
2022 Lowlands Throwdown	Barbell Complex	198 lbs/90 kg
2022 Quarterfinals	The Other Total	623 lbs/283.2 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	225 lbs/102.3 kg
2021 CrossFit Open	21.4	187 lbs/85 kg

## Ricky Garard

Age: 29 Height:5ft 10in/179 cm Weight:195 lbs/89 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
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2022 - Rogue Invitational	10	9.9	0	4	5	10
2022 - CrossFit Games	3	8.4	2	6	10	14
2022 - Torian Pro	2	3.5	1	5	6	6
2022 - Quarterfinals	1	6.2	0	3	4	5
2022 - World Wide Quarterfinals	11	-	-	-	-	-
2022 - CrossFit Open	26	82	0	0	0	3
2022 - Wodapalooza	Withdrew From Event	-	0	-	-	-
2021 - Dubai CrossFit Championship	3	5.7	2	6	7	9

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	9.9	7	12.3	11.5	-
2022 - CrossFit Games	8.4	4	13	11	1
2022 - Torian Pro	3.5	4	1	2.5	-
2022 - Quarterfinals	6.2	4	-	6.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	82	-	47	122	-
2022 - Wodapalooza	-	-	-	-	-
2021 - Dubai CrossFit Championship	5.7	6.5	4.3	14	2

#### Recent Event Results by Movement

Burpees	5th 2023 Wodapalooza E6 - Dirty Isabel	6th 2022 Torian Pro King Arthur	4th 2022 Quarterfinals Event# 5	47th 2022 CrossFit Open 22.2	10th 2021 Dubai CrossFit Championship Athletes Choice Part B
Clean	4th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	10th 2022 Rogue Invitational DT with a Spin	7th 2022 CrossFit Games Sandbag Ladder	7th 2022 CrossFit Games Elizabeth Elevated	6th 2022 Torian Pro King Arthur
Chest to Bar Pull Ups	2nd 2023 Wodapalooza E6 - Miami Meat Market	1st 2022 CrossFit Games Bike to Work	2nd 2022 Torian Pro Don't Stop Me Now	77th 2022 CrossFit Open 22.3	16th 2017 Pacific Regional Regionals 17.1
GHD Situps	2nd 2023 Wodapalooza E2 - Back to the Future	2nd 2023 Wodapalooza E2 - Back to the Future	3rd 2022 Rogue Invitational Ski Bar	3rd 2022 CrossFit Games Up and Over	13th 2022 Quarterfinals Event# 2
Handstand Push Ups	17th 2022 Rogue Invitational Snatch and Press	5th 2022 Torian Pro Strongman Diane	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1
Rowing	4th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	18th 2022 CrossFit Games Jackie Pro	3rd 2022 Torian Pro MCX Final	4th 2022 Quarterfinals Event# 5	10th 2021 Dubai CrossFit Championship Athletes Choice Part B
Snatch	5th 2023 Wodapalooza E6 - Dirty Isabel	17th 2022 Rogue Invitational Snatch and Press	12th 2022 CrossFit Games Hat Trick	2nd 2022 Torian Pro Don't Stop Me Now	4th 2022 Quarterfinals Event# 5
Thrusters	2nd 2023 Wodapalooza E2 - Back to the Future	18th 2022 CrossFit Games Jackie Pro	6th 2022 Torian Pro King Arthur	77th 2022 CrossFit Open 22.3	2nd 2021 Dubai CrossFit Championship Event# 6
Toes to Bar	4th 2023 Wodapalooza E3 - Start Fast, Finish Strong	1st 2022 CrossFit Games Bike to Work	4th 2021 Dubai CrossFit Championship Athletes Choice Part A	2nd 2017 Pacific Regional Regionals 17.4	9th 2017 Crossfit Open 17.2



Wall Balls	2nd 2023 Wodapalooza E5 - Double Shot with a Splash	12th 2022 CrossFit Games Hat Trick	2nd 2022 Quarterfinals Event# 3	6th 2017 Pacific Regional Regionals 17.3	78th 2017 Crossfit Open 17.4
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CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	356 lbs/161.8 kg
2022 Rogue Invitational	Texas Oak	280 lbs/127.3 kg
2022 CrossFit Games	Sandbag Ladder	330 lbs/150 kg
2022 Torian Pro	Barbell Complex	320 lbs/145.5 kg
2022 Quarterfinals	The Other Total	1045 lbs/475 kg
2021 Dubai CrossFit Championship	Lift Off	150 lbs/68.2 kg
2017 Crossfit Games	1 Rep Max Snatch	287 lbs/130.5 kg

# Jay Crouch

Age: 24 Height:5ft 9in/175 cm Weight:187 lbs/85 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Down Under CrossFit Championship	1	2.6	2	6	7	7
2022 - CrossFit Games	28	22.2	0	0	0	14
2022 - Torian Pro	1	2.8	1	6	6	6
2022 - World Wide Quarterfinals	19	-	-	-	-	-
2022 - Quarterfinals	2	6.4	0	3	5	5
2022 - CrossFit Open	7	17.7	0	0	0	3

2021 - CrossFit Games	22	18.4	0	1	3	10
2021 - Torian Pro	2	6.4	0	3	7	7
2021 - Individual Quarterfinals	1	7.2	0	2	4	5
2021 - CrossFit Open	17	152.8	0	0	1	4
2020 - Crossfit Games - Online	18	15.6	0	1	1	7
2020 - Australian CrossFit Championship	1	5.2	1	8	11	12
2020 - The Southfit CrossFit Challenge	2	-	-	-	-	-
2020 - CrossFit Open	170	335.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Down Under CrossFit Championship	2.6	-	3.3	2	1
2022 - CrossFit Games	22.2	25.7	23.5	18.3	22
2022 - Torian Pro	2.8	4	2	3.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	6.4	9	-	4.7	-
2022 - CrossFit Open	17.7	-	31	11	-
2021 - CrossFit Games	18.4	23	14.7	27	-
2021 - Torian Pro	6.4	8	2.5	8	-
2021 - Individual Quarterfinals	7.2	6	9.5	9	-
2021 - CrossFit Open	152.8	534	29.5	-	-
2020 - Crossfit Games - Online	15.6	17	13.5	15.5	-
2020 - Australian CrossFit Championship	5.2	4	5.3	5.7	-

2020 - The Southfit CrossFit Challenge	-	-	-	-	-
2020 - CrossFit Open	335.2	-	330	336.5	-

### Recent Event Results by Movement

Burpees	1st 2022 Down Under CrossFit Championship E6 - Regionals 16.6	3rd 2022 Torian Pro King Arthur	5th 2022 Quarterfinals Event# 5	31st 2022 CrossFit Open 22.2	5th 2021 Torian Pro Move it or lose it v3
Clean	1st 2022 Down Under CrossFit Championship John Cleary Shuffle	2nd 2022 Down Under CrossFit Championship E2 - Nasty Girls V3	36th 2022 CrossFit Games Sandbag Ladder	14th 2022 CrossFit Games Elizabeth Elevated	3rd 2022 Torian Pro King Arthur
Chest to Bar Pull Ups	2nd 2022 Down Under CrossFit Championship E4 - Regionals 17.1	19th 2022 CrossFit Games Bike to Work	3rd 2022 Torian Pro Don't Stop Me Now	11th 2022 CrossFit Open 22.3	2nd 2021 Torian Pro Final
GHD Situps	23rd 2022 CrossFit Games Up and Over	5th 2022 Quarterfinals Event# 2	9th 2021 Individual Quarterfinals Test 2	14th 2020 Crossfit Games - Online Awful Annie	
Handstand Push Ups	2nd 2022 Down Under CrossFit Championship E4 - Regionals 17.1	1st 2022 Torian Pro Strongman Diane	9th 2022 Quarterfinals Event# 1	9th 2022 Quarterfinals Event# 1	9th 2022 Quarterfinals Event# 1
Rowing	1st 2022 Down Under CrossFit Championship E6 - Regionals 16.6	22nd 2022 CrossFit Games Jackie Pro	4th 2022 Torian Pro MCX Final	5th 2022 Quarterfinals Event# 5	8th 2021 Torian Pro Reverse Triathlon
Snatch	2nd 2022 Down Under CrossFit Championship E1 - Randy	7th 2022 Down Under CrossFit Championship E5 - Regionals 12.5	20th 2022 CrossFit Games Hat Trick	3rd 2022 Torian Pro Don't Stop Me Now	5th 2022 Quarterfinals Event# 5

Thrusters	3rd 2022 Down Under CrossFit Championship E7 - Regionals 16.7	22nd 2022 CrossFit Games Jackie Pro	3rd 2022 Torian Pro King Arthur	11th 2022 CrossFit Open 22.3	5th 2021 CrossFit Games Event# 4
Toes to Bar	19th 2022 CrossFit Games Bike to Work	10th 2021 CrossFit Games Event# 10	18th 2021 CrossFit Open 21.3	1st 2020 Australian CrossFit Championship Front Rack Jack	116th 2020 CrossFit Open 20.2
Wall Balls	20th 2022 CrossFit Games Hat Trick	4th 2022 Quarterfinals Event# 3	15th 2021 Individual Quarterfinals Test 3	4th 2020 Australian CrossFit Championship Jetlag	858th 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Down Under CrossFit Championship	E5 - Regionals 12.5	123 lbs/55.9 kg
2022 CrossFit Games	Sandbag Ladder	280 lbs/127.3 kg
2022 Torian Pro	Barbell Complex	320 lbs/145.5 kg
2022 Quarterfinals	The Other Total	1013 lbs/460.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	377 lbs/171.4 kg
2021 CrossFit Open	21.4	289 lbs/131.4 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	412 lbs/187.3 kg
2019 Down Under CrossFit Championship	Clean and Jerk	325 lbs/147.7 kg
2018 Crossfit Open	18.2a	309 lbs/140.5 kg

## Bayley Martin

Age: 23 Height:5ft 9in/174 cm Weight:156 lbs/71 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
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2022 - Last Chance Qualifier	13	13	0	1	1	4
2022 - Torian Pro	6	9.5	0	3	3	6
2022 - World Wide Quarterfinals	25	-	-	-	-	-
2022 - Quarterfinals	3	9.2	0	3	3	5
2022 - CrossFit Open	129	260	0	0	0	3
2021 - Torian Pro	8	11.7	0	1	3	7
2021 - Individual Quarterfinals	22	55.2	0	0	1	5
2021 - CrossFit Open	2488	5151.8	0	0	0	4
2020 - CrossFit Open	516	866.8	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Last Chance Qualifier	13	-	12.3	15	-
2022 - Torian Pro	9.5	15	3	8.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	9.2	5	-	9.3	-
2022 - CrossFit Open	260	-	263	318	-
2021 - Torian Pro	11.7	11	12	11.8	-
2021 - Individual Quarterfinals	55.2	75	46.5	60	-
2021 - CrossFit Open	5151.8	19364	430	-	-
2020 - CrossFit Open	866.8	-	254	1020	-

#### Recent Event Results by Movement

Burpees	15th 2022 Last Chance Qualifier Event# 4	2nd 2022 Torian Pro King Arthur	2nd 2022 Quarterfinals Event# 5	263rd 2022 CrossFit Open 22.2	7th 2021 Torian Pro Move it or lose it v3
Clean	2nd 2022 Torian Pro King Arthur	48th 2021 Individual Quarterfinals Test 1	41st 2019 Down Under CrossFit Championship Event# 6		
Chest to Bar Pull Ups	4th 2022 Torian Pro Don't Stop Me Now	199th 2022 CrossFit Open 22.3	14th 2021 Torian Pro Final	383rd 2021 CrossFit Open 21.3	
GHD Situps	3rd 2022 Quarterfinals Event# 2	60th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	20th 2022 Torian Pro Strongman Diane	13th 2022 Quarterfinals Event# 1	13th 2022 Quarterfinals Event# 1	13th 2022 Quarterfinals Event# 1	48th 2021 Individual Quarterfinals Test 1
Rowing	20th 2022 Last Chance Qualifier Event# 2	13th 2022 Torian Pro MCX Final	2nd 2022 Quarterfinals Event# 5	21st 2021 Torian Pro Reverse Triathlon	83rd 2021 Individual Quarterfinals Test 3
Snatch	4th 2022 Torian Pro Don't Stop Me Now	2nd 2022 Quarterfinals Event# 5	318th 2022 CrossFit Open 22.1	14th 2021 Torian Pro Double Trouble	10th 2021 Torian Pro Amanda 21
Thrusters	2nd 2022 Last Chance Qualifier Event# 1	2nd 2022 Torian Pro King Arthur	199th 2022 CrossFit Open 22.3	14th 2021 Torian Pro Final	383rd 2021 CrossFit Open 21.3
Toes to Bar	383rd 2021 CrossFit Open 21.3	530th 2020 CrossFit Open 20.2			

Wall Balls	15th 2022 Last Chance Qualifier Event# 4	23rd 2022 Quarterfinals Event# 3	83rd 2021 Individual Quarterfinals Test 3	589th 2020 CrossFit Open 20.5	47th 2019 Down Under CrossFit Championship Event# 4
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CrossFit Competition	Lift	Weight
2022 Torian Pro	Barbell Complex	295 lbs/134.1 kg
2022 Quarterfinals	The Other Total	1042 lbs/473.6 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	336 lbs/152.7 kg
2021 CrossFit Open	21.4	220 lbs/100 kg
2019 Down Under CrossFit Championship	Clean and Jerk	295 lbs/134.1 kg

# John Champion

Age: 28 Height:5ft 10in/179 cm Weight:196 lbs/89 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Torian Pro	13	15.3	0	0	2	6
2022 - Quarterfinals	9	22.8	0	0	0	5
2022 - World Wide Quarterfinals	125	-	-	-	-	-
2022 - CrossFit Open	229	446	0	0	0	3
2021 - Torian Pro	12	12.6	0	2	2	7
2021 - Individual Quarterfinals	9	29.2	0	0	0	5
2021 - CrossFit Open	548	1620.3	0	0	0	4
2020 - Australian CrossFit Championship	17	16.2	0	0	3	12

2020 - CrossFit Open	417	704.2	0	0	0	5
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**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Torian Pro	15.3	8	23	10.5	-
2022 - Quarterfinals	22.8	24	-	25.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	446	-	99	688	-
2021 - Torian Pro	12.6	14	20.5	8.3	-
2021 - Individual Quarterfinals	29.2	15	20	68	-
2021 - CrossFit Open	1620.3	2486	1436.5	-	-
2020 - Australian CrossFit Championship	16.2	19.3	15	15.2	-
2020 - CrossFit Open	704.2	-	924	649.3	-

**Recent Event Results by Movement**

Burpees	15th 2022 Torian Pro King Arthur	11th 2022 Quarterfinals Event# 5	99th 2022 CrossFit Open 22.2	4th 2021 Torian Pro Move it or lose it v3	18th 2021 Individual Quarterfinals Test 5
Clean	15th 2022 Torian Pro King Arthur	23rd 2021 Individual Quarterfinals Test 1	6th 2020 Australian CrossFit Championship Jetlag	993rd 2018 Crossfit Open 18.2a	
Chest to Bar Pull Ups	14th 2022 Torian Pro Don't Stop Me Now	551st 2022 CrossFit Open 22.3	19th 2021 Torian Pro Final	1122nd 2021 CrossFit Open 21.3	1494th 2018 Crossfit Open 18.5



GHD Situps	29th 2022 Quarterfinals Event# 2	68th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	25th 2022 Torian Pro Strongman Diane	14th 2022 Quarterfinals Event# 1	14th 2022 Quarterfinals Event# 1	14th 2022 Quarterfinals Event# 1	23rd 2021 Individual Quarterfinals Test 1
Rowing	7th 2022 Torian Pro MCX Final	11th 2022 Quarterfinals Event# 5	13th 2021 Torian Pro Reverse Triathlon	22nd 2021 Individual Quarterfinals Test 3	22nd 2020 Australian CrossFit Championship High Five
Snatch	14th 2022 Torian Pro Don't Stop Me Now	11th 2022 Quarterfinals Event# 5	688th 2022 CrossFit Open 22.1	12th 2021 Torian Pro Double Trouble	22nd 2021 Torian Pro Amanda 21
Thrusters	15th 2022 Torian Pro King Arthur	551st 2022 CrossFit Open 22.3	19th 2021 Torian Pro Final	1122nd 2021 CrossFit Open 21.3	22nd 2020 Australian CrossFit Championship High Five
Toes to Bar	1122nd 2021 CrossFit Open 21.3	15th 2020 Australian CrossFit Championship Front Rack Jack	663rd 2020 CrossFit Open 20.2	719th 2018 Crossfit Open 18.1	
Wall Balls	36th 2022 Quarterfinals Event# 3	22nd 2021 Individual Quarterfinals Test 3	6th 2020 Australian CrossFit Championship Jetlag	766th 2020 CrossFit Open 20.5	

CrossFit Competition	Lift	Weight
2022 Torian Pro	Barbell Complex	315 lbs/143.2 kg
2022 Quarterfinals	The Other Total	973 lbs/442.3 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	358 lbs/162.7 kg
2021 CrossFit Open	21.4	266 lbs/120.9 kg

# Jake Douglas

Age: 32 Height:5ft 8in/172 cm Weight:202 lbs/92 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Down Under CrossFit Championship	2	4	1	6	7	7
2022 - Last Chance Qualifier	22	19.5	0	0	1	4
2022 - Torian Pro	5	9	1	2	5	6
2022 - Quarterfinals	20	38.8	2	2	3	5
2022 - World Wide Quarterfinals	226	-	-	-	-	-
2022 - CrossFit Open	2491	-	0	-	-	-

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Down Under CrossFit Championship	4	-	4.5	1	5
2022 - Last Chance Qualifier	19.5	-	18	24	-
2022 - Torian Pro	9	8	10	3.5	-
2022 - Quarterfinals	38.8	1	-	53.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	-	-	-	-	-

## Recent Event Results by Movement

Burpees	5th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	24th 2022 Last Chance Qualifier Event# 4	25th 2022 Torian Pro King Arthur	1st 2022 Quarterfinals Event# 5	4th 2018 Pacific Regional Regionals 18.4
Clean	9th 2022 Down Under CrossFit Championship John Cleary Shuffle	1st 2022 Down Under CrossFit Championship E2 - Nasty Girls V3	25th 2022 Torian Pro King Arthur	8th 2019 Down Under CrossFit Championship Event# 6	26th 2019 Asia CrossFit Championship Event# 1
Chest to Bar Pull Ups	4th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	6th 2022 Torian Pro Don't Stop Me Now	856th 2018 Crossfit Open 18.5	194th 2017 Crossfit Open 17.3	
GHD Situps	7th 2022 Quarterfinals Event# 2				
Handstand Push Ups	4th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	4th 2022 Torian Pro Strongman Diane	32nd 2022 Quarterfinals Event# 1	32nd 2022 Quarterfinals Event# 1	32nd 2022 Quarterfinals Event# 1
Rowing	5th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	25th 2022 Last Chance Qualifier Event# 2	1st 2022 Torian Pro MCX Final	1st 2022 Quarterfinals Event# 5	17th 2019 Down Under CrossFit Championship Event# 5
Snatch	2nd 2022 Down Under CrossFit Championship E5 - Regionals 12.5	3rd 2022 Down Under CrossFit Championship E1 - Randy	6th 2022 Torian Pro Don't Stop Me Now	1st 2022 Quarterfinals Event# 5	17th 2019 Down Under CrossFit Championship Event# 5
Thrusters	4th 2022 Down Under CrossFit Championship E7 - Regionals 16.7	8th 2022 Last Chance Qualifier Event# 1	25th 2022 Torian Pro King Arthur	12th 2019 Asia CrossFit Championship Event# 4	9th 2018 Pacific Regional Regionals 18.6
Toes to Bar	16th 2019 Down Under CrossFit Championship Event# 7	36th 2018 Pacific Regional Regionals 18.5	2172nd 2018 Crossfit Open 18.1	1801st 2017 Crossfit Open 17.2	

Wall Balls	24th 2022 Last Chance Qualifier Event# 4	153rd 2022 Quarterfinals Event# 3	46th 2019 Down Under CrossFit Championship Event# 4	12th 2019 Asia CrossFit Championship Heavy Karen	1394th 2017 Crossfit Open 17.4
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CrossFit Competition	Lift	Weight
2022 Down Under CrossFit Championship	E5 - Regionals 12.5	130 lbs/59.1 kg
2022 Torian Pro	Barbell Complex	315 lbs/143.2 kg
2022 Quarterfinals	The Other Total	1100 lbs/500 kg
2019 Down Under CrossFit Championship	Clean and Jerk	387 lbs/175.9 kg
2018 Crossfit Open	18.2a	353 lbs/160.5 kg

## Rees Machell

Age: 25 Height:5ft 9in/174 cm Weight:180 lbs/82 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Down Under CrossFit Championship	6	8.6	1	2	4	7
2022 - Torian Pro	7	10.7	0	2	3	6
2022 - Quarterfinals	14	33.2	0	0	0	5
2022 - World Wide Quarterfinals	212	-	-	-	-	-
2022 - CrossFit Open	220	435.3	0	0	0	3
2021 - Torian Pro	11	12.1	0	0	2	7
2021 - Individual Quarterfinals	14	42.8	0	1	1	5
2021 - CrossFit Open	313	1096.5	0	0	0	4

2020 - CrossFit Open	393	669	0	0	0	5
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#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Down Under CrossFit Championship	8.6	-	8.5	5	15
2022 - Torian Pro	10.7	15	17	12	-
2022 - Quarterfinals	33.2	38	-	36.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	435.3	-	108	999	-
2021 - Torian Pro	12.1	24	10.5	10	-
2021 - Individual Quarterfinals	42.8	125	27	30	-
2021 - CrossFit Open	1096.5	3508	173.5	-	-
2020 - CrossFit Open	669	-	747	649.5	-

#### Recent Event Results by Movement

Burpees	15th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	5th 2022 Torian Pro King Arthur	38th 2022 Quarterfinals Event# 5	108th 2022 CrossFit Open 22.2	11th 2021 Torian Pro Move it or lose it v3
Clean	8th 2022 Down Under CrossFit Championship John Cleary Shuffle	5th 2022 Down Under CrossFit Championship E2 - Nasty Girls V3	5th 2022 Torian Pro King Arthur	5th 2021 Individual Quarterfinals Test 1	21st 2017 Pacific Regional Regionals 17.6
Chest to Bar Pull Ups	6th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	9th 2022 Torian Pro Don't Stop Me Now	199th 2022 CrossFit Open 22.3	9th 2021 Torian Pro Final	531st 2021 CrossFit Open 21.3

GHD Situps	19th 2022 Quarterfinals Event# 2	30th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	6th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	3rd 2022 Torian Pro Strongman Diane	18th 2022 Quarterfinals Event# 1	18th 2022 Quarterfinals Event# 1	18th 2022 Quarterfinals Event# 1
Rowing	15th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	15th 2022 Torian Pro MCX Final	38th 2022 Quarterfinals Event# 5	6th 2021 Torian Pro Reverse Triathlon	18th 2021 Individual Quarterfinals Test 3
Snatch	1st 2022 Down Under CrossFit Championship E1 - Randy	12th 2022 Down Under CrossFit Championship E5 - Regionals 12.5	9th 2022 Torian Pro Don't Stop Me Now	38th 2022 Quarterfinals Event# 5	999th 2022 CrossFit Open 22.1
Thrusters	13th 2022 Down Under CrossFit Championship E7 - Regionals 16.7	5th 2022 Torian Pro King Arthur	199th 2022 CrossFit Open 22.3	9th 2021 Torian Pro Final	531st 2021 CrossFit Open 21.3
Toes to Bar	531st 2021 CrossFit Open 21.3	222nd 2020 CrossFit Open 20.2	18th 2017 Pacific Regional Regionals 17.4	90th 2017 Crossfit Open 17.2	
Wall Balls	53rd 2022 Quarterfinals Event# 3	18th 2021 Individual Quarterfinals Test 3	1091st 2020 CrossFit Open 20.5	19th 2017 Pacific Regional Regionals 17.3	331st 2017 Crossfit Open 17.4
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
	2022 Down Under CrossFit Championship		E5 - Regionals 12.5		115 lbs/52.3 kg
	2022 Torian Pro		Barbell Complex		295 lbs/134.1 kg
	2022 Quarterfinals		The Other Total		937 lbs/425.9 kg
	2021 Individual Quarterfinals		Test 4 (4 Rep Max Front Squat)		324 lbs/147.3 kg

# Ellie Turner

Age: 25 Height: 5ft 6in/167 cm Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	4	7.6	0	5	7	10
2022 - CrossFit Games	18	16.9	1	2	3	14
2022 - Torian Pro	3	5	0	5	6	6
2022 - World Wide Quarterfinals	15	-	-	-	-	-
2022 - Quarterfinals	3	5.2	1	3	5	5
2022 - CrossFit Open	7	22	0	0	0	3
2022 - Wodapalooza	6	9	2	4	6	8
2021 - CrossFit Games	26	21.6	0	1	2	10
2021 - Torian Pro	3	7.4	0	3	6	7
2021 - Individual Quarterfinals	4	11.2	1	2	3	5
2021 - CrossFit Open	35	164.5	0	1	1	4
2020 - Australian CrossFit Championship	6	10.6	1	6	7	12
2020 - CrossFit Open	485	775.4	0	0	0	5

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	7.6	3.5	8.8	7	-

2022 - CrossFit Games	16.9	17.3	18.8	13.3	14
2022 - Torian Pro	5	4	10	3.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	5.2	9	-	3	-
2022 - CrossFit Open	22	-	26	14	-
2022 - Wodapalooza	9	4	9	10.8	5
2021 - CrossFit Games	21.6	29.5	17.3	19	-
2021 - Torian Pro	7.4	6	5	9	-
2021 - Individual Quarterfinals	11.2	26	2	8	-
2021 - CrossFit Open	164.5	243	110	-	-
2020 - Australian CrossFit Championship	10.6	14.7	10	8.8	-
2020 - CrossFit Open	775.4	-	292	896.3	-

#### Recent Event Results by Movement

Burpees	4th 2022 Torian Pro King Arthur	1st 2022 Quarterfinals Event# 5	26th 2022 CrossFit Open 22.2	5th 2022 Wodapalooza The Bayside Chipper	32nd 2022 Wodapalooza Dale
Clean	3rd 2022 Rogue Invitational DT with a Spin	7th 2022 CrossFit Games Sandbag Ladder	22nd 2022 CrossFit Games Elizabeth Elevated	4th 2022 Torian Pro King Arthur	19th 2021 CrossFit Games Event# 7
Chest to Bar Pull Ups	22nd 2022 CrossFit Games Bike to Work	2nd 2022 Torian Pro Don't Stop Me Now	26th 2022 CrossFit Open 22.3	1st 2022 Wodapalooza Echo Fran	3rd 2021 Torian Pro Final
GHD Situps	17th 2022 Rogue Invitational Ski Bar	23rd 2022 CrossFit Games Up and Over	5th 2022 Quarterfinals Event# 2	1st 2022 Wodapalooza Flipped Off	8th 2021 Individual Quarterfinals Test 2



Handstand Push Ups	13th 2022 Rogue Invitational Snatch and Press	5th 2022 Torian Pro Strongman Diane	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1
Rowing	16th 2022 CrossFit Games Jackie Pro	5th 2022 Torian Pro MCX Final	1st 2022 Quarterfinals Event# 5	6th 2022 Wodapalooza Row, Swim, Run	2nd 2021 Torian Pro Reverse Triathlon
Snatch	13th 2022 Rogue Invitational Snatch and Press	1st 2022 CrossFit Games Hat Trick	2nd 2022 Torian Pro Don't Stop Me Now	1st 2022 Quarterfinals Event# 5	14th 2022 CrossFit Open 22.1
Thrusters	16th 2022 CrossFit Games Jackie Pro	4th 2022 Torian Pro King Arthur	26th 2022 CrossFit Open 22.3	1st 2022 Wodapalooza Echo Fran	25th 2021 CrossFit Games Event# 4
Toes to Bar	22nd 2022 CrossFit Games Bike to Work	9th 2022 Wodapalooza WZAOX Remix	30th 2021 CrossFit Games Event# 10	195th 2021 CrossFit Open 21.3	20th 2020 Australian CrossFit Championship Front Rack Jack
Wall Balls	1st 2022 CrossFit Games Hat Trick	3rd 2022 Quarterfinals Event# 3	1st 2021 Individual Quarterfinals Test 3	17th 2020 Australian CrossFit Championship Jetlag	479th 2020 CrossFit Open 20.5
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2022 Rogue Invitational			Texas Oak		190 lbs/86.4 kg
2022 CrossFit Games			Sandbag Ladder		210 lbs/95.5 kg
2022 Torian Pro			Barbell Complex		220 lbs/100 kg
2022 Quarterfinals			The Other Total		680 lbs/309.1 kg
2021 Individual Quarterfinals			Test 4 (4 Rep Max Front Squat)		237 lbs/107.7 kg
2021 CrossFit Open			21.4		204 lbs/92.7 kg

# Katelin Van Zyl

Age: 31 Height:5ft 7in/171 cm Weight:150 lbs/68 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Down Under CrossFit Championship	7	7.7	1	2	4	7
2022 - CrossFit Open	24	54.3	0	0	0	3
2021 - CrossFit Open	348	860	0	0	0	4
2020 - Wodapalooza CrossFit Festival	13	14.6	1	1	1	9
2020 - CrossFit Open	20	50.6	0	0	1	5

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Down Under CrossFit Championship	7.7	-	7.8	12	8
2022 - CrossFit Open	54.3	-	74	35	-
2021 - CrossFit Open	860	2128	348.5	-	-
2020 - Wodapalooza CrossFit Festival	14.6	1	17.5	14.7	-
2020 - CrossFit Open	50.6	-	41	53	-

## Recent Event Results by Movement

Burpees	4th 2023 Wodapalooza E6 - Dirty Isabel	8th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	74th 2022 CrossFit Open 22.2	119th 2021 CrossFit Open 21.2	25th 2020 Wodapalooza CrossFit Festival Down Up
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Clean	8th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	8th 2022 Down Under CrossFit Championship John Cleary Shuffle	12th 2022 Down Under CrossFit Championship E2 - Nasty Girls V3	13th 2020 Wodapalooza CrossFit Festival Shark Bait	49th 2019 Crossfit Open 19.2
Chest to Bar Pull Ups	20th 2023 Wodapalooza E6 - Miami Meat Market	3rd 2022 Down Under CrossFit Championship E4 - Regionals 17.1	54th 2022 CrossFit Open 22.3	615th 2021 CrossFit Open 21.3	21st 2020 Wodapalooza CrossFit Festival Nine Lives Part A
GHD Situps	11th 2023 Wodapalooza E2 - Back to the Future	11th 2023 Wodapalooza E2 - Back to the Future	22nd 2016 Pacific Regional Regionals 16.5	22nd 2015 Pacific Regional Regionals 15.3	
Handstand Push Ups	3rd 2022 Down Under CrossFit Championship E4 - Regionals 17.1	112th 2020 CrossFit Open 20.3	121st 2019 Crossfit Open 19.3	32nd 2016 Pacific Regional Regionals Nate	36th 2015 Pacific Regional Regionals 15.6
Rowing	8th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	8th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	1st 2020 Wodapalooza CrossFit Festival Pace Race	30th 2020 CrossFit Open 20.5	55th 2019 Crossfit Games Cut 2
Snatch	4th 2023 Wodapalooza E6 - Dirty Isabel	11th 2022 Down Under CrossFit Championship E5 - Regionals 12.5	1st 2022 Down Under CrossFit Championship E1 - Randy	35th 2022 CrossFit Open 22.1	119th 2021 CrossFit Open 21.2
Thrusters	11th 2023 Wodapalooza E2 - Back to the Future	11th 2022 Down Under CrossFit Championship E7 - Regionals 16.7	54th 2022 CrossFit Open 22.3	615th 2021 CrossFit Open 21.3	19th 2020 Wodapalooza CrossFit Festival Pump Sesh Triplet
Toes to Bar	24th 2023 Wodapalooza E3 - Start Fast, Finish Strong	615th 2021 CrossFit Open 21.3	12th 2020 Wodapalooza CrossFit Festival Nine Lives Part B	63rd 2020 CrossFit Open 20.2	49th 2019 Crossfit Open 19.2
Wall Balls	4th 2023 Wodapalooza E5 - Double Shot with a Splash	16th 2020 Wodapalooza CrossFit Festival Celebrate Life	30th 2020 CrossFit Open 20.5	25th 2019 Crossfit Open 19.1	26th 2016 Pacific Regional Regionals 16.3

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	215 lbs/97.7 kg
2022 Down Under CrossFit Championship	E5 - Regionals 12.5	78 lbs/35.5 kg
2021 CrossFit Open	21.4	176 lbs/80 kg
2015 Pacific Regional	Regionals 15.5	145 lbs/65.9 kg

## Jamie Simmonds

Age: 32 Height:5ft 4in/163 cm Weight:135 lbs/61 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	4	6.6	1	4	6	8
2022 - Last Chance Qualifier	5	5.8	0	1	4	4
2022 - Torian Pro	5	6.5	0	3	4	6
2022 - Quarterfinals	6	15.4	0	3	3	5
2022 - World Wide Quarterfinals	101	-	-	-	-	-
2022 - CrossFit Open	10	28.7	0	0	0	3
2020 - Crossfit Games - Online	12	14.3	0	0	1	7
2020 - The Rogue Invitational	4	6	0	3	6	7
2020 - CrossFit Open	5	13	0	3	4	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	6.6	6	5	5.7	10
2022 - Last Chance Qualifier	5.8	-	5.3	7	-

2022 - Torian Pro	6.5	11	3	8	-
2022 - Quarterfinals	15.4	36	-	12	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	28.7	-	42	24	-
2020 - Crossfit Games - Online	14.3	16.7	12	13	-
2020 - The Rogue Invitational	6	7.7	5.5	3	-
2020 - CrossFit Open	13	-	6	14.8	-

#### Recent Event Results by Movement

Burpees	3rd 2022 Dubai Fitness Championship Fast Like an Oryx	7th 2022 Last Chance Qualifier Event# 4	3rd 2022 Torian Pro King Arthur	30th 2022 Quarterfinals Event# 5	42nd 2022 CrossFit Open 22.2
Clean	11th 2022 Dubai Fitness Championship Hang Clean Ladder	11th 2022 Dubai Fitness Championship Barbell Furious	3rd 2022 Torian Pro King Arthur	15th 2020 Crossfit Games - Online Awful Annie	5th 2020 The Rogue Invitational Chipper
Chest to Bar Pull Ups	9th 2022 Dubai Fitness Championship Heavy Handed	4th 2022 Torian Pro Don't Stop Me Now	20th 2022 CrossFit Open 22.3	7th 2020 Crossfit Games - Online Friendly Fran	1st 2019 Dubai CrossFit Championship Event# 8
GHD Situps	4th 2022 Quarterfinals Event# 2	15th 2020 Crossfit Games - Online Awful Annie	2nd 2017 Crossfit Games Triple-G Chipper		
Handstand Push Ups	6th 2022 Torian Pro Strongman Diane	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	17th 2020 Crossfit Games - Online Damn Diane
Rowing	8th 2022 Last Chance Qualifier Event# 2	12th 2022 Torian Pro MCX Final	30th 2022 Quarterfinals Event# 5	25th 2020 Crossfit Games - Online 1000M Row	5th 2020 The Rogue Invitational Chipper

Snatch	3rd 2022 Dubai Fitness Championship Get a Grip	4th 2022 Torian Pro Don't Stop Me Now	30th 2022 Quarterfinals Event# 5	24th 2022 CrossFit Open 22.1	11th 2020 The Rogue Invitational Last Person Standing Part B
Thrusters	3rd 2022 Dubai Fitness Championship Fast Like an Oryx	2nd 2022 Last Chance Qualifier Event# 1	3rd 2022 Torian Pro King Arthur	20th 2022 CrossFit Open 22.3	7th 2020 Crossfit Games - Online Friendly Fran
Toes to Bar	3rd 2022 Dubai Fitness Championship Get a Grip	3rd 2020 The Rogue Invitational Event# 4	6th 2019 Dubai CrossFit Championship Event# 10	2nd 2020 CrossFit Open 20.2	1st 2019 Down Under CrossFit Championship Event# 7
Wall Balls	7th 2022 Last Chance Qualifier Event# 4	2nd 2022 Quarterfinals Event# 3	6th 2019 Dubai CrossFit Championship Event# 7	3rd 2020 CrossFit Open 20.5	2nd 2019 Down Under CrossFit Championship Event# 4

CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	107 lbs/48.6 kg
2022 Torian Pro	Barbell Complex	205 lbs/93.2 kg
2022 Quarterfinals	The Other Total	598 lbs/271.8 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	270 lbs/122.7 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	230 lbs/104.5 kg
2020 The Rogue Invitational		lbs/0 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	106 lbs/48.2 kg
2019 Crossfit Games	Clean	220 lbs/100 kg
2019 Down Under CrossFit Championship	Clean and Jerk	245 lbs/111.4 kg
2019 CrossFit Strength in Depth		83 lbs/37.7 kg
2018 Dubai CrossFit Championship	Max Snatch	81 lbs/36.8 kg

2018 Crossfit Games	CrossFit Total	780 lbs/354.5 kg
2018 Crossfit Open	18.2a	232 lbs/105.5 kg
2017 Crossfit Games	1 Rep Max Snatch	171 lbs/77.7 kg

## Grace Walton

Age: 22 Height:5ft 5in/164 cm Weight:154 lbs/70 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Down Under CrossFit Championship	4	7.4	1	3	4	7
2022 - Torian Pro	15	16.8	0	0	1	6
2022 - World Wide Quarterfinals	222	-	-	-	-	-
2022 - Quarterfinals	19	31.4	0	1	2	5
2022 - CrossFit Open	184	309	0	0	0	3

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Down Under CrossFit Championship	7.4	-	7.8	1	5
2022 - Torian Pro	16.8	11	24	13.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	31.4	10	-	31.3	-
2022 - CrossFit Open	309	-	283	227	-

### Recent Event Results by Movement

Burpees	5th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	17th 2022 Torian Pro King Arthur	5th 2022 Quarterfinals Event# 5	283rd 2022 CrossFit Open 22.2	
Clean	12th 2022 Down Under CrossFit Championship John Cleary Shuffle	1st 2022 Down Under CrossFit Championship E2 - Nasty Girls V3	17th 2022 Torian Pro King Arthur		
Chest to Bar Pull Ups	15th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	18th 2022 Torian Pro Don't Stop Me Now	417th 2022 CrossFit Open 22.3		
GHD Situps	50th 2022 Quarterfinals Event# 2				
Handstand Push Ups	15th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	22nd 2022 Torian Pro Strongman Diane	53rd 2022 Quarterfinals Event# 1	53rd 2022 Quarterfinals Event# 1	53rd 2022 Quarterfinals Event# 1
Rowing	5th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	9th 2022 Torian Pro MCX Final	5th 2022 Quarterfinals Event# 5		
Snatch	2nd 2022 Down Under CrossFit Championship E5 - Regionals 12.5	6th 2022 Down Under CrossFit Championship E1 - Randy	18th 2022 Torian Pro Don't Stop Me Now	5th 2022 Quarterfinals Event# 5	227th 2022 CrossFit Open 22.1
Thrusters	11th 2022 Down Under CrossFit Championship E7 - Regionals 16.7	17th 2022 Torian Pro King Arthur	417th 2022 CrossFit Open 22.3		
Toes to Bar	No results found				
Wall Balls	39th 2022 Quarterfinals Event# 3				



CrossFit Competition	Lift	Weight
2022 Down Under CrossFit Championship	E5 - Regionals 12.5	88 lbs/40 kg
2022 Torian Pro	Barbell Complex	205 lbs/93.2 kg
2022 Quarterfinals	The Other Total	675 lbs/306.8 kg

## Gemma Hauck

Age: 24 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Down Under CrossFit Championship	2	6.1	0	5	6	7
2022 - Torian Pro	8	8.2	0	1	4	6
2022 - World Wide Quarterfinals	94	-	-	-	-	-
2022 - Quarterfinals	7	18.2	0	1	3	5
2022 - CrossFit Open	328	548	0	0	0	3
2021 - Torian Pro	12	12.7	0	1	3	7
2021 - Individual Quarterfinals	10	22	0	0	2	5
2021 - CrossFit Open	2018	3591	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Down Under CrossFit Championship	6.1	-	4	2	15
2022 - Torian Pro	8.2	11	4	6.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - Quarterfinals	18.2	4	-	16	-
2022 - CrossFit Open	548	-	264	1264	-
2021 - Torian Pro	12.7	12	12	13.3	-
2021 - Individual Quarterfinals	22	17	8.5	35	-
2021 - CrossFit Open	3591	395	6530.5	-	-

#### Recent Event Results by Movement

Burpees	15th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	8th 2022 Torian Pro King Arthur	10th 2022 Quarterfinals Event# 5	264th 2022 CrossFit Open 22.2	9th 2021 Torian Pro Move it or lose it v3
Clean	4th 2022 Down Under CrossFit Championship John Cleary Shuffle	2nd 2022 Down Under CrossFit Championship E2 - Nasty Girls V3	8th 2022 Torian Pro King Arthur	41st 2021 Individual Quarterfinals Test 1	14th 2019 Down Under CrossFit Championship Event# 6
Chest to Bar Pull Ups	10th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	6th 2022 Torian Pro Don't Stop Me Now	116th 2022 CrossFit Open 22.3	19th 2021 Torian Pro Final	908th 2021 CrossFit Open 21.3
GHD Situps	7th 2022 Quarterfinals Event# 2	35th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	10th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	13th 2022 Torian Pro Strongman Diane	39th 2022 Quarterfinals Event# 1	39th 2022 Quarterfinals Event# 1	39th 2022 Quarterfinals Event# 1
Rowing	15th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	7th 2022 Torian Pro MCX Final	10th 2022 Quarterfinals Event# 5	7th 2021 Torian Pro Reverse Triathlon	10th 2021 Individual Quarterfinals Test 3

Snatch	4th 2022 Down Under CrossFit Championship E1 - Randy	5th 2022 Down Under CrossFit Championship E5 - Regionals 12.5	6th 2022 Torian Pro Don't Stop Me Now	10th 2022 Quarterfinals Event# 5	1264th 2022 CrossFit Open 22.1
Thrusters	3rd 2022 Down Under CrossFit Championship E7 - Regionals 16.7	8th 2022 Torian Pro King Arthur	116th 2022 CrossFit Open 22.3	19th 2021 Torian Pro Final	908th 2021 CrossFit Open 21.3
Toes to Bar	908th 2021 CrossFit Open 21.3	32nd 2019 Down Under CrossFit Championship Event# 7	882nd 2019 Crossfit Open 19.2		
Wall Balls	31st 2022 Quarterfinals Event# 3	10th 2021 Individual Quarterfinals Test 3	23rd 2019 Down Under CrossFit Championship Event# 4	110th 2019 Crossfit Open 19.1	

CrossFit Competition	Lift	Weight
2022 Down Under CrossFit Championship	E5 - Regionals 12.5	85 lbs/38.6 kg
2022 Torian Pro	Barbell Complex	205 lbs/93.2 kg
2022 Quarterfinals	The Other Total	701 lbs/318.6 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	243 lbs/110.5 kg
2021 CrossFit Open	21.4	198 lbs/90 kg
2019 Down Under CrossFit Championship	Clean and Jerk	195 lbs/88.6 kg

## Madeline Sturt

Age: 26 Height:5ft 2in/158 cm Weight:139 lbs/63 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events

2022 - Down Under CrossFit Championship	1	5.4	2	5	6	7
2022 - Last Chance Qualifier	8	8	0	1	2	4
2022 - Torian Pro	4	5.2	0	4	6	6
2022 - World Wide Quarterfinals	56	-	-	-	-	-
2022 - Quarterfinals	5	11	0	1	3	5
2022 - CrossFit Open	111	194	0	0	0	3
2021 - Last Chance Qualifier	3	10	0	1	2	4
2021 - Torian Pro	5	9	0	3	4	7
2021 - Individual Quarterfinals	6	13.2	0	1	2	5
2021 - CrossFit Open	48	196.3	0	0	0	4
2020 - Australian CrossFit Championship	4	6.6	1	5	10	12
2020 - The Southfit CrossFit Challenge	2	-	-	-	-	-
2020 - CrossFit Open	38	89.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Down Under CrossFit Championship	5.4	-	4.8	5	10
2022 - Last Chance Qualifier	8	-	8.7	6	-
2022 - Torian Pro	5.2	5	7	5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	11	22	-	9	-
2022 - CrossFit Open	194	-	110	460	-
2021 - Last Chance Qualifier	10	8.5	17	6	-

2021 - Torian Pro	9	9	10	8.5	-
2021 - Individual Quarterfinals	13.2	17	19	2	-
2021 - CrossFit Open	196.3	296	233	-	-
2020 - Australian CrossFit Championship	6.6	11.3	6.7	4.2	-
2020 - The Southfit CrossFit Challenge	-	-	-	-	-
2020 - CrossFit Open	89.2	-	163	70.8	-

#### Recent Event Results by Movement

Burpees	10th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	6th 2022 Last Chance Qualifier Event# 4	5th 2022 Torian Pro King Arthur	15th 2022 Quarterfinals Event# 5	110th 2022 CrossFit Open 22.2
Clean	1st 2022 Down Under CrossFit Championship John Cleary Shuffle	5th 2022 Down Under CrossFit Championship E2 - Nasty Girls V3	5th 2022 Torian Pro King Arthur	6th 2021 Last Chance Qualifier Event# 4	9th 2021 Individual Quarterfinals Test 1
Chest to Bar Pull Ups	4th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	7th 2022 Torian Pro Don't Stop Me Now	12th 2022 CrossFit Open 22.3	4th 2021 Torian Pro Final	23rd 2021 CrossFit Open 21.3
GHD Situps	3rd 2022 Quarterfinals Event# 2	2nd 2021 Individual Quarterfinals Test 2	19th 2017 Crossfit Games Triple-G Chipper	40th 2016 Crossfit Games Ranch Mini Chipper	4th 2016 Pacific Regional Regionals 16.5
Handstand Push Ups	4th 2022 Down Under CrossFit Championship E4 - Regionals 17.1	4th 2022 Torian Pro Strongman Diane	6th 2022 Quarterfinals Event# 1	6th 2022 Quarterfinals Event# 1	6th 2022 Quarterfinals Event# 1
Rowing	10th 2022 Down Under CrossFit Championship E6 - Regionals 16.6	11th 2022 Last Chance Qualifier Event# 2	3rd 2022 Torian Pro MCX Final	15th 2022 Quarterfinals Event# 5	17th 2021 Last Chance Qualifier Event# 1

Snatch	15th 2022 Down Under CrossFit Championship E5 - Regionals 12.5	2nd 2022 Down Under CrossFit Championship E1 - Randy	7th 2022 Torian Pro Don't Stop Me Now	15th 2022 Quarterfinals Event# 5	460th 2022 CrossFit Open 22.1
Thrusters	1st 2022 Down Under CrossFit Championship E7 - Regionals 16.7	4th 2022 Last Chance Qualifier Event# 1	5th 2022 Torian Pro King Arthur	12th 2022 CrossFit Open 22.3	4th 2021 Torian Pro Final
Toes to Bar	23rd 2021 CrossFit Open 21.3	1st 2020 Australian CrossFit Championship Front Rack Jack	49th 2020 CrossFit Open 20.2	79th 2019 Crossfit Open 19.2	7th 2018 Pacific Regional Regionals 18.5
Wall Balls	6th 2022 Last Chance Qualifier Event# 4	9th 2022 Quarterfinals Event# 3	11th 2021 Individual Quarterfinals Test 3	3rd 2020 Australian CrossFit Championship Jetlag	11th 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Down Under CrossFit Championship	E5 - Regionals 12.5	75 lbs/34.1 kg
2022 Torian Pro	Barbell Complex	215 lbs/97.7 kg
2022 Quarterfinals	The Other Total	622 lbs/282.7 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	386 lbs/175.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	243 lbs/110.5 kg
2021 CrossFit Open	21.4	201 lbs/91.4 kg
2018 Crossfit Games	CrossFit Total	755 lbs/343.2 kg
2018 Crossfit Open	18.2a	220 lbs/100 kg
2017 Crossfit Games	1 Rep Max Snatch	165 lbs/75 kg
2016 Crossfit Games	Ranch Deadlift Ladder	325 lbs/147.7 kg

# Agustin Richelme

Age: 26 Height:5ft 8in/173 cm Weight:183 lbs/83 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	38	32.5	0	0	0	11
2022 - Last Chance Qualifier	26	17.5	0	0	0	2
2022 - CrossFit Copa Sur	3	7.8	0	3	5	6
2022 - Quarterfinals	2	6.6	2	4	4	5
2022 - World Wide Quarterfinals	15	-	-	-	-	-
2022 - CrossFit Open	52	126	0	1	1	3
2021 - CrossFit Games	32	27.3	0	0	1	9
2021 - Brazil CrossFit Championship	1	2.7	1	6	6	6
2021 - Individual Quarterfinals	5	17.4	0	2	4	5
2021 - CrossFit Open	9	104.3	1	1	1	4
2020 - Brazil CrossFit Championship	8	10.4	0	3	4	7

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	32.5	33.7	28	37	37
2022 - Last Chance Qualifier	17.5	-	17.5	-	-
2022 - CrossFit Copa Sur	7.8	8	8.8	-	4
2022 - Quarterfinals	6.6	23	-	3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	126	-	320	56	-

2021 - CrossFit Games	27.3	21	28.8	30	-
2021 - Brazil CrossFit Championship	2.7	4	2.5	2.5	-
2021 - Individual Quarterfinals	17.4	69	6	2	-
2021 - CrossFit Open	104.3	249	83.5	-	-
2020 - Brazil CrossFit Championship	10.4	19	12	2	-

#### Recent Event Results by Movement

Burpees	5th 2022 Quarterfinals Event# 5	320th 2022 CrossFit Open 22.2	3rd 2021 Brazil CrossFit Championship Grettel	6th 2021 Individual Quarterfinals Test 5	137th 2021 CrossFit Open 21.2
Clean	31st 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	31st 2022 CrossFit Games Elizabeth Elevated	38th 2022 CrossFit Games Sandbag Ladder	28th 2021 CrossFit Games Event# 7	33rd 2021 CrossFit Games Event# 6
Chest to Bar Pull Ups	36th 2022 CrossFit Games Bike to Work	4th 2022 CrossFit Copa Sur Chipper 22	2nd 2022 CrossFit Open 22.3	2nd 2021 Brazil CrossFit Championship Friendly Fran	1st 2021 CrossFit Open 21.3
GHD Situps	21st 2023 Wodapalooza E2 - Back to the Future	21st 2023 Wodapalooza E2 - Back to the Future	28th 2022 CrossFit Games Up and Over	1st 2022 Quarterfinals Event# 2	2nd 2021 Brazil CrossFit Championship Semifinals 21.2
Handstand Push Ups	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	4th 2021 Individual Quarterfinals Test 1	4th 2021 Individual Quarterfinals Test 1
Rowing	31st 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	15th 2022 Last Chance Qualifier Event# 2	4th 2022 CrossFit Copa Sur Last Man Standing	5th 2022 Quarterfinals Event# 5	4th 2021 Brazil CrossFit Championship Semifinals 21.5



Snatch	38th 2022 CrossFit Games Hat Trick	5th 2022 Quarterfinals Event# 5	56th 2022 CrossFit Open 22.1	34th 2021 CrossFit Games Event# 9	4th 2021 Brazil CrossFit Championship Semifinals 21.4
Thrusters	21st 2023 Wodapalooza E2 - Back to the Future	20th 2022 Last Chance Qualifier Event# 1	3rd 2022 CrossFit Copa Sur Too Many Rings	2nd 2022 CrossFit Open 22.3	18th 2021 CrossFit Games Event# 4
Toes to Bar	20th 2023 Wodapalooza E3 - Start Fast, Finish Strong	36th 2022 CrossFit Games Bike to Work	1st 2021 CrossFit Open 21.3	203rd 2019 Crossfit Open 19.2	23rd 2018 Latin America Regional Regionals 18.5
Wall Balls	20th 2023 Wodapalooza E5 - Double Shot with a Splash	38th 2022 CrossFit Games Hat Trick	4th 2022 CrossFit Copa Sur Chipper 22	3rd 2022 Quarterfinals Event# 3	6th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	335 lbs/152.3 kg
2022 CrossFit Games	Sandbag Ladder	280 lbs/127.3 kg
2022 CrossFit Copa Sur	Barbell Complex	310 lbs/140.9 kg
2022 Quarterfinals	The Other Total	993 lbs/451.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	353 lbs/160.5 kg
2021 CrossFit Open	21.4	300 lbs/136.4 kg
2018 Crossfit Open	18.2a	311 lbs/141.4 kg

## Bastian Pfannschmidt

Age: 33 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
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2022 - World Wide Quarterfinals	488	-	-	-	-	-
2022 - Quarterfinals	43	60.6	0	0	0	5
2020 - Wodapalooza RX	14	-	-	-	-	-

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	60.6	17	-	83	-
2020 - Wodapalooza RX	-	-	-	-	-

#### Recent Event Results by Movement

Burpees	35th 2022 Quarterfinals Event# 5		
Clean	No results found		
Chest to Bar Pull Ups	No results found		
GHD Situps	120th 2022 Quarterfinals Event# 2		
Handstand Push Ups	37th 2022 Quarterfinals Event# 1	37th 2022 Quarterfinals Event# 1	37th 2022 Quarterfinals Event# 1
Rowing	35th 2022 Quarterfinals Event# 5		
Snatch	35th 2022 Quarterfinals Event# 5		

Thrusters	No results found
Toes to Bar	No results found
Wall Balls	94th 2022 Quarterfinals Event# 3

CrossFit Competition	Lift	Weight
2022 Quarterfinals	The Other Total	1008 lbs/458.2 kg

## Kaique Cerveny

Age: 25 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Zelos Games	6	8	0	2	2	4
2022 - CrossFit Copa Sur	Withdrew From Event	17	0	0	0	1
2022 - World Wide Quarterfinals	38	-	-	-	-	-
2022 - Quarterfinals	4	13.4	0	0	3	5
2022 - CrossFit Open	237	458.3	0	0	0	3
2022 - Wodapalooza	32	25.8	0	0	0	8
2021 - Last Chance Qualifier	8	10.5	0	0	2	4
2021 - Brazil CrossFit Championship	4	5.3	1	5	5	6
2021 - Individual Quarterfinals	10	22	1	2	3	5
2021 - CrossFit Open	132	554.3	0	0	0	4

2020 - Brazil CrossFit Championship	9	10.2	0	1	4	6
2020 - CrossFit Open	424	717.4	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Zelos Games	8	-	3	13	-
2022 - CrossFit Copa Sur	17	-	-	-	17
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	13.4	8	-	12.7	-
2022 - CrossFit Open	458.3	-	788	318	-
2022 - Wodapalooza	25.8	20	30	28	16
2021 - Last Chance Qualifier	10.5	13	6	10	-
2021 - Brazil CrossFit Championship	5.3	3	10	3	-
2021 - Individual Quarterfinals	22	25	2.5	10	-
2021 - CrossFit Open	554.3	505	771	-	-
2020 - Brazil CrossFit Championship	10.2	7	9	8	-
2020 - CrossFit Open	717.4	-	788	699.8	-

#### Recent Event Results by Movement

Burpees	12th 2022 Zelos Games Royal Flush	6th 2022 Quarterfinals Event# 5	788th 2022 CrossFit Open 22.2	24th 2022 Wodapalooza Dale	16th 2022 Wodapalooza The Bayside Chipper
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Clean	16th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	12th 2022 Zelos Games Royal Flush	10th 2021 Last Chance Qualifier Event# 4	70th 2021 Individual Quarterfinals Test 1	17th 2020 Brazil CrossFit Championship Death By Sandbag
Chest to Bar Pull Ups	3rd 2022 Zelos Games Full House	17th 2022 CrossFit Copa Sur Chipper 22	269th 2022 CrossFit Open 22.3	34th 2022 Wodapalooza Echo Fran	5th 2021 Brazil CrossFit Championship Friendly Fran
GHD Situps	12th 2023 Wodapalooza E2 - Back to the Future	12th 2023 Wodapalooza E2 - Back to the Future	22nd 2022 Quarterfinals Event# 2	35th 2022 Wodapalooza Flipped Off	3rd 2021 Brazil CrossFit Championship Semifinals 21.2
Handstand Push Ups	21st 2022 Quarterfinals Event# 1	21st 2022 Quarterfinals Event# 1	21st 2022 Quarterfinals Event# 1	21st 2022 Wodapalooza Celebrate Ten	70th 2021 Individual Quarterfinals Test 1
Rowing	16th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	3rd 2022 Zelos Games Full House	6th 2022 Quarterfinals Event# 5	26th 2022 Wodapalooza Row, Swim, Run	6th 2021 Last Chance Qualifier Event# 1
Snatch	3rd 2022 Zelos Games Ace of Spades	6th 2022 Quarterfinals Event# 5	318th 2022 CrossFit Open 22.1	6th 2021 Last Chance Qualifier Event# 1	3rd 2021 Brazil CrossFit Championship Semifinals 21.4
Thrusters	12th 2023 Wodapalooza E2 - Back to the Future	12th 2022 Zelos Games Royal Flush	269th 2022 CrossFit Open 22.3	34th 2022 Wodapalooza Echo Fran	5th 2021 Brazil CrossFit Championship Friendly Fran
Toes to Bar	28th 2023 Wodapalooza E3 - Start Fast, Finish Strong	30th 2022 Wodapalooza WZAOC Remix	170th 2021 CrossFit Open 21.3	1366th 2020 CrossFit Open 20.2	
Wall Balls	29th 2023 Wodapalooza E5 - Double Shot with a Splash	3rd 2022 Zelos Games Full House	17th 2022 CrossFit Copa Sur Chipper 22	10th 2022 Quarterfinals Event# 3	1st 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	332 lbs/150.9 kg
2022 Quarterfinals	The Other Total	1032 lbs/469.1 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	508 lbs/230.9 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	375 lbs/170.5 kg
2021 CrossFit Open	21.4	290 lbs/131.8 kg

## Guilherme Malheiros

Age: 23 Height:5ft 10in/177 cm Weight:198 lbs/90 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	10	15.1	2	5	7	14
2022 - CrossFit Copa Sur	1	3.3	3	5	5	6
2022 - Quarterfinals	1	3	3	4	5	5
2022 - World Wide Quarterfinals	2	-	-	-	-	-
2022 - CrossFit Open	90	194.3	0	0	0	3
2022 - Wodapalooza	Withdrew From Event	-	0	-	-	-
2021 - Rogue Invitational	5	7.7	2	2	6	7
2021 - CrossFit Games	7	11.7	3	5	9	15
2021 - Brazil CrossFit Championship	2	3.2	2	4	6	6
2021 - Individual Quarterfinals	4	17	2	2	2	5
2021 - CrossFit Open	84	392.3	0	0	1	4

2020 - Wodapalooza RX	1	-	-	-	-	-
2020 - CrossFit Open	107	242.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	15.1	15.7	16.8	10.3	30
2022 - CrossFit Copa Sur	3.3	1	4.5	-	1
2022 - Quarterfinals	3	1	-	1.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	194.3	-	460	52	-
2022 - Wodapalooza	-	-	-	-	-
2021 - Rogue Invitational	7.7	1	8	10	-
2021 - CrossFit Games	11.7	2.3	15.7	16	4
2021 - Brazil CrossFit Championship	3.2	1	1.5	4	-
2021 - Individual Quarterfinals	17	1	7	58	-
2021 - CrossFit Open	392.3	7	720.5	-	-
2020 - Wodapalooza RX	-	-	-	-	-
2020 - CrossFit Open	242.2	-	468	185.8	-

#### Recent Event Results by Movement

Burpees	12th 2023 Wodapalooza E6 - Dirty Isabel	1st 2022 Quarterfinals Event# 5	460th 2022 CrossFit Open 22.2	10th 2021 Rogue Invitational The Mule	16th 2021 CrossFit Games Event# 13
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Clean	26th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	1st 2022 CrossFit Games Sandbag Ladder	30th 2022 CrossFit Games Elizabeth Elevated	1st 2021 Rogue Invitational The Duel	1st 2021 CrossFit Games Event# 7
Chest to Bar Pull Ups	4th 2023 Wodapalooza E6 - Miami Meat Market	24th 2022 CrossFit Games Bike to Work	1st 2022 CrossFit Copa Sur Chipper 22	71st 2022 CrossFit Open 22.3	4th 2021 CrossFit Games Event# 15
GHD Situps	36th 2023 Wodapalooza E2 - Back to the Future	36th 2023 Wodapalooza E2 - Back to the Future	25th 2022 CrossFit Games Up and Over	2nd 2022 Quarterfinals Event# 2	19th 2021 Rogue Invitational Concept2
Handstand Push Ups	10th 2022 Quarterfinals Event# 1	10th 2022 Quarterfinals Event# 1	10th 2022 Quarterfinals Event# 1	8th 2021 Rogue Invitational Chipper	9th 2021 CrossFit Games Event# 14
Rowing	26th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	12th 2022 CrossFit Games Jackie Pro	12th 2022 CrossFit Copa Sur Last Man Standing	1st 2022 Quarterfinals Event# 5	8th 2021 Rogue Invitational Chipper
Snatch	12th 2023 Wodapalooza E6 - Dirty Isabel	1st 2022 CrossFit Games Hat Trick	1st 2022 Quarterfinals Event# 5	52nd 2022 CrossFit Open 22.1	1st 2021 Rogue Invitational The Duel
Thrusters	36th 2023 Wodapalooza E2 - Back to the Future	12th 2022 CrossFit Games Jackie Pro	2nd 2022 CrossFit Copa Sur Too Many Rings	71st 2022 CrossFit Open 22.3	6th 2021 Rogue Invitational Echo Burner
Toes to Bar	10th 2023 Wodapalooza E3 - Start Fast, Finish Strong	24th 2022 CrossFit Games Bike to Work	27th 2021 CrossFit Games Event# 10	121st 2021 CrossFit Open 21.3	222nd 2020 CrossFit Open 20.2
Wall Balls	5th 2023 Wodapalooza E5 - Double Shot with a Splash	1st 2022 CrossFit Games Hat Trick	1st 2022 CrossFit Copa Sur Chipper 22	1st 2022 Quarterfinals Event# 3	13th 2021 Individual Quarterfinals Test 3



CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	395 lbs/179.5 kg
2022 CrossFit Games	Sandbag Ladder	340 lbs/154.5 kg
2022 CrossFit Copa Sur	Barbell Complex	356 lbs/161.8 kg
2022 Quarterfinals	The Other Total	1101 lbs/500.5 kg
2021 Rogue Invitational	Bella Complex	367 lbs/166.8 kg
2021 CrossFit Games	1 Rep Max Snatch	305 lbs/138.6 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	425 lbs/193.2 kg
2021 CrossFit Open	21.4	343 lbs/155.9 kg

## Lucas Da Rosa

Age: 27 Height:6ft 0in/184 cm Weight:198 lbs/90 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Copa Sur	5	11	0	2	4	6
2022 - World Wide Quarterfinals	128	-	-	-	-	-
2022 - Quarterfinals	9	23.6	0	0	2	5
2022 - CrossFit Open	883	-	0	-	-	-
2021 - Brazil CrossFit Championship	21	19.8	0	1	2	6
2021 - Individual Quarterfinals	18	41	0	0	0	5
2021 - CrossFit Open	229	866.5	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
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2022 - CrossFit Copa Sur	11	22	9	-	8
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	23.6	52	-	11.3	-
2022 - CrossFit Open	-	-	-	-	-
2021 - Brazil CrossFit Championship	19.8	24	28	5.5	-
2021 - Individual Quarterfinals	41	106	29.5	25	-
2021 - CrossFit Open	866.5	512	566	-	-

#### Recent Event Results by Movement

Burpees	8th 2022 Quarterfinals Event# 5	27th 2021 Brazil CrossFit Championship Grettel	12th 2021 Individual Quarterfinals Test 5	677th 2021 CrossFit Open 21.2	32nd 2018 Latin America Regional Regionals 18.4
Clean	15th 2021 Individual Quarterfinals Test 1	5th 2019 Brazil CrossFit Championship Graceful Ropes	34th 2018 Latin America Regional Linda		
Chest to Bar Pull Ups	8th 2022 CrossFit Copa Sur Chipper 22	29th 2021 Brazil CrossFit Championship Friendly Fran	1822nd 2021 CrossFit Open 21.3	15th 2019 Brazil CrossFit Championship March of Pain	
GHD Situps	8th 2022 Quarterfinals Event# 2	28th 2021 Brazil CrossFit Championship Semifinals 21.2	25th 2021 Individual Quarterfinals Test 2		
Handstand Push Ups	32nd 2022 Quarterfinals Event# 1	32nd 2022 Quarterfinals Event# 1	32nd 2022 Quarterfinals Event# 1	15th 2021 Individual Quarterfinals Test 1	15th 2021 Individual Quarterfinals Test 1

Rowing	2nd 2022 CrossFit Copa Sur Last Man Standing	8th 2022 Quarterfinals Event# 5	3rd 2021 Brazil CrossFit Championship Semifinals 21.5	47th 2021 Individual Quarterfinals Test 3	20th 2019 Brazil CrossFit Championship Row Swim
Snatch	8th 2022 Quarterfinals Event# 5	24th 2021 Brazil CrossFit Championship Semifinals 21.4	12th 2021 Individual Quarterfinals Test 5	677th 2021 CrossFit Open 21.2	16th 2019 Brazil CrossFit Championship Snatch Ladder
Thrusters	24th 2022 CrossFit Copa Sur Too Many Rings	29th 2021 Brazil CrossFit Championship Friendly Fran	1822nd 2021 CrossFit Open 21.3	33rd 2018 Latin America Regional Regionals 18.6	
Toes to Bar	1822nd 2021 CrossFit Open 21.3	17th 2018 Latin America Regional Regionals 18.5			
Wall Balls	8th 2022 CrossFit Copa Sur Chipper 22	18th 2022 Quarterfinals Event# 3	47th 2021 Individual Quarterfinals Test 3		

CrossFit Competition	Lift	Weight
2022 CrossFit Copa Sur	Barbell Complex	290 lbs/131.8 kg
2022 Quarterfinals	The Other Total	940 lbs/427.3 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	342 lbs/155.5 kg
2021 CrossFit Open	21.4	290 lbs/131.8 kg

## Sasha Nievas

Age: 25 Height: 5ft 1in/156 cm Weight: 134 lbs/61 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events

2022 - CrossFit Open	89	153.3	0	0	0	3
2022 - Wodapalooza	Withdrew From Event	27	0	0	0	4
2021 - CrossFit Games	31	25.4	0	0	0	9
2021 - Brazil CrossFit Championship	2	4	1	5	6	6
2021 - Individual Quarterfinals	3	8.6	1	3	4	5
2021 - CrossFit Open	25	132	0	0	0	4
2020 - Brazil CrossFit Championship	Withdrew From Event	-	0	-	-	-
2020 - CrossFit Open	36	86.4	1	1	1	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Open	153.3	-	218	171	-
2022 - Wodapalooza	27	18	-	29.5	31
2021 - CrossFit Games	25.4	15.5	26.4	30	-
2021 - Brazil CrossFit Championship	4	1	3	6.5	-
2021 - Individual Quarterfinals	8.6	10	15	2	-
2021 - CrossFit Open	132	91	149	-	-
2020 - Brazil CrossFit Championship	-	-	-	-	-
2020 - CrossFit Open	86.4	-	13	104.8	-

#### Recent Event Results by Movement

Burpees	218th 2022 CrossFit Open 22.2	31st 2022 Wodapalooza The Bayside Chipper	3rd 2021 Brazil CrossFit Championship Grettel	3rd 2021 Individual Quarterfinals Test 5	264th 2021 CrossFit Open 21.2
Clean	16th 2021 CrossFit Games Event# 7	34th 2021 CrossFit Games Event# 6	1st 2021 Individual Quarterfinals Test 1	10th 2019 Brazil CrossFit Championship Graceful Ropes	19th 2018 Latin America Regional Linda
Chest to Bar Pull Ups	71st 2022 CrossFit Open 22.3	31st 2022 Wodapalooza Echo Fran	3rd 2021 Brazil CrossFit Championship Friendly Fran	139th 2021 CrossFit Open 21.3	8th 2019 Brazil CrossFit Championship March of Pain
GHD Situps	28th 2022 Wodapalooza Flipped Off	4th 2021 Brazil CrossFit Championship Semifinals 21.2	2nd 2021 Individual Quarterfinals Test 2		
Handstand Push Ups	1st 2021 Individual Quarterfinals Test 1	1st 2021 Individual Quarterfinals Test 1	71st 2020 CrossFit Open 20.3	8th 2019 Brazil CrossFit Championship March of Pain	31st 2018 Latin America Regional Regionals 18.5
Rowing	8th 2021 Brazil CrossFit Championship Semifinals 21.5	27th 2021 Individual Quarterfinals Test 3	127th 2020 CrossFit Open 20.5	20th 2019 Brazil CrossFit Championship Row Swim	35th 2018 Latin America Regional Triple 3
Snatch	171st 2022 CrossFit Open 22.1	29th 2021 CrossFit Games Event# 9	1st 2021 Brazil CrossFit Championship Semifinals 21.4	3rd 2021 Individual Quarterfinals Test 5	264th 2021 CrossFit Open 21.2
Thrusters	71st 2022 CrossFit Open 22.3	31st 2022 Wodapalooza Echo Fran	20th 2021 CrossFit Games Event# 4	3rd 2021 Brazil CrossFit Championship Friendly Fran	139th 2021 CrossFit Open 21.3
Toes to Bar	139th 2021 CrossFit Open 21.3	220th 2020 CrossFit Open 20.2	31st 2018 Latin America Regional Regionals 18.5	2945th 2018 Crossfit Open 18.1	

Wall Balls	27th 2021 Individual Quarterfinals Test 3	127th 2020 CrossFit Open 20.5
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CrossFit Competition	Lift	Weight
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	262 lbs/119.1 kg
2021 CrossFit Open	21.4	212 lbs/96.4 kg
2018 Crossfit Open	18.2a	231 lbs/105 kg

## Luiza Marques

Age: 21 Height:5ft 1in/154 cm Weight:128 lbs/58 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Copa Sur	5	8.7	0	1	5	6
2022 - Quarterfinals	1	5.4	1	3	4	5
2022 - World Wide Quarterfinals	32	-	-	-	-	-
2022 - CrossFit Open	448	703.3	0	0	0	3
2021 - Brazil CrossFit Championship	8	9.5	0	0	4	6
2021 - Individual Quarterfinals	13	27.8	0	0	1	5
2021 - CrossFit Open	424	1029	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Copa Sur	8.7	13	7.3	-	10

2022 - Quarterfinals	5.4	5	-	6.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	703.3	-	1905	107	-
2021 - Brazil CrossFit Championship	9.5	10	11	6.5	-
2021 - Individual Quarterfinals	27.8	39	36	17	-
2021 - CrossFit Open	1029	503	1699	-	-

#### Recent Event Results by Movement

Burpees	6th 2022 Quarterfinals Event# 5	1905th 2022 CrossFit Open 22.2	12th 2021 Brazil CrossFit Championship Grettel	7th 2021 Individual Quarterfinals Test 5	2642nd 2021 CrossFit Open 21.2
Clean	11th 2021 Individual Quarterfinals Test 1				
Chest to Bar Pull Ups	10th 2022 CrossFit Copa Sur Chipper 22	98th 2022 CrossFit Open 22.3	10th 2021 Brazil CrossFit Championship Friendly Fran	215th 2021 CrossFit Open 21.3	
GHD Situps	1st 2022 Quarterfinals Event# 2	12th 2021 Brazil CrossFit Championship Semifinals 21.2	17th 2021 Individual Quarterfinals Test 2		
Handstand Push Ups	3rd 2022 Quarterfinals Event# 1	3rd 2022 Quarterfinals Event# 1	3rd 2022 Quarterfinals Event# 1	11th 2021 Individual Quarterfinals Test 1	11th 2021 Individual Quarterfinals Test 1
Rowing	8th 2022 CrossFit Copa Sur Last Man Standing	6th 2022 Quarterfinals Event# 5	6th 2021 Brazil CrossFit Championship Semifinals 21.5	65th 2021 Individual Quarterfinals Test 3	

Snatch	6th 2022 Quarterfinals Event# 5	107th 2022 CrossFit Open 22.1	10th 2021 Brazil CrossFit Championship Semifinals 21.4	7th 2021 Individual Quarterfinals Test 5	2642nd 2021 CrossFit Open 21.2
Thrusters	5th 2022 CrossFit Copa Sur Too Many Rings	98th 2022 CrossFit Open 22.3	10th 2021 Brazil CrossFit Championship Friendly Fran	215th 2021 CrossFit Open 21.3	
Toes to Bar	215th 2021 CrossFit Open 21.3				
Wall Balls	10th 2022 CrossFit Copa Sur Chipper 22	12th 2022 Quarterfinals Event# 3	65th 2021 Individual Quarterfinals Test 3		

CrossFit Competition	Lift	Weight
2022 CrossFit Copa Sur	Barbell Complex	198 lbs/90 kg
2022 Quarterfinals	The Other Total	683 lbs/310.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	237 lbs/107.7 kg
2021 CrossFit Open	21.4	195 lbs/88.6 kg

## Victoria Campos

Age: 30 Height:5ft 3in/161 cm Weight:134 lbs/61 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	33	27.1	0	0	0	11
2022 - CrossFit Copa Sur	1	4.8	0	4	6	6
2022 - World Wide Quarterfinals	48	-	-	-	-	-
2022 - Quarterfinals	5	9.4	0	3	4	5



2022 - CrossFit Open	64	118.7	0	0	0	3
2021 - Last Chance Qualifier	12	13	0	1	2	4
2021 - Brazil CrossFit Championship	3	5.3	3	4	5	6
2021 - Individual Quarterfinals	4	10	0	1	3	5
2021 - CrossFit Open	101	332	0	0	0	4
2020 - CrossFit Open	192	330.4	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	27.1	30.7	21.7	36.5	30
2022 - CrossFit Copa Sur	4.8	4	5.5	-	3
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	9.4	8	-	4.3	-
2022 - CrossFit Open	118.7	-	110	136	-
2021 - Last Chance Qualifier	13	12.5	23	4	-
2021 - Brazil CrossFit Championship	5.3	15	7	1	-
2021 - Individual Quarterfinals	10	13	9.5	4	-
2021 - CrossFit Open	332	82	559	-	-
2020 - CrossFit Open	330.4	-	373	319.8	-

#### Recent Event Results by Movement

Burpees	16th 2023 Wodapalooza E6 - Dirty Isabel	3rd 2022 Quarterfinals Event# 5	110th 2022 CrossFit Open 22.2	19th 2021 Last Chance Qualifier Event# 3	5th 2021 Brazil CrossFit Championship Grettel
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Clean	15th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	22nd 2022 CrossFit Games Sandbag Ladder	20th 2022 CrossFit Games Elizabeth Elevated	4th 2021 Last Chance Qualifier Event# 4	14th 2021 Individual Quarterfinals Test 1
Chest to Bar Pull Ups	16th 2023 Wodapalooza E6 - Miami Meat Market	37th 2022 CrossFit Games Bike to Work	3rd 2022 CrossFit Copa Sur Chipper 22	110th 2022 CrossFit Open 22.3	9th 2021 Brazil CrossFit Championship Friendly Fran
GHD Situps	23rd 2023 Wodapalooza E2 - Back to the Future	23rd 2023 Wodapalooza E2 - Back to the Future	21st 2022 CrossFit Games Up and Over	5th 2022 Quarterfinals Event# 2	1st 2021 Brazil CrossFit Championship Semifinals 21.2
Handstand Push Ups	26th 2022 Quarterfinals Event# 1	26th 2022 Quarterfinals Event# 1	26th 2022 Quarterfinals Event# 1	14th 2021 Individual Quarterfinals Test 1	14th 2021 Individual Quarterfinals Test 1
Rowing	15th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	3rd 2022 CrossFit Copa Sur Last Man Standing	3rd 2022 Quarterfinals Event# 5	23rd 2021 Last Chance Qualifier Event# 1	1st 2021 Brazil CrossFit Championship Semifinals 21.5
Snatch	16th 2023 Wodapalooza E6 - Dirty Isabel	36th 2022 CrossFit Games Hat Trick	3rd 2022 Quarterfinals Event# 5	136th 2022 CrossFit Open 22.1	23rd 2021 Last Chance Qualifier Event# 1
Thrusters	23rd 2023 Wodapalooza E2 - Back to the Future	9th 2022 CrossFit Copa Sur Too Many Rings	110th 2022 CrossFit Open 22.3	9th 2021 Brazil CrossFit Championship Friendly Fran	128th 2021 CrossFit Open 21.3
Toes to Bar	31st 2023 Wodapalooza E3 - Start Fast, Finish Strong	37th 2022 CrossFit Games Bike to Work	128th 2021 CrossFit Open 21.3	417th 2020 CrossFit Open 20.2	125th 2019 Crossfit Open 19.2
Wall Balls	20th 2023 Wodapalooza E5 - Double Shot with a Splash	36th 2022 CrossFit Games Hat Trick	3rd 2022 CrossFit Copa Sur Chipper 22	5th 2022 Quarterfinals Event# 3	9th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	241 lbs/109.5 kg
2022 CrossFit Games	Sandbag Ladder	200 lbs/90.9 kg
2022 CrossFit Copa Sur	Barbell Complex	216 lbs/98.2 kg
2022 Quarterfinals	The Other Total	668 lbs/303.6 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	368 lbs/167.3 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	256 lbs/116.4 kg
2021 CrossFit Open	21.4	214 lbs/97.3 kg
2018 Crossfit Open	18.2a	215 lbs/97.7 kg
2015 Pacific Regional	Regionals 15.5	125 lbs/56.8 kg

## Valentina Rangel

Age: 26 Height:5ft 4in/163 cm Weight:139 lbs/63 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	Withdrew From Event	15.7	0	0	1	6
2022 - Madrid Championship	4	8.4	0	5	6	8
2022 - CrossFit Copa Sur	9	11.5	0	2	2	6
2022 - Quarterfinals	4	7.8	0	2	4	5
2022 - World Wide Quarterfinals	40	-	-	-	-	-
2022 - CrossFit Open	62	115	0	0	0	3
2021 - Last Chance Qualifier	8	11.3	0	1	2	4

2021 - Brazil CrossFit Championship	5	8.8	0	2	4	6
2021 - Individual Quarterfinals	16	30.8	0	1	1	5
2021 - CrossFit Open	105	342.5	0	0	0	4
2020 - CrossFit Open	156	289.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	15.7	14	11	18	-
2022 - Madrid Championship	8.4	23	2	9.5	2
2022 - CrossFit Copa Sur	11.5	13	13.5	-	2
2022 - Quarterfinals	7.8	2	-	7.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	115	-	248	55	-
2021 - Last Chance Qualifier	11.3	10	4	21	-
2021 - Brazil CrossFit Championship	8.8	14	3	9	-
2021 - Individual Quarterfinals	30.8	3	15	72	-
2021 - CrossFit Open	342.5	321	509.5	-	-
2020 - CrossFit Open	289.2	-	78	342	-

#### Recent Event Results by Movement

Burpees	17th 2022 Dubai Fitness Championship Fast Like an Oryx	3rd 2022 Quarterfinals Event# 5	248th 2022 CrossFit Open 22.2	11th 2021 Last Chance Qualifier Event# 3	4th 2021 Brazil CrossFit Championship Grettel
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Clean	8th 2022 Dubai Fitness Championship Hang Clean Ladder	7th 2022 Madrid Championship Atocha	2nd 2022 Madrid Championship Need For Speed	21st 2021 Last Chance Qualifier Event# 4	49th 2021 Individual Quarterfinals Test 1
Chest to Bar Pull Ups	19th 2022 Dubai Fitness Championship Heavy Handed	2nd 2022 Madrid Championship Dirty Saiga	2nd 2022 CrossFit Copa Sur Chipper 22	42nd 2022 CrossFit Open 22.3	2nd 2021 Brazil CrossFit Championship Friendly Fran
GHD Situps	24th 2022 Madrid Championship Yoke and Roll	9th 2022 Quarterfinals Event# 2	15th 2021 Brazil CrossFit Championship Semifinals 21.2	72nd 2021 Individual Quarterfinals Test 2	26th 2019 CrossFit French Throwdown Event# 3
Handstand Push Ups	7th 2022 Madrid Championship Atocha	15th 2022 Quarterfinals Event# 1	15th 2022 Quarterfinals Event# 1	15th 2022 Quarterfinals Event# 1	49th 2021 Individual Quarterfinals Test 1
Rowing	24th 2022 Madrid Championship Yoke and Roll	11th 2022 CrossFit Copa Sur Last Man Standing	3rd 2022 Quarterfinals Event# 5	4th 2021 Last Chance Qualifier Event# 1	8th 2021 Brazil CrossFit Championship Semifinals 21.5
Snatch	19th 2022 Dubai Fitness Championship Get a Grip	3rd 2022 Quarterfinals Event# 5	55th 2022 CrossFit Open 22.1	4th 2021 Last Chance Qualifier Event# 1	14th 2021 Brazil CrossFit Championship Semifinals 21.4
Thrusters	17th 2022 Dubai Fitness Championship Fast Like an Oryx	2nd 2022 Madrid Championship Dirty Saiga	2nd 2022 CrossFit Copa Sur Too Many Rings	42nd 2022 CrossFit Open 22.3	2nd 2021 Brazil CrossFit Championship Friendly Fran
Toes to Bar	19th 2022 Dubai Fitness Championship Get a Grip	2nd 2022 Madrid Championship Round 2	30th 2021 CrossFit Open 21.3	373rd 2020 CrossFit Open 20.2	336th 2019 Crossfit Open 19.2
Wall Balls	2nd 2022 Madrid Championship The Rings and The Ramp	2nd 2022 CrossFit Copa Sur Chipper 22	10th 2022 Quarterfinals Event# 3	15th 2021 Individual Quarterfinals Test 3	99th 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Dubai Fitness Championship	Hang Clean Ladder	112 lbs/50.9 kg
2022 CrossFit Copa Sur	Barbell Complex	198 lbs/90 kg
2022 Quarterfinals	The Other Total	693 lbs/315 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	355 lbs/161.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	276 lbs/125.5 kg
2021 CrossFit Open	21.4	200 lbs/90.9 kg

## Andreia Pinheiro

Age: 40 Height:5ft 7in/170 cm Weight:158 lbs/72 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Copa Sur	7	10.2	1	3	4	6
2022 - World Wide Quarterfinals	205	-	-	-	-	-
2022 - Quarterfinals	15	28.6	0	0	2	5
2022 - CrossFit Open	1453	-	0	-	-	-
2021 - Individual Quarterfinals	25	39.8	1	1	2	5
2021 - CrossFit Open	801	1763.5	0	0	0	4
2020 - Brazil CrossFit Championship	3	9	0	3	5	7
2020 - CrossFit Open	193	331	0	0	0	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Copa Sur	10.2	7	12.5	-	4

2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	28.6	10	-	13	-
2022 - CrossFit Open	-	-	-	-	-
2021 - Individual Quarterfinals	39.8	19	3.5	75	-
2021 - CrossFit Open	1763.5	431	3199.5	-	-
2020 - Brazil CrossFit Championship	9	4	6.8	7	-
2020 - CrossFit Open	331	-	351	326	-

#### Recent Event Results by Movement

Burpees	14th 2022 Quarterfinals Event# 5	6th 2021 Individual Quarterfinals Test 5	1607th 2021 CrossFit Open 21.2	22nd 2019 Dubai CrossFit Championship Event# 11	351st 2020 CrossFit Open 20.1
Clean	98th 2021 Individual Quarterfinals Test 1	10th 2020 Brazil CrossFit Championship Death By Sandbag	20th 2019 Dubai CrossFit Championship Event# 9	8th 2019 Dubai CrossFit Championship Event# 1	13th 2019 Brazil CrossFit Championship Graceful Ropes
Chest to Bar Pull Ups	4th 2022 CrossFit Copa Sur Chipper 22	224th 2021 CrossFit Open 21.3	20th 2019 Dubai CrossFit Championship Event# 8	16th 2019 Brazil CrossFit Championship March of Pain	94th 2019 Crossfit Open 19.5
GHD Situps	16th 2022 Quarterfinals Event# 2	75th 2021 Individual Quarterfinals Test 2			
Handstand Push Ups	94th 2022 Quarterfinals Event# 1	94th 2021 Quarterfinals Event# 1	94th 2022 Quarterfinals Event# 1	98th 2021 Individual Quarterfinals Test 1	98th 2021 Individual Quarterfinals Test 1

Rowing	19th 2022 CrossFit Copa Sur Last Man Standing	14th 2022 Quarterfinals Event# 5	1st 2021 Individual Quarterfinals Test 3	10th 2020 Brazil CrossFit Championship Death By Sandbag	13th 2019 Dubai CrossFit Championship Event# 7
Snatch	14th 2022 Quarterfinals Event# 5	6th 2021 Individual Quarterfinals Test 5	1607th 2021 CrossFit Open 21.2	7th 2020 Brazil CrossFit Championship Amanda on Hands	25th 2020 Brazil CrossFit Championship 2020 BCC March of Pain
Thrusters	25th 2022 CrossFit Copa Sur Too Many Rings	224th 2021 CrossFit Open 21.3	2nd 2020 Brazil CrossFit Championship 18.6 Rio Reloaded	22nd 2019 Dubai CrossFit Championship Event# 11	556th 2020 CrossFit Open 20.2
Toes to Bar	224th 2021 CrossFit Open 21.3	20th 2019 Dubai CrossFit Championship Event# 10	556th 2020 CrossFit Open 20.2	354th 2019 Crossfit Open 19.2	29th 2018 Latin America Regional Regionals 18.5
Wall Balls	4th 2022 CrossFit Copa Sur Chipper 22	9th 2022 Quarterfinals Event# 3	1st 2021 Individual Quarterfinals Test 3	13th 2019 Dubai CrossFit Championship Event# 7	69th 2020 CrossFit Open 20.5
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2022 CrossFit Copa Sur			Barbell Complex		209 lbs/95 kg
2022 Quarterfinals			The Other Total		660 lbs/300 kg
2021 Individual Quarterfinals			Test 4 (4 Rep Max Front Squat)		251 lbs/114.1 kg
2021 CrossFit Open			21.4		197 lbs/89.5 kg
2019 Dubai CrossFit Championship			1 rep Max Clean & Jerk		103 lbs/46.8 kg
2018 Crossfit Open			18.2a		206 lbs/93.6 kg

## Jeffrey Adler

Age: 29 Height:5ft 9in/175 cm Weight:197 lbs/90 kg



Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	3	6.7	1	5	6	10
2022 - CrossFit Games	5	11.7	2	3	6	14
2022 - Atlas Games	1	2.5	2	6	6	6
2022 - World Wide Quarterfinals	3	-	-	-	-	-
2022 - Quarterfinals	3	23.8	1	1	2	5
2022 - CrossFit Open	12	38	0	0	1	3
2021 - Dubai CrossFit Championship	4	6.3	0	6	7	9
2021 - Rogue Invitational	3	6	0	4	6	7
2021 - CrossFit Games	13	14.7	1	3	6	15
2021 - CrossFit Atlas Games	2	5.5	0	4	5	6
2021 - Individual Quarterfinals	3	43	0	0	0	5
2021 - CrossFit Open	1	25.3	0	0	1	4
2020 - CrossFit Games Final	5	3.7	1	12	12	12
2020 - Crossfit Games - Online	5	11.6	0	0	4	7
2020 - CrossFit Mayhem Classic	3	9	0	2	4	7
2020 - CrossFit Open	5	20	1	1	3	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	6.7	8	3.5	7	-
2022 - CrossFit Games	11.7	9.7	21.3	5	6
2022 - Atlas Games	2.5	4	2.5	2.5	-

2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	23.8	77	-	11	-
2022 - CrossFit Open	38	-	69	9	-
2021 - Dubai CrossFit Championship	6.3	4	9.5	4	4
2021 - Rogue Invitational	6	2	6.5	6	-
2021 - CrossFit Games	14.7	19	11.9	15	10
2021 - CrossFit Atlas Games	5.5	3	6	3.5	-
2021 - Individual Quarterfinals	43	125	26	18	-
2021 - CrossFit Open	25.3	46	14	-	-
2020 - CrossFit Games Final	3.7	3.2	4	3.5	4
2020 - Crossfit Games - Online	11.6	15	10.5	7.5	-
2020 - CrossFit Mayhem Classic	9	7	8.5	-	-
2020 - CrossFit Open	20	-	44	14	-

#### Recent Event Results by Movement

Burpees	2nd 2022 Atlas Games Event 3	18th 2022 Quarterfinals Event# 5	69th 2022 CrossFit Open 22.2	11th 2021 Dubai CrossFit Championship Athletes Choice Part B	9th 2021 Rogue Invitational The Mule
Clean	11th 2022 Rogue Invitational DT with a Spin	16th 2022 CrossFit Games Sandbag Ladder	38th 2022 CrossFit Games Elizabeth Elevated	4th 2022 Atlas Games Workout 2	3rd 2021 Dubai CrossFit Championship Event# 4
Chest to Bar Pull Ups	4th 2022 CrossFit Games Bike to Work	36th 2022 CrossFit Open 22.3	10th 2021 CrossFit Games Event# 15	3rd 2021 CrossFit Atlas Games Friendly Fran	27th 2021 CrossFit Open 21.3

GHD Situps	12th 2022 Rogue Invitational Ski Bar	13th 2022 CrossFit Games Up and Over	1st 2022 Atlas Games Event 5	14th 2022 Quarterfinals Event# 2	4th 2021 Rogue Invitational Concept2
Handstand Push Ups	6th 2022 Rogue Invitational Snatch and Press	3rd 2022 Atlas Games Workout 1	9th 2022 Quarterfinals Event# 1	9th 2022 Quarterfinals Event# 1	9th 2022 Quarterfinals Event# 1
Rowing	6th 2022 CrossFit Games Jackie Pro	18th 2022 Quarterfinals Event# 5	11th 2021 Dubai CrossFit Championship Athletes Choice Part B	3rd 2021 Dubai CrossFit Championship Event# 4	3rd 2021 Rogue Invitational Chipper
Snatch	6th 2022 Rogue Invitational Snatch and Press	9th 2022 CrossFit Games Hat Trick	2nd 2022 Atlas Games Event 3	18th 2022 Quarterfinals Event# 5	9th 2022 CrossFit Open 22.1
Thrusters	6th 2022 CrossFit Games Jackie Pro	36th 2022 CrossFit Open 22.3	5th 2021 Dubai CrossFit Championship Event# 6	4th 2021 Rogue Invitational Echo Burner	14th 2021 CrossFit Games Event# 4
Toes to Bar	4th 2022 CrossFit Games Bike to Work	4th 2022 Atlas Games Workout 2	15th 2021 Dubai CrossFit Championship Athletes Choice Part A	8th 2021 CrossFit Games Event# 10	27th 2021 CrossFit Open 21.3
Wall Balls	9th 2022 CrossFit Games Hat Trick	1st 2022 Atlas Games Event 5	1st 2022 Quarterfinals Event# 3	31st 2021 Individual Quarterfinals Test 3	8th 2019 Dubai CrossFit Championship Event# 7

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	260 lbs/118.2 kg
2022 CrossFit Games	Sandbag Ladder	310 lbs/140.9 kg
2022 Atlas Games	Barbell Complex	330 lbs/150 kg

2022 Quarterfinals	The Other Total	1038 lbs/471.8 kg
2021 Dubai CrossFit Championship	Lift Off	165 lbs/75 kg
2021 Rogue Invitational	Bella Complex	360 lbs/163.6 kg
2021 CrossFit Games	1 Rep Max Snatch	275 lbs/125 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	382 lbs/173.6 kg
2021 CrossFit Open	21.4	317 lbs/144.1 kg
2020 CrossFit Games Final	CrossFit Total	1244 lbs/565.5 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	418 lbs/190 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	171 lbs/77.7 kg
2018 Dubai CrossFit Championship	Max Snatch	127 lbs/57.7 kg
2018 Crossfit Open	18.2a	343 lbs/155.9 kg

## Samuel Cournoyer

Age: 27 Height:5ft 11in/180 cm Weight:205 lbs/93 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Open	44	113	0	0	0	3
2022 - Wodapalooza	3	8.9	1	2	6	8
2021 - CrossFit Games	23	19.1	0	2	2	10
2021 - CrossFit Atlas Games	3	7.5	0	3	5	6
2021 - Individual Quarterfinals	13	69.4	0	0	1	5
2021 - CrossFit Open	7	69	0	0	0	4
2020 - Crossfit Games - Online	10	12.7	0	2	4	7
2020 - CrossFit Mayhem Classic	22	18.4	1	1	1	7

2020 - CrossFit Open	12	43.4	0	0	0	5
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#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Open	113	-	237	75	-
2022 - Wodapalooza	8.9	19	6	7.4	9
2021 - CrossFit Games	19.1	12	22.8	28	-
2021 - CrossFit Atlas Games	7.5	5	13.5	5	-
2021 - Individual Quarterfinals	69.4	197	53.5	35	-
2021 - CrossFit Open	69	19	118.5	-	-
2020 - Crossfit Games - Online	12.7	17.3	6	12.5	-
2020 - CrossFit Mayhem Classic	18.4	21	15.3	-	-
2020 - CrossFit Open	43.4	-	25	48	-

#### Recent Event Results by Movement

Burpees	237th 2022 CrossFit Open 22.2	1st 2022 Wodapalooza Dale	9th 2022 Wodapalooza The Bayside Chipper	18th 2021 CrossFit Atlas Games Grettel	53rd 2021 Individual Quarterfinals Test 5
Clean	22nd 2021 CrossFit Games Event# 7	35th 2021 CrossFit Games Event# 6	8th 2021 Individual Quarterfinals Test 1	5th 2020 Crossfit Games - Online Awful Annie	11th 2020 CrossFit Mayhem Classic Event# 7
Chest to Bar Pull Ups	27th 2022 CrossFit Open 22.3	16th 2022 Wodapalooza Echo Fran	9th 2021 CrossFit Atlas Games Friendly Fran	20th 2021 CrossFit Open 21.3	8th 2020 Crossfit Games - Online Friendly Fran

GHD Situps	5th 2022 Wodapalooza Flipped Off	3rd 2021 CrossFit Atlas Games Semifinals 21.2	35th 2021 Individual Quarterfinals Test 2	5th 2020 Crossfit Games - Online Awful Annie	26th 2020 CrossFit Mayhem Classic Event# 4
Handstand Push Ups	7th 2022 Wodapalooza Celebrate Ten	8th 2021 Individual Quarterfinals Test 1	8th 2021 Individual Quarterfinals Test 1	4th 2020 Crossfit Games - Online Damn Diane	11th 2020 CrossFit Mayhem Classic Event# 7
Rowing	8th 2022 Wodapalooza Row, Swim, Run	4th 2021 CrossFit Atlas Games Semifinals 21.5	54th 2021 Individual Quarterfinals Test 3	25th 2020 Crossfit Games - Online 1000M Row	48th 2020 CrossFit Open 20.5
Snatch	75th 2022 CrossFit Open 22.1	33rd 2021 CrossFit Games Event# 9	5th 2021 CrossFit Atlas Games Semifinals 21.4	53rd 2021 Individual Quarterfinals Test 5	79th 2021 CrossFit Open 21.2
Thrusters	27th 2022 CrossFit Open 22.3	16th 2022 Wodapalooza Echo Fran	17th 2021 CrossFit Games Event# 4	9th 2021 CrossFit Atlas Games Friendly Fran	20th 2021 CrossFit Open 21.3
Toes to Bar	6th 2022 Wodapalooza WZAOC Remix	16th 2021 CrossFit Games Event# 10	20th 2021 CrossFit Open 21.3	48th 2020 CrossFit Open 20.2	4th 2019 Wodapalooza CrossFit Festival The Ocho Chipper
Wall Balls	54th 2021 Individual Quarterfinals Test 3	48th 2020 CrossFit Open 20.5	71st 2019 Crossfit Open 19.1	378th 2017 Crossfit Open 17.4	

CrossFit Competition	Lift	Weight
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	372 lbs/169.1 kg
2021 CrossFit Open	21.4	328 lbs/149.1 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	395 lbs/179.5 kg

# Dallin Pepper

Age: 21 Height:6ft 0in/183 cm Weight:215 lbs/98 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	19	19.2	0	2	2	14
2022 - Mid Atlantic CrossFit Challenge	2	4.3	0	5	6	6
2022 - World Wide Quarterfinals	24	-	-	-	-	-
2022 - Quarterfinals	19	72	0	0	1	5
2022 - CrossFit Open	10	29	0	0	1	3
2022 - Wodapalooza	5	9.3	1	3	5	8
2021 - Last Chance Qualifier	11	11.5	0	1	1	4
2021 - West Coast Classic	6	10	0	3	4	7
2021 - Individual Quarterfinals	31	118	0	0	1	5
2021 - CrossFit Open	95	430.3	0	0	0	4
2020 - CrossFit Open	628	-	0	-	-	-

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	19.2	25.7	23.3	11.5	18
2022 - Mid Atlantic CrossFit Challenge	4.3	5	3	2	6
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - Quarterfinals	72	271	-	17	-
2022 - CrossFit Open	29	-	21	6	-
2022 - Wodapalooza	9.3	7	1	9.6	18
2021 - Last Chance Qualifier	11.5	15.5	2	13	-
2021 - West Coast Classic	10	9	6	19	4
2021 - Individual Quarterfinals	118	481	16.5	23	-
2021 - CrossFit Open	430.3	1259	43.5	-	-
2020 - CrossFit Open	-	-	-	-	-

#### Recent Event Results by Movement

Burpees	1st 2023 Wodapalooza E6 - Dirty Isabel	5th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	6th 2022 Quarterfinals Event# 5	21st 2022 CrossFit Open 22.2	7th 2022 Wodapalooza Dale
Clean	9th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	24th 2022 CrossFit Games Sandbag Ladder	39th 2022 CrossFit Games Elizabeth Elevated	4th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	13th 2021 Last Chance Qualifier Event# 4
Chest to Bar Pull Ups	17th 2023 Wodapalooza E6 - Miami Meat Market	12th 2022 CrossFit Games Bike to Work	4th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	60th 2022 CrossFit Open 22.3	3rd 2022 Wodapalooza Echo Fran
GHD Situps	7th 2023 Wodapalooza E2 - Back to the Future	7th 2023 Wodapalooza E2 - Back to the Future	21st 2022 CrossFit Games Up and Over	2nd 2022 Mid Atlantic CrossFit Challenge Midline Sadness	31st 2022 Quarterfinals Event# 2
Handstand Push Ups	38th 2022 Quarterfinals Event# 1	38th 2022 Quarterfinals Event# 1	38th 2022 Quarterfinals Event# 1	20th 2022 Wodapalooza Celebrate Ten	17th 2021 West Coast Classic Push Pull 2014 2.0



Rowing	9th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	13th 2022 CrossFit Games Jackie Pro	6th 2022 Quarterfinals Event# 5	14th 2022 Wodapalooza Row, Swim, Run	2nd 2021 Last Chance Qualifier Event# 1
Snatch	1st 2023 Wodapalooza E6 - Dirty Isabel	4th 2022 CrossFit Games Hat Trick	5th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	6th 2022 Quarterfinals Event# 5	6th 2022 CrossFit Open 22.1
Thrusters	7th 2023 Wodapalooza E2 - Back to the Future	13th 2022 CrossFit Games Jackie Pro	60th 2022 CrossFit Open 22.3	3rd 2022 Wodapalooza Echo Fran	2nd 2021 West Coast Classic Legless 2013
Toes to Bar	16th 2023 Wodapalooza E3 - Start Fast, Finish Strong	12th 2022 CrossFit Games Bike to Work	5th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	1st 2022 Wodapalooza WZAOC Remix	17th 2021 West Coast Classic Push Pull 2014 2.0
Wall Balls	13th 2023 Wodapalooza E5 - Double Shot with a Splash	4th 2022 CrossFit Games Hat Trick	4th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	14th 2022 Quarterfinals Event# 3	27th 2021 Individual Quarterfinals Test 3
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2023 Wodapalooza			E4 - We Have Lift Off		353 lbs/160.5 kg
2022 CrossFit Games			Sandbag Ladder		300 lbs/136.4 kg
2022 Mid Atlantic CrossFit Challenge			Barbell Complex		325 lbs/147.7 kg
2022 Quarterfinals			The Other Total		983 lbs/446.8 kg
2021 Last Chance Qualifier			3 Rep Max Deadlift		508 lbs/230.9 kg
2021 Individual Quarterfinals			Test 4 (4 Rep Max Front Squat)		352 lbs/160 kg
2021 CrossFit Open			21.4		276 lbs/125.5 kg

## Roman Khrennikov

Age: 28 Height:6ft 0in/182 cm Weight:209 lbs/95 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	5	7.2	1	5	7	10
2022 - CrossFit Games	2	6.6	2	5	10	14
2022 - Far East Throwdown	1	1.7	4	6	6	6
2022 - Quarterfinals	1	3.6	1	5	5	5
2022 - World Wide Quarterfinals	12	-	-	-	-	-
2022 - CrossFit Open	138	285.3	0	0	0	3
2021 - Dubai CrossFit Championship	1	2.2	3	9	9	9
2021 - Madrid CrossFit Championship	1	-	-	-	-	-
2021 - CrossFit Games	Withdrew From Event	-	0	-	-	-
2021 - Last Chance Qualifier	1	5.3	2	2	3	4
2021 - Asia Invitational	3	4	1	5	6	6
2021 - Individual Quarterfinals	4	21.6	1	2	2	5
2021 - CrossFit Open	63	326	0	0	0	4
2020 - Crossfit Games - Online	13	15.3	1	2	3	7
2020 - CrossFit Filthy 150	2	6.6	5	5	6	9
2020 - CrossFit Open	10	37.8	0	1	1	5

**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
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2022 - Rogue Invitational	7.2	2	7	16	-
2022 - CrossFit Games	6.6	10	4	5.3	2
2022 - Far East Throwdown	1.7	1	2	2	1
2022 - Quarterfinals	3.6	5	-	2.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	285.3	-	405	401	-
2021 - Dubai CrossFit Championship	2.2	3.5	2.3	1	1
2021 - Madrid CrossFit Championship	-	-	-	-	-
2021 - CrossFit Games	-	-	-	-	-
2021 - Last Chance Qualifier	5.3	9.5	1	1	-
2021 - Asia Invitational	4	9	4	2	-
2021 - Individual Quarterfinals	21.6	32	8	4	-
2021 - CrossFit Open	326	132	421.5	-	-
2020 - Crossfit Games - Online	15.3	12	22.5	13	-
2020 - CrossFit Filthy 150	6.6	20	6.2	1	-
2020 - CrossFit Open	37.8	-	30	39.8	-

#### Recent Event Results by Movement

Burpees	9th 2023 Wodapalooza E6 - Dirty Isabel	4th 2022 Quarterfinals Event# 5	405th 2022 CrossFit Open 22.2	1st 2021 Dubai CrossFit Championship Athletes Choice Part B	11th 2021 Last Chance Qualifier Event# 3
Clean	1st 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	1st 2022 Rogue Invitational DT with a Spin	13th 2022 CrossFit Games Sandbag Ladder	11th 2022 CrossFit Games Elizabeth Elevated	2nd 2021 Dubai CrossFit Championship Event# 4

Chest to Bar Pull Ups	1st 2023 Wodapalooza E6 - Miami Meat Market	6th 2022 CrossFit Games Bike to Work	50th 2022 CrossFit Open 22.3	4th 2021 Asia Invitational Friendly Fran	329th 2021 CrossFit Open 21.3
GHD Situps	1st 2023 Wodapalooza E2 - Back to the Future	1st 2023 Wodapalooza E2 - Back to the Future	7th 2022 Rogue Invitational Ski Bar	15th 2022 CrossFit Games Up and Over	1st 2022 Far East Throwdown Far East Chipper
Handstand Push Ups	12th 2022 Rogue Invitational Snatch and Press	1st 2022 Far East Throwdown Far East Chipper	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1
Rowing	1st 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	2nd 2022 CrossFit Games Jackie Pro	1st 2022 Far East Throwdown Crossing the Gwang-an Bridge	4th 2022 Quarterfinals Event# 5	2nd 2021 Dubai CrossFit Championship Event# 4
Snatch	9th 2023 Wodapalooza E6 - Dirty Isabel	12th 2022 Rogue Invitational Snatch and Press	7th 2022 CrossFit Games Hat Trick	1st 2022 Far East Throwdown Far East Chipper	4th 2022 Far East Throwdown Short or Long
Thrusters	1st 2023 Wodapalooza E2 - Back to the Future	2nd 2022 CrossFit Games Jackie Pro	50th 2022 CrossFit Open 22.3	3rd 2021 Dubai CrossFit Championship Event# 6	4th 2021 Asia Invitational Friendly Fran
Toes to Bar	6th 2023 Wodapalooza E3 - Start Fast, Finish Strong	6th 2022 CrossFit Games Bike to Work	1st 2022 Far East Throwdown Far East Chipper	3rd 2021 Dubai CrossFit Championship Athletes Choice Part A	329th 2021 CrossFit Open 21.3
Wall Balls	1st 2023 Wodapalooza E5 - Double Shot with a Splash	7th 2022 CrossFit Games Hat Trick	1st 2022 Far East Throwdown Far East Chipper	1st 2022 Quarterfinals Event# 3	1st 2021 Individual Quarterfinals Test 3

**CrossFit Competition**

**Lift**

**Weight**

2023 Wodapalooza

E4 - We Have Lift Off

356 lbs/161.8 kg

2022 Rogue Invitational	Texas Oak	290 lbs/131.8 kg
2022 CrossFit Games	Sandbag Ladder	320 lbs/145.5 kg
2022 Far East Throwdown	Barbell Complex	330 lbs/150 kg
2022 Quarterfinals	The Other Total	1044 lbs/474.5 kg
2021 Dubai CrossFit Championship	Lift Off	160 lbs/72.7 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	540 lbs/245.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	364 lbs/165.5 kg
2021 CrossFit Open	21.4	308 lbs/140 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	376 lbs/170.9 kg
2020 CrossFit Filthy 150	1 Rep Max Snatch	115 lbs/52.3 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	156 lbs/70.9 kg
2019 Reykjavík CrossFit Championship	Last Man Standing	110 lbs/50 kg
2019 CrossFit Strength in Depth		110 lbs/50 kg
2018 Dubai CrossFit Championship	Max Snatch	115 lbs/52.3 kg
2018 Crossfit Open	18.2a	336 lbs/152.7 kg

## Jayson Hopper

Age: 25 Height:6ft 1in/185 cm Weight:215 lbs/98 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	7	8.7	2	2	6	10
2022 - CrossFit Games	7	13.3	0	4	7	14
2022 - Syndicate Crown	2	6.5	0	2	5	6
2022 - World Wide Quarterfinals	33	-	-	-	-	-
2022 - Quarterfinals	19	72	0	0	0	5
2022 - CrossFit Open	16	49.3	0	0	0	3
2022 - Wodapalooza	11	14.1	1	1	2	8

**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	8.7	8	5.3	12.5	-
2022 - CrossFit Games	13.3	5.3	14.8	12	5
2022 - Syndicate Crown	6.5	7	12	6	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	72	40	-	73	-
2022 - CrossFit Open	49.3	-	30	35	-
2022 - Wodapalooza	14.1	11	15	12.4	25
2021 - Rogue Invitational	8.9	6	7.5	11	-
2021 - CrossFit Games	16.4	17	12.4	19.3	17
2021 - Mid Atlantic CrossFit Challenge	2.7	2	8	1.7	-
2021 - Individual Quarterfinals	127.4	172	9	231	-
2021 - CrossFit Open	157.5	25	236.5	-	-
2020 - CrossFit Open	335.8	-	655	256	-

**Recent Event Results by Movement**

Burpees	2nd 2022 Syndicate Crown Oregon Trail	49th 2022 Quarterfinals Event# 5	30th 2022 CrossFit Open 22.2	18th 2022 Wodapalooza Dale	25th 2022 Wodapalooza The Bayside Chipper
Clean	6th 2022 Rogue Invitational DT with a Spin	29th 2022 CrossFit Games Elizabeth Elevated	4th 2022 CrossFit Games Sandbag Ladder	5th 2022 Syndicate Crown King Kong 2.0	14th 2021 Rogue Invitational The Duel

Chest to Bar Pull Ups	18th 2022 CrossFit Games Bike to Work	6th 2022 Syndicate Crown Jackie Style	83rd 2022 CrossFit Open 22.3	1st 2022 Wodapalooza Echo Fran	17th 2021 CrossFit Games Event# 15
GHD Situps	19th 2022 Rogue Invitational Ski Bar	30th 2022 CrossFit Games Up and Over	7th 2022 Syndicate Crown Skiing With Karen	126th 2022 Quarterfinals Event# 2	11th 2022 Wodapalooza Flipped Off
Handstand Push Ups	1st 2022 Rogue Invitational Snatch and Press	5th 2022 Syndicate Crown King Kong 2.0	101st 2022 Quarterfinals Event# 1	101st 2022 Quarterfinals Event# 1	101st 2022 Quarterfinals Event# 1
Rowing	11th 2022 CrossFit Games Jackie Pro	6th 2022 Syndicate Crown Jackie Style	49th 2022 Quarterfinals Event# 5	8th 2022 Wodapalooza Row, Swim, Run	14th 2021 Rogue Invitational Chipper
Snatch	1st 2022 Rogue Invitational Snatch and Press	11th 2022 CrossFit Games Hat Trick	5th 2022 Syndicate Crown King Kong 2.0	2nd 2022 Syndicate Crown Oregon Trail	49th 2022 Quarterfinals Event# 5
Thrusters	11th 2022 CrossFit Games Jackie Pro	6th 2022 Syndicate Crown Jackie Style	83rd 2022 CrossFit Open 22.3	1st 2022 Wodapalooza Echo Fran	1st 2021 Rogue Invitational Echo Burner
Toes to Bar	18th 2022 CrossFit Games Bike to Work	15th 2022 Wodapalooza WZAOC Remix	7th 2021 CrossFit Games Event# 10	1st 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	132nd 2021 CrossFit Open 21.3
Wall Balls	11th 2022 CrossFit Games Hat Trick	7th 2022 Syndicate Crown Skiing With Karen	44th 2022 Quarterfinals Event# 3	1st 2021 Mid Atlantic CrossFit Challenge Inception	1st 2021 Individual Quarterfinals Test 3
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2022 Rogue Invitational			Texas Oak		270 lbs/122.7 kg

2022 CrossFit Games	Sandbag Ladder	340 lbs/154.5 kg
2022 Syndicate Crown	Barbell Complex	325 lbs/147.7 kg
2022 Quarterfinals	The Other Total	1061 lbs/482.3 kg
2021 Rogue Invitational	Bella Complex	350 lbs/159.1 kg
2021 CrossFit Games	1 Rep Max Snatch	270 lbs/122.7 kg
2021 Mid Atlantic CrossFit Challenge	8 Mile (1 Rep Max Snatch)	300 lbs/136.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	375 lbs/170.5 kg
2021 CrossFit Open	21.4	326 lbs/148.2 kg

## Saxon Panchik

Age: 27 Height:5ft 9in/175 cm Weight:180 lbs/82 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	16	13.3	0	0	4	10
2022 - CrossFit Games	11	14.9	1	3	4	14
2022 - Mid Atlantic CrossFit Challenge	1	3.5	3	5	5	6
2022 - Quarterfinals	6	35.4	0	1	1	5
2022 - World Wide Quarterfinals	7	-	-	-	-	-
2022 - CrossFit Open	1	8.3	0	1	2	3
2022 - Wodapalooza	8	12.3	0	2	5	8
2021 - Rogue Invitational	10	9.7	0	1	4	7
2021 - CrossFit Games	5	10.5	0	7	9	15
2021 - Granite Games	1	5.3	0	4	7	7



2021 - Individual Quarterfinals	7	59.2	0	0	1	5
2021 - CrossFit Open	4	54.3	0	1	1	4
2020 - Crossfit Games - Online	21	16.1	0	0	1	7
2020 - The Rogue Invitational	5	7.3	0	3	5	7
2020 - Wodapalooza CrossFit Festival	4	8.4	0	4	6	9
2020 - CrossFit Mayhem Classic	7	10.7	0	4	4	7
2020 - CrossFit Open	70	163.4	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	13.3	15.5	11.8	14.5	-
2022 - CrossFit Games	14.9	3.7	19.8	18.5	12
2022 - Mid Atlantic CrossFit Challenge	3.5	5	2	1	6
2022 - Quarterfinals	35.4	121	-	17.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	8.3	-	13	3	-
2022 - Wodapalooza	12.3	18	17	11	8
2021 - Rogue Invitational	9.7	10	12	10.5	-
2021 - CrossFit Games	10.5	5.3	12	13.7	2
2021 - Granite Games	5.3	5	5	6.5	4
2021 - Individual Quarterfinals	59.2	172	51	8	-
2021 - CrossFit Open	54.3	57	36.5	-	-
2020 - Crossfit Games - Online	16.1	16	20.5	12	-

2020 - The Rogue Invitational	7.3	7	7.5	12	-
2020 - Wodapalooza CrossFit Festival	8.4	18	10.5	4	-
2020 - CrossFit Mayhem Classic	10.7	23.5	5.8	-	-
2020 - CrossFit Open	163.4	-	117	175	-

#### Recent Event Results by Movement

Burpees	11th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	30th 2022 Quarterfinals Event# 5	13th 2022 CrossFit Open 22.2	8th 2022 Wodapalooza Dale	8th 2022 Wodapalooza The Bayside Chipper
Clean	16th 2022 Rogue Invitational DT with a Spin	6th 2022 CrossFit Games Sandbag Ladder	32nd 2022 CrossFit Games Elizabeth Elevated	1st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	4th 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	13th 2022 CrossFit Games Bike to Work	1st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	9th 2022 CrossFit Open 22.3	29th 2022 Wodapalooza Echo Fran	2nd 2021 CrossFit Games Event# 15
GHD Situps	10th 2022 Rogue Invitational Ski Bar	1st 2022 CrossFit Games Up and Over	1st 2022 Mid Atlantic CrossFit Challenge Midline Sadness	11th 2022 Quarterfinals Event# 2	9th 2022 Wodapalooza Flipped Off
Handstand Push Ups	19th 2022 Rogue Invitational Snatch and Press	3rd 2022 Quarterfinals Event# 1	3rd 2022 Quarterfinals Event# 1	3rd 2022 Quarterfinals Event# 1	5th 2022 Wodapalooza Celebrate Ten
Rowing	20th 2022 CrossFit Games Jackie Pro	30th 2022 Quarterfinals Event# 5	4th 2022 Wodapalooza Row, Swim, Run	6th 2021 Rogue Invitational Chipper	2nd 2021 CrossFit Games Event# 15
Snatch	19th 2022 Rogue Invitational Snatch and Press	23rd 2022 CrossFit Games Hat Trick	11th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	30th 2022 Quarterfinals Event# 5	3rd 2022 CrossFit Open 22.1

Thrusters	20th 2022 CrossFit Games Jackie Pro	9th 2022 CrossFit Open 22.3	29th 2022 Wodapalooza Echo Fran	13th 2021 Rogue Invitational Echo Burner	4th 2021 CrossFit Games Event# 4
Toes to Bar	13th 2022 CrossFit Games Bike to Work	11th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	17th 2022 Wodapalooza WZAOC Remix	18th 2021 CrossFit Games Event# 10	7th 2021 Granite Games Back to Back 2
Wall Balls	23rd 2022 CrossFit Games Hat Trick	1st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	12th 2022 Quarterfinals Event# 3	6th 2021 Granite Games Back to Back 1	83rd 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	270 lbs/122.7 kg
2022 CrossFit Games	Sandbag Ladder	330 lbs/150 kg
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	325 lbs/147.7 kg
2022 Quarterfinals	The Other Total	1019 lbs/463.2 kg
2021 Rogue Invitational	Bella Complex	337 lbs/153.2 kg
2021 CrossFit Games	1 Rep Max Snatch	285 lbs/129.5 kg
2021 Granite Games	2018's Flashback Snatch (1 Rep Max Snatch)	295 lbs/134.1 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	375 lbs/170.5 kg
2021 CrossFit Open	21.4	316 lbs/143.6 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	391 lbs/177.7 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	350 lbs/159.1 kg
2020 The Rogue Invitational		lbs/0 kg
2019 Crossfit Games	Clean	355 lbs/161.4 kg
2018 Crossfit Games	CrossFit Total	1125 lbs/511.4 kg

2018 Crossfit Open	18.2a	337 lbs/153.2 kg
2015 Central Regional	Regionals 15.5	241 lbs/109.5 kg

# Tyler Christophel

Age: 33 Height:5ft 10in/178 cm Weight:190 lbs/86 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Last Chance Qualifier	5	8.3	0	1	3	4
2022 - Mid Atlantic CrossFit Challenge	7	9.3	0	1	4	6
2022 - World Wide Quarterfinals	23	-	-	-	-	-
2022 - Quarterfinals	13	64.2	0	0	0	5
2022 - CrossFit Open	14	44.3	0	0	0	3
2022 - Wodapalooza	13	15.6	0	1	3	8
2021 - Last Chance Qualifier	3	7	0	1	4	4
2021 - CrossFit Atlas Games	6	8.7	0	2	4	6
2021 - Individual Quarterfinals	8	60.8	0	1	2	5
2021 - CrossFit Open	39	216	0	0	0	4
2020 - Crossfit Games - Online	24	19.7	0	1	1	7
2020 - CrossFit Mayhem Classic	26	21.3	0	0	0	7
2020 - CrossFit Open	9	36.8	0	0	0	5

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
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2022 - Last Chance Qualifier	8.3	-	9	6	-
2022 - Mid Atlantic CrossFit Challenge	9.3	5	8	7	12.5
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	64.2	108	-	59	-
2022 - CrossFit Open	44.3	-	56	56	-
2022 - Wodapalooza	15.6	14	16	17.6	7
2021 - Last Chance Qualifier	7	5.5	10	7	-
2021 - CrossFit Atlas Games	8.7	10	13	7	-
2021 - Individual Quarterfinals	60.8	10	101.5	86	-
2021 - CrossFit Open	216	101	341.5	-	-
2020 - Crossfit Games - Online	19.7	18.3	14.5	27	-
2020 - CrossFit Mayhem Classic	21.3	21.5	19.5	-	-
2020 - CrossFit Open	36.8	-	15	42.3	-

#### Recent Event Results by Movement

Burpees	6th 2022 Last Chance Qualifier Event# 4	6th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	36th 2022 Quarterfinals Event# 5	56th 2022 CrossFit Open 22.2	5th 2022 Wodapalooza Dale
Clean	11th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	7th 2021 Last Chance Qualifier Event# 4	5th 2021 Individual Quarterfinals Test 1	26th 2020 Crossfit Games - Online Awful Annie	13th 2020 CrossFit Mayhem Classic Event# 7
Chest to Bar Pull Ups	11th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	21st 2022 CrossFit Open 22.3	26th 2022 Wodapalooza Echo Fran	18th 2021 CrossFit Atlas Games Friendly Fran	80th 2021 CrossFit Open 21.3

GHD Situps	7th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	73rd 2022 Quarterfinals Event# 2	8th 2022 Wodapalooza Flipped Off	2nd 2021 CrossFit Atlas Games Semifinals 21.2	86th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	36th 2022 Quarterfinals Event# 1	36th 2022 Quarterfinals Event# 1	36th 2022 Quarterfinals Event# 1	19th 2022 Wodapalooza Celebrate Ten	5th 2021 Individual Quarterfinals Test 1
Rowing	17th 2022 Last Chance Qualifier Event# 2	36th 2022 Quarterfinals Event# 5	30th 2022 Wodapalooza Row, Swim, Run	10th 2021 Last Chance Qualifier Event# 1	11th 2021 CrossFit Atlas Games Semifinals 21.5
Snatch	6th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	36th 2022 Quarterfinals Event# 5	56th 2022 CrossFit Open 22.1	10th 2021 Last Chance Qualifier Event# 1	10th 2021 CrossFit Atlas Games Semifinals 21.4
Thrusters	3rd 2022 Last Chance Qualifier Event# 1	21st 2022 CrossFit Open 22.3	26th 2022 Wodapalooza Echo Fran	18th 2021 CrossFit Atlas Games Friendly Fran	80th 2021 CrossFit Open 21.3
Toes to Bar	6th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	16th 2022 Wodapalooza WZAOC Remix	80th 2021 CrossFit Open 21.3	20th 2020 CrossFit Open 20.2	1st 2019 Mid-Atlantic CrossFit Challenge Groundhog Day
Wall Balls	6th 2022 Last Chance Qualifier Event# 4	11th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	68th 2022 Quarterfinals Event# 3	139th 2021 Individual Quarterfinals Test 3	69th 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	325 lbs/147.7 kg
2022 Quarterfinals	The Other Total	1026 lbs/466.4 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	561 lbs/255 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	417 lbs/189.5 kg

2021 CrossFit Open	21.4	312 lbs/141.8 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	457 lbs/207.7 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 1	245 lbs/111.4 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 2	355 lbs/161.4 kg
2018 Crossfit Open	18.2a	377 lbs/171.4 kg

## Cam Crockett

Age: 25 Height:5ft 9in/175 cm Weight:195 lbs/89 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Mid Atlantic CrossFit Challenge	11	12.2	0	0	3	6
2022 - World Wide Quarterfinals	79	-	-	-	-	-
2022 - Quarterfinals	59	148.2	0	0	0	5
2022 - CrossFit Open	126	257.7	0	0	0	3
2021 - Mid Atlantic CrossFit Challenge	11	11.7	0	2	3	6
2021 - Individual Quarterfinals	59	165.4	0	0	0	5
2021 - CrossFit Open	216	830.5	0	0	0	4
2020 - CrossFit Mayhem Classic	23	18.7	0	0	1	7
2020 - CrossFit Open	98	228	0	0	0	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
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2022 - Mid Atlantic CrossFit Challenge	12.2	8	22	15	10.5
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	148.2	563	-	49	-
2022 - CrossFit Open	257.7	-	301	401	-
2021 - Mid Atlantic CrossFit Challenge	11.7	22	15	10	-
2021 - Individual Quarterfinals	165.4	509	101	38	-
2021 - CrossFit Open	830.5	999	1068	-	-
2020 - CrossFit Mayhem Classic	18.7	10	23.8	-	-
2020 - CrossFit Open	228	-	117	255.8	-

#### Recent Event Results by Movement

Burpees	10th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	79th 2022 Quarterfinals Event# 5	301st 2022 CrossFit Open 22.2	15th 2021 Mid Atlantic CrossFit Challenge Grettel	119th 2021 Individual Quarterfinals Test 5
Clean	29th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	78th 2021 Individual Quarterfinals Test 1	17th 2020 CrossFit Mayhem Classic Event# 7	25th 2020 CrossFit Mayhem Classic Event# 5
Chest to Bar Pull Ups	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	71st 2022 CrossFit Open 22.3	18th 2021 Mid Atlantic CrossFit Challenge Need For Speed II	187th 2021 CrossFit Open 21.3	487th 2018 Crossfit Open 18.5
GHD Situps	15th 2023 Wodapalooza E2 - Back to the Future	15th 2023 Wodapalooza E2 - Back to the Future	15th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	20th 2022 Quarterfinals Event# 2	38th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	31st 2022 Quarterfinals Event# 1	31st 2022 Quarterfinals Event# 1	31st 2022 Quarterfinals Event# 1	8th 2021 Mid Atlantic CrossFit Challenge Kratos	78th 2021 Individual Quarterfinals Test 1



Rowing	29th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	79th 2022 Quarterfinals Event# 5	83rd 2021 Individual Quarterfinals Test 3	191st 2020 CrossFit Open 20.5	214th 2018 Crossfit Open 18.1
Snatch	10th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	79th 2022 Quarterfinals Event# 5	401st 2022 CrossFit Open 22.1	8th 2021 Mid Atlantic CrossFit Challenge Kratos	22nd 2021 Mid Atlantic CrossFit Challenge 8 Mile (1 Rep Max Snatch)
Thrusters	15th 2023 Wodapalooza E2 - Back to the Future	71st 2022 CrossFit Open 22.3	3rd 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	187th 2021 CrossFit Open 21.3	149th 2020 CrossFit Open 20.2
Toes to Bar	27th 2023 Wodapalooza E3 - Start Fast, Finish Strong	10th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	3rd 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	187th 2021 CrossFit Open 21.3	149th 2020 CrossFit Open 20.2
Wall Balls	32nd 2023 Wodapalooza E5 - Double Shot with a Splash	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	48th 2022 Quarterfinals Event# 3	4th 2021 Mid Atlantic CrossFit Challenge Inception	83rd 2021 Individual Quarterfinals Test 3
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2023 Wodapalooza			E4 - We Have Lift Off		337 lbs/153.2 kg
2022 Mid Atlantic CrossFit Challenge			Barbell Complex		320 lbs/145.5 kg
2022 Quarterfinals			The Other Total		933 lbs/424.1 kg
2021 Mid Atlantic CrossFit Challenge			8 Mile (1 Rep Max Snatch)		265 lbs/120.5 kg
2021 Individual Quarterfinals			Test 4 (4 Rep Max Front Squat)		351 lbs/159.5 kg
2021 CrossFit Open			21.4		278 lbs/126.4 kg
2018 Crossfit Open			18.2a		322 lbs/146.4 kg

## Alexandre Caron

Age: 27 Height:5ft 11in/180 cm Weight:205 lbs/93 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	30	22.4	0	0	1	12
2022 - Atlas Games	3	6	0	2	6	6
2022 - World Wide Quarterfinals	28	-	-	-	-	-
2022 - Quarterfinals	18	71.6	0	1	1	5
2022 - CrossFit Open	57	141	0	0	0	3
2022 - Wodapalooza	2	8.4	0	4	6	8
2021 - Rogue Invitational	9	9	0	2	4	7
2021 - CrossFit Games	24	20.9	0	0	2	10
2021 - Last Chance Qualifier	2	6.5	0	2	4	4
2021 - CrossFit Atlas Games	8	10.2	0	0	5	6
2021 - Individual Quarterfinals	5	50.4	0	0	1	5
2021 - CrossFit Open	67	336	0	0	0	4
2020 - Crossfit Games - Online	16	15.6	0	0	2	7
2020 - The Rogue Invitational	8	8.4	0	1	5	7
2020 - CrossFit Mayhem Classic	6	9.4	0	0	4	7
2020 - CrossFit Open	23	62.2	0	0	0	5

**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	22.4	21.3	24.3	24.5	14
2022 - Atlas Games	6	8	6	7	-

2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	71.6	188	-	31.3	-
2022 - CrossFit Open	141	-	67	255	-
2022 - Wodapalooza	8.4	8	2	11	2
2021 - Rogue Invitational	9	7	5.5	8	-
2021 - CrossFit Games	20.9	25	19.7	31	-
2021 - Last Chance Qualifier	6.5	8.5	5	4	-
2021 - CrossFit Atlas Games	10.2	18	8	9.5	-
2021 - Individual Quarterfinals	50.4	125	49	6	-
2021 - CrossFit Open	336	1071	115	-	-
2020 - Crossfit Games - Online	15.6	17	19	10	-
2020 - The Rogue Invitational	8.4	10.7	8	3	-
2020 - CrossFit Mayhem Classic	9.4	8	11	-	-
2020 - CrossFit Open	62.2	-	44	66.8	-

#### Recent Event Results by Movement

Burpees	6th 2023 Wodapalooza E6 - Dirty Isabel	7th 2022 Atlas Games Event 3	59th 2022 Quarterfinals Event# 5	67th 2022 CrossFit Open 22.2	3rd 2022 Wodapalooza Dale
Clean	12th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	32nd 2022 CrossFit Games Sandbag Ladder	27th 2022 CrossFit Games Elizabeth Elevated	2nd 2022 Atlas Games Workout 2	11th 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	7th 2023 Wodapalooza E6 - Miami Meat Market	15th 2022 CrossFit Games Bike to Work	101st 2022 CrossFit Open 22.3	8th 2022 Wodapalooza Echo Fran	10th 2021 CrossFit Atlas Games Friendly Fran

GHD Situps	3rd 2023 Wodapalooza E2 - Back to the Future	3rd 2023 Wodapalooza E2 - Back to the Future	19th 2022 CrossFit Games Up and Over	2nd 2022 Atlas Games Event 5	5th 2022 Quarterfinals Event# 2
Handstand Push Ups	7th 2022 Atlas Games Workout 1	76th 2022 Quarterfinals Event# 1	76th 2022 Quarterfinals Event# 1	76th 2022 Quarterfinals Event# 1	14th 2022 Wodapalooza Celebrate Ten
Rowing	12th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	59th 2022 Quarterfinals Event# 5	27th 2022 Wodapalooza Row, Swim, Run	12th 2021 Rogue Invitational Chipper	5th 2021 Last Chance Qualifier Event# 1
Snatch	6th 2023 Wodapalooza E6 - Dirty Isabel	34th 2022 CrossFit Games Hat Trick	7th 2022 Atlas Games Event 3	59th 2022 Quarterfinals Event# 5	255th 2022 CrossFit Open 22.1
Thrusters	3rd 2023 Wodapalooza E2 - Back to the Future	101st 2022 CrossFit Open 22.3	8th 2022 Wodapalooza Echo Fran	7th 2021 Rogue Invitational Echo Burner	30th 2021 CrossFit Games Event# 4
Toes to Bar	21st 2023 Wodapalooza E3 - Start Fast, Finish Strong	15th 2022 CrossFit Games Bike to Work	2nd 2022 Atlas Games Workout 2	2nd 2022 Wodapalooza WZAOC Remix	23rd 2021 CrossFit Games Event# 10
Wall Balls	22nd 2023 Wodapalooza E5 - Double Shot with a Splash	34th 2022 CrossFit Games Hat Trick	2nd 2022 Atlas Games Event 5	30th 2022 Quarterfinals Event# 3	34th 2021 Individual Quarterfinals Test 3
<b>CrossFit Competition</b>		<b>Lift</b>			<b>Weight</b>
2023 Wodapalooza		E4 - We Have Lift Off			355 lbs/161.4 kg
2022 CrossFit Games		Sandbag Ladder			290 lbs/131.8 kg
2022 Atlas Games		Barbell Complex			317 lbs/144.1 kg
2022 Quarterfinals		The Other Total			1001 lbs/455 kg
2021 Rogue Invitational		Bella Complex			345 lbs/156.8 kg
2021 Last Chance Qualifier		3 Rep Max Deadlift			547 lbs/248.6 kg
2021 Individual Quarterfinals		Test 4 (4 Rep Max Front Squat)			382 lbs/173.6 kg

2021 CrossFit Open	21.4	277 lbs/125.9 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	416 lbs/189.1 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	340 lbs/154.5 kg
2020 The Rogue Invitational		lbs/0 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	151 lbs/68.6 kg
2018 Crossfit Games	CrossFit Total	1205 lbs/547.7 kg
2018 Crossfit Open	18.2a	347 lbs/157.7 kg
2015 East Regional	Regionals 15.5	230 lbs/104.5 kg

## Jack Farlow

Age: 21 Height:6ft 1in/185 cm Weight:200 lbs/91 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	19	14.5	0	1	2	10
2022 - CanWest Games	4	4.3	2	4	6	6
2022 - Atlas Games	9	12.2	1	3	3	6
2022 - World Wide Quarterfinals	34	-	-	-	-	-
2022 - Quarterfinals	15	70.8	0	0	0	5
2022 - CrossFit Open	1428	-	0	-	-	-
2021 - CrossFit Atlas Games	19	17	0	0	0	6
2021 - Individual Quarterfinals	89	227.6	0	0	0	5
2021 - CrossFit Open	718	2024.3	0	0	0	4
2020 - CrossFit Open	1410	-	0	-	-	-

**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	14.5	9	13	19	-
2022 - CanWest Games	4.3	1	4	3.7	-
2022 - Atlas Games	12.2	1	13.5	10.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	70.8	17	-	106	-
2022 - CrossFit Open	-	-	-	-	-
2021 - CrossFit Atlas Games	17	13	18.5	19	-
2021 - Individual Quarterfinals	227.6	61	236	102	-
2021 - CrossFit Open	2024.3	216	3761.5	-	-
2020 - CrossFit Open	-	-	-	-	-

**Recent Event Results by Movement**

Burpees	17th 2022 Atlas Games Event 3	93rd 2022 Quarterfinals Event# 5	17th 2021 CrossFit Atlas Games Grettel	215th 2021 Individual Quarterfinals Test 5	5769th 2021 CrossFit Open 21.2
Clean	20th 2022 Rogue Invitational DT with a Spin	10th 2022 CanWest Games In The Trenches	23rd 2022 Atlas Games Workout 2	503rd 2021 Individual Quarterfinals Test 1	
Chest to Bar Pull Ups	4th 2022 CanWest Games The Bends	20th 2021 CrossFit Atlas Games Friendly Fran	358th 2021 CrossFit Open 21.3		

GHD Situps	17th 2022 Rogue Invitational Ski Bar	24th 2022 Atlas Games Event 5	132nd 2022 Quarterfinals Event# 2	14th 2021 CrossFit Atlas Games Semifinals 21.2	102nd 2021 Individual Quarterfinals Test 2
Handstand Push Ups	13th 2022 Rogue Invitational Snatch and Press	10th 2022 CanWest Games In The Trenches	4th 2022 Atlas Games Workout 1	19th 2022 Quarterfinals Event# 1	19th 2022 Quarterfinals Event# 1
Rowing	4th 2022 CanWest Games The Bends	93rd 2022 Quarterfinals Event# 5	11th 2021 CrossFit Atlas Games Semifinals 21.5	257th 2021 Individual Quarterfinals Test 3	
Snatch	13th 2022 Rogue Invitational Snatch and Press	4th 2022 CanWest Games Sell Your Soul Cycle	6th 2022 CanWest Games Steel Toe Boots	17th 2022 Atlas Games Event 3	93rd 2022 Quarterfinals Event# 5
Thrusters	1st 2022 CanWest Games Punch The Clock	20th 2021 CrossFit Atlas Games Friendly Fran	358th 2021 CrossFit Open 21.3		
Toes to Bar	23rd 2022 Atlas Games Workout 2	358th 2021 CrossFit Open 21.3			
Wall Balls	24th 2022 Atlas Games Event 5	93rd 2022 Quarterfinals Event# 3	257th 2021 Individual Quarterfinals Test 3		

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	270 lbs/122.7 kg
2022 CanWest Games	HWPO Selection	5560 lbs/2527.3 kg
2022 Atlas Games	Barbell Complex	347 lbs/157.7 kg
2022 Quarterfinals	The Other Total	1085 lbs/493.2 kg

2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	393 lbs/178.6 kg
2021 CrossFit Open	21.4	302 lbs/137.3 kg

# Spencer Panchik

Age: 27 Height:5ft 8in/173 cm Weight:180 lbs/82 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	20	19.2	0	1	4	14
2022 - Mid Atlantic CrossFit Challenge	5	8	0	3	4	6
2022 - World Wide Quarterfinals	18	-	-	-	-	-
2022 - Quarterfinals	11	55.4	0	2	2	5
2022 - CrossFit Open	28	85.7	0	0	0	3
2022 - Wodapalooza	7	11.3	0	2	4	8
2021 - Last Chance Qualifier	14	13	0	0	1	4
2021 - West Coast Classic	7	10.4	1	3	5	7
2021 - Individual Quarterfinals	10	65.2	0	1	2	5
2021 - CrossFit Open	30	188.3	0	0	1	4
2020 - Wodapalooza CrossFit Festival	6	10.8	1	5	5	9
2020 - CrossFit Mayhem Classic	14	14.1	0	2	3	7
2020 - CrossFit Open	36	94	0	0	0	5

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
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2022 - CrossFit Games	19.2	21.3	18.3	15.8	28
2022 - Mid Atlantic CrossFit Challenge	8	16	4	4	5
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	55.4	152	-	40.3	-
2022 - CrossFit Open	85.7	-	140	92	-
2022 - Wodapalooza	11.3	17	8	12.2	4
2021 - Last Chance Qualifier	13	11	19	11	-
2021 - West Coast Classic	10.4	22	9	5	1
2021 - Individual Quarterfinals	65.2	197	59.5	3	-
2021 - CrossFit Open	188.3	549	82	-	-
2020 - Wodapalooza CrossFit Festival	10.8	16	12.3	9	-
2020 - CrossFit Mayhem Classic	14.1	27.5	7.8	-	-
2020 - CrossFit Open	94	-	76	98.5	-

#### Recent Event Results by Movement

Burpees	7th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	59th 2022 Quarterfinals Event# 5	140th 2022 CrossFit Open 22.2	9th 2022 Wodapalooza Dale	4th 2022 Wodapalooza The Bayside Chipper
Clean	18th 2022 CrossFit Games Elizabeth Elevated	35th 2022 CrossFit Games Sandbag Ladder	14th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	11th 2021 Last Chance Qualifier Event# 4	8th 2021 West Coast Classic Regionals Closer 2015
Chest to Bar Pull Ups	5th 2022 CrossFit Games Bike to Work	14th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	25th 2022 CrossFit Open 22.3	15th 2022 Wodapalooza Echo Fran	40th 2021 CrossFit Open 21.3

GHD Situps	10th 2022 CrossFit Games Up and Over	4th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	3rd 2022 Quarterfinals Event# 2	22nd 2022 Wodapalooza Flipped Off	1st 2021 West Coast Classic Triple-G Chipper
Handstand Push Ups	4th 2022 Quarterfinals Event# 1	4th 2022 Quarterfinals Event# 1	4th 2022 Quarterfinals Event# 1	4th 2022 Wodapalooza Celebrate Ten	5th 2021 West Coast Classic Push Pull 2014 2.0
Rowing	21st 2022 CrossFit Games Jackie Pro	59th 2022 Quarterfinals Event# 5	11th 2022 Wodapalooza Row, Swim, Run	19th 2021 Last Chance Qualifier Event# 1	1st 2021 West Coast Classic Triple-G Chipper
Snatch	13th 2022 CrossFit Games Hat Trick	7th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	59th 2022 Quarterfinals Event# 5	92nd 2022 CrossFit Open 22.1	19th 2021 Last Chance Qualifier Event# 1
Thrusters	21st 2022 CrossFit Games Jackie Pro	25th 2022 CrossFit Open 22.3	15th 2022 Wodapalooza Echo Fran	10th 2021 West Coast Classic Legless 2013	40th 2021 CrossFit Open 21.3
Toes to Bar	5th 2022 CrossFit Games Bike to Work	7th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	8th 2022 Wodapalooza WZAOC Remix	5th 2021 West Coast Classic Push Pull 2014 2.0	40th 2021 CrossFit Open 21.3
Wall Balls	13th 2022 CrossFit Games Hat Trick	14th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	59th 2022 Quarterfinals Event# 3	44th 2021 Individual Quarterfinals Test 3	5th 2020 Wodapalooza CrossFit Festival Celebrate Life

CrossFit Competition	Lift	Weight
2022 CrossFit Games	Sandbag Ladder	280 lbs/127.3 kg
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	310 lbs/140.9 kg
2022 Quarterfinals	The Other Total	1010 lbs/459.1 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	506 lbs/230 kg

2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	372 lbs/169.1 kg
2021 CrossFit Open	21.4	288 lbs/130.9 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	152 lbs/69.1 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 1	275 lbs/125 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 2	355 lbs/161.4 kg
2018 Crossfit Open	18.2a	346 lbs/157.3 kg

## Jake Berman

Age: 27 Height:5ft 8in/173 cm Weight:183 lbs/83 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Last Chance Qualifier	3	5.8	1	3	3	4
2022 - Mid Atlantic CrossFit Challenge	6	8.7	1	2	4	6
2022 - World Wide Quarterfinals	31	-	-	-	-	-
2022 - Quarterfinals	23	78	0	0	0	5
2022 - CrossFit Open	18	56	0	0	1	3
2022 - Wodapalooza	Withdrew From Event	-	0	-	-	-
2021 - West Coast Classic	14	14.3	0	1	2	7
2021 - Individual Quarterfinals	93	235	1	1	1	5
2021 - CrossFit Open	54	280.8	0	0	1	4
2020 - CrossFit Filthy 150	17	15.7	0	1	4	9
2020 - CrossFit Open	52	123.2	0	0	1	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Last Chance Qualifier	5.8	-	6.3	4	-
2022 - Mid Atlantic CrossFit Challenge	8.7	16	18	6	3
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	78	220	-	53	-
2022 - CrossFit Open	56	-	94	67	-
2022 - Wodapalooza	-	-	-	-	-
2021 - West Coast Classic	14.3	14.5	23.5	11	10
2021 - Individual Quarterfinals	235	1063	32.5	46	-
2021 - CrossFit Open	280.8	1069	22	-	-
2020 - CrossFit Filthy 150	15.7	8	14.3	23.5	-
2020 - CrossFit Open	123.2	-	26	147.5	-

### Recent Event Results by Movement

Burpees	4th 2022 Last Chance Qualifier Event# 4	1st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	79th 2022 Quarterfinals Event# 5	94th 2022 CrossFit Open 22.2	11th 2021 West Coast Classic Regionals Finale 2017
Clean	6th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	28th 2021 West Coast Classic Regionals Closer 2015	11th 2021 West Coast Classic Regionals Finale 2017	1st 2021 Individual Quarterfinals Test 1	8th 2019 Dubai CrossFit Championship Event# 1
Chest to Bar Pull Ups	6th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	7th 2022 CrossFit Open 22.3	10th 2021 CrossFit Open 21.3	12th 2019 Dubai CrossFit Championship Event# 8	7th 2019 CrossFit Lowlands Throwdown Event# 5

GHD Situps	6th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	44th 2022 Quarterfinals Event# 2	10th 2021 West Coast Classic Triple-G Chipper	46th 2021 Individual Quarterfinals Test 2	14th 2019 CrossFit Lowlands Throwdown Event# 6
Handstand Push Ups	11th 2022 Quarterfinals Event# 1	11th 2022 Quarterfinals Event# 1	11th 2022 Quarterfinals Event# 1	3rd 2021 West Coast Classic Push Pull 2014 2.0	1st 2021 Individual Quarterfinals Test 1
Rowing	13th 2022 Last Chance Qualifier Event# 2	79th 2022 Quarterfinals Event# 5	10th 2021 West Coast Classic Triple-G Chipper	35th 2021 Individual Quarterfinals Test 3	19th 2019 Dubai CrossFit Championship Event# 7
Snatch	1st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	79th 2022 Quarterfinals Event# 5	67th 2022 CrossFit Open 22.1	14th 2021 West Coast Classic Regionals Snatch Ladder 2016	30th 2021 Individual Quarterfinals Test 5
Thrusters	5th 2022 Last Chance Qualifier Event# 1	7th 2022 CrossFit Open 22.3	19th 2021 West Coast Classic Legless 2013	10th 2021 CrossFit Open 21.3	17th 2019 Dubai CrossFit Championship Event# 11
Toes to Bar	1st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	3rd 2021 West Coast Classic Push Pull 2014 2.0	10th 2021 CrossFit Open 21.3	23rd 2019 Dubai CrossFit Championship Event# 10	21st 2020 CrossFit Filthy 150 Sisyphus
Wall Balls	4th 2022 Last Chance Qualifier Event# 4	6th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	36th 2022 Quarterfinals Event# 3	35th 2021 Individual Quarterfinals Test 3	19th 2019 Dubai CrossFit Championship Event# 7

CrossFit Competition	Lift	Weight
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	310 lbs/140.9 kg
2022 Quarterfinals	The Other Total	995 lbs/452.3 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	330 lbs/150 kg
2021 CrossFit Open	21.4	277 lbs/125.9 kg

2020 CrossFit Filthy 150	1 Rep Max Snatch	125 lbs/56.8 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	149 lbs/67.7 kg
2018 Crossfit Open	18.2a	297 lbs/135 kg

## James Sprague

Age: 21 Height:6ft 2in/188 cm Weight:210 lbs/95 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Zelos Games	4	6.8	2	2	3	4
2022 - CanWest Games	2	3	1	5	6	6
2022 - Last Chance Qualifier	7	9.3	0	2	3	4
2022 - Syndicate Crown	6	10.2	1	3	4	6
2022 - World Wide Quarterfinals	174	-	-	-	-	-
2022 - Quarterfinals	97	214.2	0	1	1	5
2022 - CrossFit Open	29	86.3	0	0	1	3
2022 - Wodapalooza	15	16.4	0	2	3	8
2021 - West Coast Classic	22	19.6	0	1	1	7
2021 - Individual Quarterfinals	118	283.2	0	1	1	5
2021 - CrossFit Open	171	668	0	0	1	4
2020 - CrossFit Open	539	901	0	0	0	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Zelos Games	6.8	-	15	5.5	-

2022 - CanWest Games	3	6	2	2	-
2022 - Last Chance Qualifier	9.3	-	11.7	2	-
2022 - Syndicate Crown	10.2	24	2	4	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	214.2	496	-	155	-
2022 - CrossFit Open	86.3	-	36	6	-
2022 - Wodapalooza	16.4	37	13	15.6	3
2021 - West Coast Classic	19.6	14.5	26.5	13	12
2021 - Individual Quarterfinals	283.2	1017	95	29	-
2021 - CrossFit Open	668	2274	83.5	-	-
2020 - CrossFit Open	901	-	747	939.5	-

#### Recent Event Results by Movement

Burpees	10th 2022 Zelos Games Royal Flush	2nd 2022 Last Chance Qualifier Event# 4	1st 2022 Syndicate Crown Oregon Trail	67th 2022 Quarterfinals Event# 5	36th 2022 CrossFit Open 22.2
Clean	10th 2022 Zelos Games Royal Flush	4th 2022 CanWest Games In The Trenches	24th 2022 Syndicate Crown King Kong 2.0	25th 2021 West Coast Classic Regionals Closer 2015	13th 2021 West Coast Classic Regionals Finale 2017
Chest to Bar Pull Ups	1st 2022 Zelos Games Full House	1st 2022 CanWest Games The Bends	4th 2022 Syndicate Crown Jackie Style	217th 2022 CrossFit Open 22.3	18th 2022 Wodapalooza Echo Fran
GHD Situps	6th 2022 Syndicate Crown Skiing With Karen	394th 2022 Quarterfinals Event# 2	10th 2022 Wodapalooza Flipped Off	12th 2021 West Coast Classic Triple-G Chipper	29th 2021 Individual Quarterfinals Test 2

Handstand Push Ups	4th 2022 CanWest Games In The Trenches	24th 2022 Syndicate Crown King Kong 2.0	110th 2022 Quarterfinals Event# 1	110th 2022 Quarterfinals Event# 1	110th 2022 Quarterfinals Event# 1
Rowing	1st 2022 Zelos Games Full House	1st 2022 CanWest Games The Bends	3rd 2022 Last Chance Qualifier Event# 2	4th 2022 Syndicate Crown Jackie Style	67th 2022 Quarterfinals Event# 5
Snatch	15th 2022 Zelos Games Ace of Spades	2nd 2022 CanWest Games Sell Your Soul Cycle	2nd 2022 CanWest Games Steel Toe Boots	1st 2022 Syndicate Crown Oregon Trail	24th 2022 Syndicate Crown King Kong 2.0
Thrusters	10th 2022 Zelos Games Royal Flush	3rd 2022 CanWest Games Punch The Clock	23rd 2022 Last Chance Qualifier Event# 1	4th 2022 Syndicate Crown Jackie Style	217th 2022 CrossFit Open 22.3
Toes to Bar	13th 2022 Wodapalooza WZAOC Remix	30th 2021 West Coast Classic Push Pull 2014 2.0	231st 2021 CrossFit Open 21.3	972nd 2020 CrossFit Open 20.2	
Wall Balls	1st 2022 Zelos Games Full House	2nd 2022 Last Chance Qualifier Event# 4	6th 2022 Syndicate Crown Skiing With Karen	4th 2022 Quarterfinals Event# 3	3rd 2021 Individual Quarterfinals Test 3
<b>CrossFit Competition</b>		<b>Lift</b>			<b>Weight</b>
2022 CanWest Games		HWPO Selection			3545 lbs/1611.4 kg
2022 Syndicate Crown		Barbell Complex			295 lbs/134.1 kg
2022 Quarterfinals		The Other Total			941 lbs/427.7 kg
2021 Individual Quarterfinals		Test 4 (4 Rep Max Front Squat)			332 lbs/150.9 kg
2021 CrossFit Open		21.4			267 lbs/121.4 kg

## Mallory O'Brien

Age: 19 Height:5ft 3in/160 cm Weight:135 lbs/61 kg



Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	2	8.9	0	6	9	14
2022 - Granite Games	1	2	4	6	6	6
2022 - World Wide Quarterfinals	4	-	-	-	-	-
2022 - Quarterfinals	1	14.2	0	1	4	5
2022 - CrossFit Open	1	1.3	2	3	3	3
2021 - Rogue Invitational	8	9.7	0	1	4	7
2021 - CrossFit Games	7	11.5	1	4	7	15
2021 - Granite Games	2	4.4	3	5	5	7
2021 - Individual Quarterfinals	3	21.4	0	1	1	5
2021 - CrossFit Open	5	52.8	0	2	2	4

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	8.9	14	11.3	5.8	9
2022 - Granite Games	2	5	2	1	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	14.2	45	-	6.3	-
2022 - CrossFit Open	1.3	-	2	1	-
2021 - Rogue Invitational	9.7	7	13.5	11.5	-
2021 - CrossFit Games	11.5	16.3	11.6	9	5
2021 - Granite Games	4.4	12	1.5	6.5	2
2021 - Individual Quarterfinals	21.4	20	37	2	-

2021 - CrossFit Open	52.8	42	83.5	-	-
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### Recent Event Results by Movement

Burpees	1st 2022 Granite Games Endure The Sled	7th 2022 Quarterfinals Event# 5	2nd 2022 CrossFit Open 22.2	15th 2021 Rogue Invitational The Mule	10th 2021 CrossFit Games Event# 13
Clean	24th 2022 CrossFit Games Sandbag Ladder	3rd 2022 CrossFit Games Elizabeth Elevated	15th 2021 Rogue Invitational The Duel	18th 2021 CrossFit Games Event# 7	12th 2021 CrossFit Games Event# 6
Chest to Bar Pull Ups	6th 2022 CrossFit Games Bike to Work	1st 2022 Granite Games Speed Chipper	1st 2022 CrossFit Open 22.3	5th 2021 CrossFit Games Event# 15	2nd 2021 CrossFit Open 21.3
GHD Situps	2nd 2022 CrossFit Games Up and Over	1st 2022 Granite Games Minnesota Mash-Up	5th 2022 Quarterfinals Event# 2	8th 2021 Rogue Invitational Concept2	10th 2021 CrossFit Games Event# 13
Handstand Push Ups	7th 2022 Quarterfinals Event# 1	7th 2022 Quarterfinals Event# 1	7th 2022 Quarterfinals Event# 1	4th 2021 Rogue Invitational Chipper	5th 2021 CrossFit Games Event# 14
Rowing	3rd 2022 CrossFit Games Jackie Pro	7th 2022 Quarterfinals Event# 5	4th 2021 Rogue Invitational Chipper	5th 2021 CrossFit Games Event# 15	2nd 2021 Granite Games Hang On
Snatch	2nd 2022 CrossFit Games Hat Trick	1st 2022 Granite Games Speed Chipper	7th 2022 Quarterfinals Event# 5	1st 2022 CrossFit Open 22.1	15th 2021 Rogue Invitational The Duel
Thrusters	3rd 2022 CrossFit Games Jackie Pro	1st 2022 Granite Games HS Reverse Fran	1st 2022 CrossFit Open 22.3	12th 2021 Rogue Invitational Echo Burner	1st 2021 CrossFit Games Event# 4
Toes to Bar	6th 2022 CrossFit Games Bike to Work	11th 2021 CrossFit Games Event# 10	2nd 2021 Granite Games Back to Back 2	2nd 2021 CrossFit Open 21.3	
Wall Balls	2nd 2022 CrossFit Games Hat Trick	1st 2022 Granite Games Minnesota Mash-Up	7th 2022 Quarterfinals Event# 3	12th 2021 Granite Games Back to Back 1	57th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 CrossFit Games	Sandbag Ladder	200 lbs/90.9 kg
2022 Granite Games	Barbell Complex	225 lbs/102.3 kg
2022 Quarterfinals	The Other Total	676 lbs/307.3 kg
2021 Rogue Invitational	Bella Complex	232 lbs/105.5 kg
2021 CrossFit Games	1 Rep Max Snatch	180 lbs/81.8 kg
2021 Granite Games	2018's Flashback Snatch (1 Rep Max Snatch)	185 lbs/84.1 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	267 lbs/121.4 kg
2021 CrossFit Open	21.4	217 lbs/98.6 kg

## Paige Powers

Age: 20 Height:5ft 3in/160 cm Weight:151 lbs/69 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	25	22.6	0	0	1	14
2022 - Atlas Games	2	2.7	2	5	6	6
2022 - World Wide Quarterfinals	39	-	-	-	-	-
2022 - Quarterfinals	18	60.2	0	0	0	5
2022 - CrossFit Open	307	511	0	0	0	3
2022 - Wodapalooza	15	17	0	1	2	8
2021 - Granite Games	21	17.6	0	0	1	7
2021 - Individual Quarterfinals	23	84.6	0	0	0	5
2021 - CrossFit Open	68	261	0	0	0	4

2020 - CrossFit Strength in Depth	15	13.7	0	0	2	7
2020 - CrossFit Mayhem Classic	18	15.6	0	3	3	7
2020 - CrossFit Open	136	257.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	22.6	26.7	18.3	21	37
2022 - Atlas Games	2.7	3	4.5	1.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	60.2	117	-	25	-
2022 - CrossFit Open	511	-	553	695	-
2022 - Wodapalooza	17	14	11	16.2	30
2021 - Granite Games	17.6	6	28.5	13	17
2021 - Individual Quarterfinals	84.6	208	28	66	-
2021 - CrossFit Open	261	501	185.5	-	-
2020 - CrossFit Strength in Depth	13.7	12	17	15.3	9
2020 - CrossFit Mayhem Classic	15.6	26.5	13	-	-
2020 - CrossFit Open	257.2	-	231	263.8	-

#### Recent Event Results by Movement

Burpees	3rd 2023 Wodapalooza E6 - Dirty Isabel	2nd 2022 Atlas Games Event 3	17th 2022 Quarterfinals Event# 5	553rd 2022 CrossFit Open 22.2	19th 2022 Wodapalooza Dale
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Clean	7th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	35th 2022 CrossFit Games Sandbag Ladder	27th 2022 CrossFit Games Elizabeth Elevated	7th 2022 Atlas Games Workout 2	15th 2021 Granite Games Back to Back 1
Chest to Bar Pull Ups	1st 2023 Wodapalooza E6 - Miami Meat Market	32nd 2022 CrossFit Games Bike to Work	285th 2022 CrossFit Open 22.3	20th 2022 Wodapalooza Echo Fran	172nd 2021 CrossFit Open 21.3
GHD Situps	4th 2023 Wodapalooza E2 - Back to the Future	4th 2023 Wodapalooza E2 - Back to the Future	24th 2022 CrossFit Games Up and Over	1st 2022 Atlas Games Event 5	15th 2022 Quarterfinals Event# 2
Handstand Push Ups	1st 2022 Atlas Games Workout 1	109th 2022 Quarterfinals Event# 1	109th 2022 Quarterfinals Event# 1	109th 2022 Quarterfinals Event# 1	28th 2022 Wodapalooza Celebrate Ten
Rowing	7th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	12th 2022 CrossFit Games Jackie Pro	17th 2022 Quarterfinals Event# 5	5th 2022 Wodapalooza Row, Swim, Run	17th 2021 Granite Games Hang On
Snatch	3rd 2023 Wodapalooza E6 - Dirty Isabel	16th 2022 CrossFit Games Hat Trick	2nd 2022 Atlas Games Event 3	17th 2022 Quarterfinals Event# 5	695th 2022 CrossFit Open 22.1
Thrusters	4th 2023 Wodapalooza E2 - Back to the Future	12th 2022 CrossFit Games Jackie Pro	285th 2022 CrossFit Open 22.3	20th 2022 Wodapalooza Echo Fran	28th 2021 Granite Games Thurster Run 3.0
Toes to Bar	13th 2023 Wodapalooza E3 - Start Fast, Finish Strong	32nd 2022 CrossFit Games Bike to Work	7th 2022 Atlas Games Workout 2	11th 2022 Wodapalooza WZAOC Remix	29th 2021 Granite Games Back to Back 2
Wall Balls	1st 2023 Wodapalooza E5 - Double Shot with a Splash	16th 2022 CrossFit Games Hat Trick	1st 2022 Atlas Games Event 5	43rd 2022 Quarterfinals Event# 3	15th 2021 Granite Games Back to Back 1

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	245 lbs/111.4 kg
2022 CrossFit Games	Sandbag Ladder	180 lbs/81.8 kg
2022 Atlas Games	Barbell Complex	220 lbs/100 kg

2022 Quarterfinals	The Other Total	645 lbs/293.2 kg
2021 Granite Games	2018's Flashback Snatch (1 Rep Max Snatch)	190 lbs/86.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	237 lbs/107.7 kg
2021 CrossFit Open	21.4	195 lbs/88.6 kg

## Emma Lawson

Age: 18 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	3	7.6	2	3	7	10
2022 - CrossFit Games	6	12.5	0	4	7	14
2022 - Atlas Games	1	2.3	3	5	6	6
2022 - World Wide Quarterfinals	10	-	-	-	-	-
2022 - Quarterfinals	6	25.6	1	3	3	5
2022 - CrossFit Open	102	175	0	0	0	3
2021 - Dubai CrossFit Championship	9	8.2	0	2	6	9
2021 - CrossFit Games (16 - 17)	1	-	-	-	-	-
2021 - CrossFit Atlas Games	9	8.8	0	2	5	6
2021 - Individual Quarterfinals	24	87.8	0	0	0	5
2021 - CrossFit Open	15	95.3	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	7.6	10.5	8	6.5	-

2022 - CrossFit Games	12.5	15.3	16	12	11
2022 - Atlas Games	2.3	6	1	1.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	25.6	96	-	10.3	-
2022 - CrossFit Open	175	-	382	62	-
2021 - Dubai CrossFit Championship	8.2	10.5	8	8	6
2021 - CrossFit Games (16 - 17)	-	-	-	-	-
2021 - CrossFit Atlas Games	8.8	6	14.5	8	-
2021 - Individual Quarterfinals	87.8	208	100	19	-
2021 - CrossFit Open	95.3	55	84.5	-	-

#### Recent Event Results by Movement

Burpees	1st 2022 Atlas Games Event 3	25th 2022 Quarterfinals Event# 5	382nd 2022 CrossFit Open 22.2	3rd 2021 Dubai CrossFit Championship Athletes Choice Part B	5th 2021 CrossFit Atlas Games Grettel
Clean	9th 2022 Rogue Invitational DT with a Spin	33rd 2022 CrossFit Games Sandbag Ladder	16th 2022 CrossFit Games Elizabeth Elevated	1st 2022 Atlas Games Workout 2	7th 2021 Dubai CrossFit Championship Event# 4
Chest to Bar Pull Ups	3rd 2022 CrossFit Games Bike to Work	81st 2022 CrossFit Open 22.3	24th 2021 CrossFit Atlas Games Friendly Fran	157th 2021 CrossFit Open 21.3	
GHD Situps	1st 2022 Rogue Invitational Ski Bar	3rd 2022 CrossFit Games Up and Over	3rd 2022 Atlas Games Event 5	4th 2022 Quarterfinals Event# 2	2nd 2021 CrossFit Atlas Games Semifinals 21.2

Handstand Push Ups	7th 2022 Rogue Invitational Snatch and Press	2nd 2022 Atlas Games Workout 1	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1	1st 2022 Quarterfinals Event# 1
Rowing	14th 2022 CrossFit Games Jackie Pro	25th 2022 Quarterfinals Event# 5	3rd 2021 Dubai CrossFit Championship Athletes Choice Part B	7th 2021 Dubai CrossFit Championship Event# 4	9th 2021 CrossFit Atlas Games Semifinals 21.5
Snatch	7th 2022 Rogue Invitational Snatch and Press	10th 2022 CrossFit Games Hat Trick	1st 2022 Atlas Games Event 3	25th 2022 Quarterfinals Event# 5	62nd 2022 CrossFit Open 22.1
Thrusters	14th 2022 CrossFit Games Jackie Pro	81st 2022 CrossFit Open 22.3	3rd 2021 Dubai CrossFit Championship Event# 6	24th 2021 CrossFit Atlas Games Friendly Fran	157th 2021 CrossFit Open 21.3
Toes to Bar	3rd 2022 CrossFit Games Bike to Work	1st 2022 Atlas Games Workout 2	12th 2021 Dubai CrossFit Championship Athletes Choice Part A	157th 2021 CrossFit Open 21.3	
Wall Balls	10th 2022 CrossFit Games Hat Trick	3rd 2022 Atlas Games Event 5	2nd 2022 Quarterfinals Event# 3	154th 2021 Individual Quarterfinals Test 3	
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2022 Rogue Invitational			Texas Oak		190 lbs/86.4 kg
2022 CrossFit Games			Sandbag Ladder		180 lbs/81.8 kg
2022 Atlas Games			Barbell Complex		212 lbs/96.4 kg
2022 Quarterfinals			The Other Total		653 lbs/296.8 kg
2021 Dubai CrossFit Championship			Lift Off		103 lbs/46.8 kg
2021 Individual Quarterfinals			Test 4 (4 Rep Max Front Squat)		237 lbs/107.7 kg



# Brooke Wells

Age: 28 Height:5ft 6in/168 cm Weight:150 lbs/68 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	5	12.6	0	2	6	14
2022 - Mid Atlantic CrossFit Challenge	4	8	1	3	4	6
2022 - World Wide Quarterfinals	13	-	-	-	-	-
2022 - Quarterfinals	7	26.6	0	0	3	5
2022 - CrossFit Open	5	14.3	0	0	1	3
2021 - CrossFit Games	Withdrew From Event	10.8	0	3	8	12
2021 - Mid Atlantic CrossFit Challenge	3	4.7	0	3	6	6
2021 - Individual Quarterfinals	5	22.8	0	1	2	5
2021 - CrossFit Open	9	60.8	0	0	0	4
2020 - CrossFit Games Final	5	3.6	1	12	12	12
2020 - Crossfit Games - Online	2	5.3	0	5	7	7
2020 - The Rogue Invitational	10	9.3	0	2	3	7
2020 - Wodapalooza CrossFit Festival	6	10	0	4	7	9
2020 - CrossFit Open	11	29.6	0	1	1	5

**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	12.6	6.3	13.5	10.3	4
2022 - Mid Atlantic CrossFit Challenge	8	7	24	1	6.5
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	26.6	62	-	21	-
2022 - CrossFit Open	14.3	-	6	21	-
2021 - CrossFit Games	10.8	5	10.7	17.5	-
2021 - Mid Atlantic CrossFit Challenge	4.7	6	3	5.7	-
2021 - Individual Quarterfinals	22.8	46	11.5	43	-
2021 - CrossFit Open	60.8	102	61.5	-	-
2020 - CrossFit Games Final	3.6	3	3.3	4.5	5
2020 - Crossfit Games - Online	5.3	7.7	3	4	-
2020 - The Rogue Invitational	9.3	6.3	11.5	12	-
2020 - Wodapalooza CrossFit Festival	10	9	4.8	14.7	-
2020 - CrossFit Open	29.6	-	16	33	-

**Recent Event Results by Movement**

Burpees	2nd 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	10th 2022 Quarterfinals Event# 5	6th 2022 CrossFit Open 22.2	3rd 2021 Mid Atlantic CrossFit Challenge Grettel	14th 2021 Individual Quarterfinals Test 5
Clean	6th 2022 CrossFit Games Sandbag Ladder	17th 2022 CrossFit Games Elizabeth Elevated	3rd 2022 Mid Atlantic CrossFit Challenge The MACC Mile	9th 2021 CrossFit Games Event# 7	7th 2021 CrossFit Games Event# 6

Chest to Bar Pull Ups	11th 2022 CrossFit Games Bike to Work	3rd 2022 Mid Atlantic CrossFit Challenge The MACC Mile	16th 2022 CrossFit Open 22.3	3rd 2021 Mid Atlantic CrossFit Challenge Need For Speed II	18th 2021 CrossFit Open 21.3
GHD Situps	27th 2022 CrossFit Games Up and Over	1st 2022 Mid Atlantic CrossFit Challenge Midline Sadness	43rd 2022 Quarterfinals Event# 2	43rd 2021 Individual Quarterfinals Test 2	4th 2020 CrossFit Games Final Swim 'N' Stuff
Handstand Push Ups	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	7th 2021 Mid Atlantic CrossFit Challenge Kratos	2nd 2021 Individual Quarterfinals Test 1
Rowing	13th 2022 CrossFit Games Jackie Pro	10th 2022 Quarterfinals Event# 5	9th 2021 Individual Quarterfinals Test 3	5th 2020 CrossFit Games Final 2007 Reload	5th 2020 Crossfit Games - Online 1000M Row
Snatch	14th 2022 CrossFit Games Hat Trick	2nd 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	10th 2022 Quarterfinals Event# 5	21st 2022 CrossFit Open 22.1	10th 2021 CrossFit Games 1 Rep Max Snatch
Thrusters	13th 2022 CrossFit Games Jackie Pro	16th 2022 CrossFit Open 22.3	4th 2021 CrossFit Games Event# 4	2nd 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	18th 2021 CrossFit Open 21.3
Toes to Bar	11th 2022 CrossFit Games Bike to Work	2nd 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	8th 2021 CrossFit Games Event# 10	2nd 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	18th 2021 CrossFit Open 21.3
Wall Balls	14th 2022 CrossFit Games Hat Trick	3rd 2022 Mid Atlantic CrossFit Challenge The MACC Mile	10th 2022 Quarterfinals Event# 3	7th 2021 Mid Atlantic CrossFit Challenge Inception	9th 2021 Individual Quarterfinals Test 3
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2022 CrossFit Games			Sandbag Ladder		220 lbs/100 kg

2022 Mid Atlantic CrossFit Challenge	Barbell Complex	215 lbs/97.7 kg
2022 Quarterfinals	The Other Total	670 lbs/304.5 kg
2021 CrossFit Games	1 Rep Max Snatch	185 lbs/84.1 kg
2021 Mid Atlantic CrossFit Challenge	8 Mile (1 Rep Max Snatch)	195 lbs/88.6 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	257 lbs/116.8 kg
2021 CrossFit Open	21.4	211 lbs/95.9 kg
2020 CrossFit Games Final	CrossFit Total	884 lbs/401.8 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	275 lbs/125 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	220 lbs/100 kg
2020 The Rogue Invitational		lbs/0 kg
2018 Crossfit Games	CrossFit Total	870 lbs/395.5 kg
2018 Crossfit Open	18.2a	242 lbs/110 kg
2017 Crossfit Games	1 Rep Max Snatch	187 lbs/85 kg
2016 Crossfit Games	Ranch Deadlift Ladder	415 lbs/188.6 kg
2015 Crossfit Games	Clean and Jerk	232 lbs/105.5 kg
2015 Central Regional	Regionals 15.5	186 lbs/84.5 kg

## Amanda Barnhart

Age: 31 Height:5ft 7in/170 cm Weight:160 lbs/73 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	6	8.6	0	2	8	10
2022 - CrossFit Games	14	16.1	0	3	5	14
2022 - Granite Games	2	4.3	0	5	6	6
2022 - World Wide Quarterfinals	8	-	-	-	-	-
2022 - Quarterfinals	4	18.2	0	1	2	5
2022 - CrossFit Open	20	50.7	0	0	0	3

2020 - Crossfit Games - Online	8	10.4	0	2	4	7
2020 - The Rogue Invitational	7	7.1	0	4	5	7
2020 - Wodapalooza CrossFit Festival	4	6.6	1	5	8	9
2020 - CrossFit Open	24	59.8	0	0	1	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	8.6	7.5	8.5	13.5	-
2022 - CrossFit Games	16.1	13	15.8	16.5	7
2022 - Granite Games	4.3	2	4	4	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	18.2	9	-	22.3	-
2022 - CrossFit Open	50.7	-	55	62	-
2021 - Rogue Invitational	10.1	3	10	8	-
2021 - CrossFit Games	10.9	17	7.7	11.3	16
2021 - Mid Atlantic CrossFit Challenge	6.5	6	1	8.7	-
2021 - Individual Quarterfinals	20.8	14	3.5	41	-
2021 - CrossFit Open	115.8	16	147.5	-	-
2020 - Crossfit Games - Online	10.4	6.7	14.5	12	-
2020 - The Rogue Invitational	7.1	7.3	4	17	-
2020 - Wodapalooza CrossFit Festival	6.6	4	4	11.3	-
2020 - CrossFit Open	59.8	-	114	46.3	-

### Recent Event Results by Movement

Burpees	4th 2022 Granite Games Endure The Sled	3rd 2022 Quarterfinals Event# 5	55th 2022 CrossFit Open 22.2	19th 2021 Rogue Invitational The Mule	6th 2021 CrossFit Games Event# 13
Clean	6th 2022 Rogue Invitational DT with a Spin	4th 2022 CrossFit Games Sandbag Ladder	24th 2022 CrossFit Games Elizabeth Elevated	5th 2021 Rogue Invitational The Duel	4th 2021 CrossFit Games Event# 6
Chest to Bar Pull Ups	24th 2022 CrossFit Games Bike to Work	4th 2022 Granite Games Speed Chipper	35th 2022 CrossFit Open 22.3	16th 2021 CrossFit Games Event# 15	11th 2021 Mid Atlantic CrossFit Challenge Need For Speed II
GHD Situps	4th 2022 Rogue Invitational Ski Bar	38th 2022 CrossFit Games Up and Over	8th 2022 Granite Games Minnesota Mash-Up	49th 2022 Quarterfinals Event# 2	11th 2021 Rogue Invitational Concept2
Handstand Push Ups	6th 2022 Rogue Invitational Snatch and Press	15th 2022 Quarterfinals Event# 1	15th 2022 Quarterfinals Event# 1	15th 2022 Quarterfinals Event# 1	16th 2021 Rogue Invitational Chipper
Rowing	27th 2022 CrossFit Games Jackie Pro	3rd 2022 Quarterfinals Event# 5	16th 2021 Rogue Invitational Chipper	16th 2021 CrossFit Games Event# 15	5th 2021 Individual Quarterfinals Test 3
Snatch	6th 2022 Rogue Invitational Snatch and Press	11th 2022 CrossFit Games Hat Trick	4th 2022 Granite Games Speed Chipper	3rd 2022 Quarterfinals Event# 5	62nd 2022 CrossFit Open 22.1
Thrusters	27th 2022 CrossFit Games Jackie Pro	3rd 2022 Granite Games HS Reverse Fran	35th 2022 CrossFit Open 22.3	1st 2021 Rogue Invitational Echo Burner	5th 2021 CrossFit Games Event# 4

Toes to Bar	24th 2022 CrossFit Games Bike to Work	21st 2021 CrossFit Games Event# 10	6th 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	152nd 2021 CrossFit Open 21.3	17th 2020 The Rogue Invitational Event# 4
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Wall Balls	11th 2022 CrossFit Games Hat Trick	8th 2022 Granite Games Minnesota Mash-Up	15th 2022 Quarterfinals Event# 3	6th 2021 Mid Atlantic CrossFit Challenge Inception	5th 2021 Individual Quarterfinals Test 3
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CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	190 lbs/86.4 kg
2022 CrossFit Games	Sandbag Ladder	230 lbs/104.5 kg
2022 Granite Games	Barbell Complex	230 lbs/104.5 kg
2022 Quarterfinals	The Other Total	715 lbs/325 kg
2021 Rogue Invitational	Bella Complex	240 lbs/109.1 kg
2021 CrossFit Games	1 Rep Max Snatch	180 lbs/81.8 kg
2021 Mid Atlantic CrossFit Challenge	8 Mile (1 Rep Max Snatch)	195 lbs/88.6 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	272 lbs/123.6 kg
2021 CrossFit Open	21.4	225 lbs/102.3 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	291 lbs/132.3 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	250 lbs/113.6 kg
2020 The Rogue Invitational		lbs/0 kg
2019 Crossfit Games	Clean	260 lbs/118.2 kg
2019 Down Under CrossFit Championship	Clean and Jerk	257 lbs/116.8 kg
2018 Crossfit Games	CrossFit Total	865 lbs/393.2 kg
2018 Crossfit Open	18.2a	238 lbs/108.2 kg

# Danielle Brandon

Age: 27 Height:5ft 7in/170 cm Weight:150 lbs/68 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	9	9.5	1	3	5	10
2022 - CrossFit Games	4	11.6	1	4	7	14
2022 - Mid Atlantic CrossFit Challenge	1	3.8	3	5	5	6
2022 - Quarterfinals	3	17.4	0	2	3	5
2022 - World Wide Quarterfinals	6	-	-	-	-	-
2022 - CrossFit Open	56	98.7	0	1	1	3
2022 - Wodapalooza	Withdrew From Event	-	0	-	-	-
2021 - Rogue Invitational	11	10.4	0	2	4	7
2021 - CrossFit Games	11	12.4	1	5	6	15
2021 - West Coast Classic	3	5.6	1	5	5	7
2021 - Individual Quarterfinals	8	32.6	1	2	2	5
2021 - CrossFit Open	13	90.8	0	1	1	4
2021 - The Fittest Experience	2	-	-	-	-	-
2020 - Crossfit Games - Online	15	15.9	0	1	1	7
2020 - The Rogue Invitational	15	12.6	0	0	3	7
2020 - Wodapalooza CrossFit Festival	Withdrew From Event	-	0	-	-	-
2020 - CrossFit Mayhem Classic	3	4.7	1	5	6	7



2020 - CrossFit Open	36	86.4	0	0	0	5
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#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	9.5	14.5	8.5	8	-
2022 - CrossFit Games	11.6	9.7	15	15.5	6
2022 - Mid Atlantic CrossFit Challenge	3.8	13	5	2	1
2022 - Quarterfinals	17.4	62	-	7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	98.7	-	92	199	-
2022 - Wodapalooza	-	-	-	-	-
2021 - Rogue Invitational	10.4	13	7	11	-
2021 - CrossFit Games	12.4	3.7	17.4	11	14
2021 - West Coast Classic	5.6	9.5	1.5	2	11
2021 - Individual Quarterfinals	32.6	92	18.5	31	-
2021 - CrossFit Open	90.8	106	96.5	-	-
2021 - The Fittest Experience	-	-	-	-	-
2020 - Crossfit Games - Online	15.9	15.3	16	16.5	-
2020 - The Rogue Invitational	12.6	12.7	12.5	8	-
2020 - Wodapalooza CrossFit Festival	-	-	-	-	-
2020 - CrossFit Mayhem Classic	4.7	10	2.5	-	-
2020 - CrossFit Open	86.4	-	178	63.5	-

#### Recent Event Results by Movement

Burpees	1st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	4th 2022 Quarterfinals Event# 5	92nd 2022 CrossFit Open 22.2	4th 2021 Rogue Invitational The Mule	14th 2021 CrossFit Games Event# 13
Clean	7th 2022 Rogue Invitational DT with a Spin	15th 2022 CrossFit Games Sandbag Ladder	6th 2022 CrossFit Games Elizabeth Elevated	1st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	3rd 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	27th 2022 CrossFit Games Bike to Work	1st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	5th 2022 CrossFit Open 22.3	14th 2021 CrossFit Games Event# 15	64th 2021 CrossFit Open 21.3
GHD Situps	9th 2022 Rogue Invitational Ski Bar	5th 2022 CrossFit Games Up and Over	2nd 2022 Mid Atlantic CrossFit Challenge Midline Sadness	11th 2022 Quarterfinals Event# 2	19th 2021 Rogue Invitational Concept2
Handstand Push Ups	11th 2022 Rogue Invitational Snatch and Press	4th 2022 Quarterfinals Event# 1	4th 2022 Quarterfinals Event# 1	4th 2022 Quarterfinals Event# 1	7th 2021 Rogue Invitational Chipper
Rowing	6th 2022 CrossFit Games Jackie Pro	4th 2022 Quarterfinals Event# 5	7th 2021 Rogue Invitational Chipper	14th 2021 CrossFit Games Event# 15	11th 2021 West Coast Classic Triple-G Chipper
Snatch	11th 2022 Rogue Invitational Snatch and Press	4th 2022 CrossFit Games Hat Trick	1st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	4th 2022 Quarterfinals Event# 5	199th 2022 CrossFit Open 22.1
Thrusters	6th 2022 CrossFit Games Jackie Pro	5th 2022 CrossFit Open 22.3	10th 2021 Rogue Invitational Echo Burner	16th 2021 CrossFit Games Event# 4	2nd 2021 West Coast Classic Legless 2013
Toes to Bar	27th 2022 CrossFit Games Bike to Work	1st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	14th 2021 CrossFit Games Event# 10	4th 2021 West Coast Classic Push Pull 2014 2.0	64th 2021 CrossFit Open 21.3

Wall Balls	4th 2022 CrossFit Games Hat Trick	1st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	6th 2022 Quarterfinals Event# 3	36th 2021 Individual Quarterfinals Test 3	51st 2020 CrossFit Open 20.5
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CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	180 lbs/81.8 kg
2022 CrossFit Games	Sandbag Ladder	200 lbs/90.9 kg
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	210 lbs/95.5 kg
2022 Quarterfinals	The Other Total	670 lbs/304.5 kg
2021 Rogue Invitational	Bella Complex	217 lbs/98.6 kg
2021 CrossFit Games	1 Rep Max Snatch	190 lbs/86.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	251 lbs/114.1 kg
2021 CrossFit Open	21.4	210 lbs/95.5 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	244 lbs/110.9 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	225 lbs/102.3 kg
2020 The Rogue Invitational		lbs/0 kg
2018 Crossfit Open	18.2a	210 lbs/95.5 kg

## Emma Cary

Age: 19 Height:5ft 4in/163 cm Weight:140 lbs/64 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Open	2475	3298.3	0	1	1	3

2021 - Dubai CrossFit Championship	Withdrew From Event	12.5	0	0	2	4
2021 - Rogue Invitational	12	10.9	0	1	4	7
2021 - CrossFit Games	16	16.7	0	1	4	15
2021 - Granite Games	3	6.1	0	5	6	7
2021 - Individual Quarterfinals	4	22.4	0	1	2	5
2021 - CrossFit Open	2	16.5	1	1	1	4
2020 - CrossFit Open	80	157.8	0	0	1	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Open	3298.3	-	9676	3	-
2021 - Dubai CrossFit Championship	12.5	12.5	9	-	-
2021 - Rogue Invitational	10.9	4	10	12	-
2021 - CrossFit Games	16.7	16.3	15.3	19.3	7
2021 - Granite Games	6.1	4	7	3	17
2021 - Individual Quarterfinals	22.4	46	16.5	4	-
2021 - CrossFit Open	16.5	37	7.5	-	-
2020 - CrossFit Open	157.8	-	12	194.3	-

#### Recent Event Results by Movement

Burpees	2nd 2023 Wodapalooza E6 - Dirty Isabel	9676th 2022 CrossFit Open 22.2	14th 2021 Rogue Invitational The Mule	17th 2021 CrossFit Games Event# 13	2nd 2021 Granite Games So Close But So Far Away
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Clean	30th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	16th 2021 Dubai CrossFit Championship Event# 4	8th 2021 Rogue Invitational The Duel	25th 2021 CrossFit Games Event# 7	28th 2021 CrossFit Games Event# 6
Chest to Bar Pull Ups	13th 2023 Wodapalooza E6 - Miami Meat Market	216th 2022 CrossFit Open 22.3	7th 2021 CrossFit Games Event# 15	14th 2021 CrossFit Open 21.3	24th 2019 The Granite Games Go For Broke
GHD Situps	1st 2023 Wodapalooza E2 - Back to the Future	1st 2023 Wodapalooza E2 - Back to the Future	16th 2021 Rogue Invitational Concept2	17th 2021 CrossFit Games Event# 13	4th 2021 Granite Games Back to Back 1
Handstand Push Ups	16th 2021 Dubai CrossFit Championship Event# 4	20th 2021 Rogue Invitational Chipper	15th 2021 CrossFit Games Event# 14	2nd 2021 Granite Games Earn It	29th 2021 Individual Quarterfinals Test 1
Rowing	30th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	16th 2021 Dubai CrossFit Championship Event# 4	20th 2021 Rogue Invitational Chipper	7th 2021 CrossFit Games Event# 15	10th 2021 Granite Games Thurster Run 3.0
Snatch	2nd 2023 Wodapalooza E6 - Dirty Isabel	3rd 2022 CrossFit Open 22.1	8th 2021 Rogue Invitational The Duel	13th 2021 CrossFit Games Event# 9	7th 2021 CrossFit Games 1 Rep Max Snatch
Thrusters	1st 2023 Wodapalooza E2 - Back to the Future	216th 2022 CrossFit Open 22.3	6th 2021 Rogue Invitational Echo Burner	3rd 2021 CrossFit Games Event# 4	10th 2021 Granite Games Thurster Run 3.0
Toes to Bar	12th 2023 Wodapalooza E3 - Start Fast, Finish Strong	17th 2021 CrossFit Games Event# 10	4th 2021 Granite Games Back to Back 2	14th 2021 CrossFit Open 21.3	9th 2020 CrossFit Open 20.2
Wall Balls	5th 2023 Wodapalooza E5 - Double Shot with a Splash	4th 2021 Granite Games Back to Back 1	6th 2021 Individual Quarterfinals Test 3	12th 2020 CrossFit Open 20.5	

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	230 lbs/104.5 kg
2021 Dubai CrossFit Championship	Lift Off	103 lbs/46.8 kg
2021 Rogue Invitational	Bella Complex	237 lbs/107.7 kg
2021 CrossFit Games	1 Rep Max Snatch	185 lbs/84.1 kg
2021 Granite Games	2018's Flashback Snatch (1 Rep Max Snatch)	200 lbs/90.9 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	257 lbs/116.8 kg
2021 CrossFit Open	21.4	218 lbs/99.1 kg

## Carolynne Prevost

Age: 33 Height:5ft 3in/160 cm Weight:145 lbs/66 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	15	12.8	0	0	4	10
2022 - CrossFit Games	23	21.1	0	0	0	14
2022 - Atlas Games	5	7.8	0	3	5	6
2022 - Quarterfinals	31	82.4	0	0	0	5
2022 - World Wide Quarterfinals	66	-	-	-	-	-
2022 - CrossFit Open	34	72.7	0	1	1	3
2021 - Rogue Invitational	18	15	0	1	1	7
2021 - CrossFit Games	27	21.8	0	0	1	10
2021 - CrossFit Atlas Games	1	6.7	3	3	4	6
2021 - Individual Quarterfinals	18	70.8	0	0	1	5
2021 - CrossFit Open	26	134.5	0	1	1	4

2020 - The Rogue Invitational	6	7.1	0	2	6	7
2020 - CrossFit Open	26	61.4	0	0	2	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	12.8	18	12.3	10	-
2022 - CrossFit Games	21.1	29	25.5	14.5	15
2022 - Atlas Games	7.8	9	5.5	4.5	-
2022 - Quarterfinals	82.4	135	-	53	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	72.7	-	3	127	-
2021 - Rogue Invitational	15	18	9.5	18	-
2021 - CrossFit Games	21.8	21	21.2	29	-
2021 - CrossFit Atlas Games	6.7	12	1	12.5	-
2021 - Individual Quarterfinals	70.8	57	39	8	-
2021 - CrossFit Open	134.5	53	217.5	-	-
2020 - The Rogue Invitational	7.1	5.7	4.5	16	-
2020 - CrossFit Open	61.4	-	6	75.3	-

#### Recent Event Results by Movement

Burpees	5th 2022 Atlas Games Event 3	34th 2022 Quarterfinals Event# 5	3rd 2022 CrossFit Open 22.2	2nd 2021 Rogue Invitational The Mule	1st 2021 CrossFit Atlas Games Grettel
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Clean	16th 2022 Rogue Invitational DT with a Spin	14th 2022 CrossFit Games Elizabeth Elevated	30th 2022 CrossFit Games Sandbag Ladder	3rd 2022 Atlas Games Workout 2	19th 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	15th 2022 CrossFit Games Bike to Work	88th 2022 CrossFit Games Open 22.3	1st 2021 CrossFit Atlas Games Friendly Fran	50th 2021 CrossFit Open 21.3	2nd 2019 Brazil CrossFit Championship March of Pain
GHD Situps	7th 2022 Rogue Invitational Ski Bar	20th 2022 CrossFit Games Up and Over	18th 2022 Atlas Games Event 5	37th 2022 Quarterfinals Event# 2	17th 2021 Rogue Invitational Concept2
Handstand Push Ups	10th 2022 Rogue Invitational Snatch and Press	4th 2022 Atlas Games Workout 1	118th 2022 Quarterfinals Event# 1	118th 2022 Quarterfinals Event# 1	118th 2022 Quarterfinals Event# 1
Rowing	15th 2022 CrossFit Games Jackie Pro	34th 2022 Quarterfinals Event# 5	12th 2021 Rogue Invitational Chipper	7th 2021 CrossFit Atlas Games Semifinals 21.5	45th 2021 Individual Quarterfinals Test 3
Snatch	10th 2022 Rogue Invitational Snatch and Press	15th 2022 CrossFit Games Hat Trick	5th 2022 Atlas Games Event 3	34th 2022 Quarterfinals Event# 5	127th 2022 CrossFit Open 22.1
Thrusters	15th 2022 CrossFit Games Jackie Pro	88th 2022 CrossFit Games Open 22.3	17th 2021 Rogue Invitational Echo Burner	26th 2021 CrossFit Games Event# 4	1st 2021 CrossFit Atlas Games Friendly Fran
Toes to Bar	15th 2022 CrossFit Games Bike to Work	3rd 2022 Atlas Games Workout 2	25th 2021 CrossFit Games Event# 10	50th 2021 CrossFit Open 21.3	16th 2020 The Rogue Invitational Event# 4
Wall Balls	15th 2022 CrossFit Games Hat Trick	18th 2022 Atlas Games Event 5	88th 2022 Quarterfinals Event# 3	45th 2021 Individual Quarterfinals Test 3	80th 2020 CrossFit Open 20.5
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>



2022 Rogue Invitational	Texas Oak	170 lbs/77.3 kg
2022 CrossFit Games	Sandbag Ladder	190 lbs/86.4 kg
2022 Atlas Games	Barbell Complex	210 lbs/95.5 kg
2022 Quarterfinals	The Other Total	641 lbs/291.4 kg
2021 Rogue Invitational	Bella Complex	212 lbs/96.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	256 lbs/116.4 kg
2021 CrossFit Open	21.4	216 lbs/98.2 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	230 lbs/104.5 kg
2020 The Rogue Invitational		lbs/0 kg
2018 Dubai CrossFit Championship	Max Snatch	78 lbs/35.5 kg
2018 Crossfit Open	18.2a	238 lbs/108.2 kg
2015 East Regional	Regionals 15.5	0 lbs/0 kg

## Feeroozeh Saghafi

Age: 28 Height:5ft 2in/157 cm Weight:135 lbs/61 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Zelos Games	3	5	0	3	3	4
2022 - Last Chance Qualifier	7	6.5	0	2	3	4
2022 - Granite Games	7	8.3	0	2	5	6
2022 - Quarterfinals	16	52.8	1	1	1	5
2022 - World Wide Quarterfinals	30	-	-	-	-	-
2022 - CrossFit Open	50	93.3	0	0	1	3
2022 - Wodapalooza	8	10.9	0	3	5	8
2021 - Last Chance Qualifier	7	11	0	1	3	4
2021 - Mid Atlantic CrossFit Challenge	7	8	0	3	5	6

2020 - The Rogue Invitational	14	12.6	0	1	1	7
2020 - CrossFit Mayhem Classic	4	6.7	0	3	6	7
2020 - CrossFit Open	79	153.6	0	0	1	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Zelos Games	5	-	11	3.5	-
2022 - Last Chance Qualifier	6.5	-	7.7	3	-
2022 - Granite Games	8.3	22	5	5	-
2022 - Quarterfinals	52.8	187	-	21	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	93.3	-	144	127	-
2022 - Wodapalooza	10.9	21	6	11.6	2
2021 - Last Chance Qualifier	11	13.5	10	7	-
2021 - Mid Atlantic CrossFit Challenge	8	21	4	5.3	-
2021 - Individual Quarterfinals	30.8	61	30.5	1	-
2021 - CrossFit Open	237.3	683	116.5	-	-
2020 - The Rogue Invitational	12.6	11.3	13.5	15	-
2020 - CrossFit Mayhem Classic	6.7	9	6.8	-	-
2020 - CrossFit Open	153.6	-	64	176	-

#### Recent Event Results by Movement

Burpees	3rd 2022 Zelos Games Royal Flush	3rd 2022 Last Chance Qualifier Event# 4	7th 2022 Granite Games Endure The Sled	40th 2022 Quarterfinals Event# 5	144th 2022 CrossFit Open 22.2
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Clean	3rd 2022 Zelos Games Royal Flush	7th 2021 Last Chance Qualifier Event# 4	31st 2021 Individual Quarterfinals Test 1	12th 2020 The Rogue Invitational Chipper	4th 2020 CrossFit Mayhem Classic Event# 5
Chest to Bar Pull Ups	2nd 2022 Zelos Games Full House	5th 2022 Granite Games Speed Chipper	9th 2022 CrossFit Open 22.3	3rd 2022 Wodapalooza Echo Fran	4th 2021 Mid Atlantic CrossFit Challenge Need For Speed II
GHD Situps	6th 2022 Granite Games Minnesota Mash-Up	1st 2022 Quarterfinals Event# 2	8th 2022 Wodapalooza Flipped Off	1st 2021 Individual Quarterfinals Test 2	2nd 2020 CrossFit Mayhem Classic Event# 4
Handstand Push Ups	14th 2022 Quarterfinals Event# 1	14th 2022 Quarterfinals Event# 1	14th 2022 Quarterfinals Event# 1	2nd 2022 Wodapalooza Celebrate Ten	5th 2021 Mid Atlantic CrossFit Challenge Kratos
Rowing	2nd 2022 Zelos Games Full House	13th 2022 Last Chance Qualifier Event# 2	40th 2022 Quarterfinals Event# 5	29th 2022 Wodapalooza Row, Swim, Run	10th 2021 Last Chance Qualifier Event# 1
Snatch	11th 2022 Zelos Games Ace of Spades	5th 2022 Granite Games Speed Chipper	40th 2022 Quarterfinals Event# 5	127th 2022 CrossFit Open 22.1	10th 2021 Last Chance Qualifier Event# 1
Thrusters	3rd 2022 Zelos Games Royal Flush	6th 2022 Last Chance Qualifier Event# 1	8th 2022 Granite Games HS Reverse Fran	9th 2022 CrossFit Open 22.3	3rd 2022 Wodapalooza Echo Fran
Toes to Bar	6th 2022 Wodapalooza WZAOC Remix	7th 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	33rd 2021 CrossFit Open 21.3	15th 2020 The Rogue Invitational Event# 4	42nd 2020 CrossFit Open 20.2
Wall Balls	2nd 2022 Zelos Games Full House	3rd 2022 Last Chance Qualifier Event# 4	6th 2022 Granite Games Minnesota Mash-Up	22nd 2022 Quarterfinals Event# 3	7th 2021 Mid Atlantic CrossFit Challenge Inception

CrossFit Competition	Lift	Weight
2022 Granite Games	Barbell Complex	200 lbs/90.9 kg
2022 Quarterfinals	The Other Total	628 lbs/285.5 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	305 lbs/138.6 kg
2021 Mid Atlantic CrossFit Challenge	8 Mile (1 Rep Max Snatch)	170 lbs/77.3 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	255 lbs/115.9 kg
2021 CrossFit Open	21.4	191 lbs/86.8 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	205 lbs/93.2 kg
2020 The Rogue Invitational		lbs/0 kg
2018 Crossfit Open	18.2a	205 lbs/93.2 kg

## Paige Semenza

Age: 31 Height:5ft 3in/160 cm Weight:143 lbs/65 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	21	19.3	0	0	3	14
2022 - Syndicate Crown	3	5.8	0	3	6	6
2022 - Quarterfinals	9	31	0	0	0	5
2022 - World Wide Quarterfinals	20	-	-	-	-	-
2022 - CrossFit Open	58	101	0	0	0	3
2022 - Wodapalooza	14	15.5	0	0	3	8
2021 - Last Chance Qualifier	12	13	0	1	2	4
2021 - CrossFit Atlas Games	8	8.3	0	1	5	6
2021 - Individual Quarterfinals	12	49.6	0	0	0	5

2021 - CrossFit Open	39	171.3	0	0	0	4
2021 - The Fittest Experience	4	-	-	-	-	-
2020 - Wodapalooza CrossFit Festival	14	15	0	0	1	9
2020 - CrossFit Open	55	115.4	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	19.3	12.7	26.5	19.8	27
2022 - Syndicate Crown	5.8	8	4	5	-
2022 - Quarterfinals	31	38	-	24.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	101	-	78	199	-
2022 - Wodapalooza	15.5	8	30	15.4	9
2021 - Last Chance Qualifier	13	15	19	3	-
2021 - CrossFit Atlas Games	8.3	10	10	5	-
2021 - Individual Quarterfinals	49.6	75	67.5	16	-
2021 - CrossFit Open	171.3	423	95.5	-	-
2021 - The Fittest Experience	-	-	-	-	-
2020 - Wodapalooza CrossFit Festival	15	25	14.8	12.3	-
2020 - CrossFit Open	115.4	-	75	125.5	-

#### Recent Event Results by Movement

Burpees	13th 2023 Wodapalooza E6 - Dirty Isabel	8th 2022 Syndicate Crown Oregon Trail	21st 2022 Quarterfinals Event# 5	78th 2022 CrossFit Open 22.2	14th 2022 Wodapalooza Dale
Clean	13th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	10th 2022 CrossFit Games Sandbag Ladder	14th 2022 CrossFit Games Elizabeth Elevated	2nd 2022 Syndicate Crown King Kong 2.0	3rd 2021 Last Chance Qualifier Event# 4
Chest to Bar Pull Ups	10th 2023 Wodapalooza E6 - Miami Meat Market	30th 2022 CrossFit Games Bike to Work	5th 2022 Syndicate Crown Jackie Style	26th 2022 CrossFit Open 22.3	18th 2022 Wodapalooza Echo Fran
GHD Situps	10th 2023 Wodapalooza E2 - Back to the Future	10th 2023 Wodapalooza E2 - Back to the Future	9th 2022 CrossFit Games Up and Over	8th 2022 Syndicate Crown Skiing With Karen	17th 2022 Quarterfinals Event# 2
Handstand Push Ups	2nd 2022 Syndicate Crown King Kong 2.0	44th 2022 Quarterfinals Event# 1	44th 2022 Quarterfinals Event# 1	44th 2022 Quarterfinals Event# 1	8th 2022 Wodapalooza Celebrate Ten
Rowing	13th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	25th 2022 CrossFit Games Jackie Pro	5th 2022 Syndicate Crown Jackie Style	21st 2022 Quarterfinals Event# 5	19th 2022 Wodapalooza Row, Swim, Run
Snatch	13th 2023 Wodapalooza E6 - Dirty Isabel	8th 2022 CrossFit Games Hat Trick	2nd 2022 Syndicate Crown King Kong 2.0	8th 2022 Syndicate Crown Oregon Trail	21st 2022 Quarterfinals Event# 5
Thrusters	10th 2023 Wodapalooza E2 - Back to the Future	25th 2022 CrossFit Games Jackie Pro	5th 2022 Syndicate Crown Jackie Style	26th 2022 CrossFit Open 22.3	18th 2022 Wodapalooza Echo Fran
Toes to Bar	16th 2023 Wodapalooza E3 - Start Fast, Finish Strong	30th 2022 CrossFit Games Bike to Work	30th 2022 Wodapalooza WZAOE Remix	71st 2021 CrossFit Open 21.3	17th 2020 Wodapalooza CrossFit Festival Nine Lives Part B

Wall Balls	6th 2023 Wodapalooza E5 - Double Shot with a Splash	8th 2022 CrossFit Games Hat Trick	8th 2022 Syndicate Crown Skiing With Karen	35th 2022 Quarterfinals Event# 3	98th 2021 Individual Quarterfinals Test 3
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CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	247 lbs/112.3 kg
2022 CrossFit Games	Sandbag Ladder	210 lbs/95.5 kg
2022 Syndicate Crown	Barbell Complex	220 lbs/100 kg
2022 Quarterfinals	The Other Total	680 lbs/309.1 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	362 lbs/164.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	252 lbs/114.5 kg
2021 CrossFit Open	21.4	197 lbs/89.5 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 1	175 lbs/79.5 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 2	230 lbs/104.5 kg
2018 Crossfit Games	CrossFit Total	785 lbs/356.8 kg
2018 Crossfit Open	18.2a	232 lbs/105.5 kg

## Alexis Raptis

Age: 24 Height:5ft 5in/165 cm Weight:138 lbs/63 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	8	9.4	0	4	5	10
2022 - CrossFit Games	10	13.4	1	2	3	14
2022 - Syndicate Crown	2	5.3	0	5	5	6

2022 - Quarterfinals	2	15.4	0	1	1	5
2022 - World Wide Quarterfinals	5	-	-	-	-	-
2022 - CrossFit Open	7	22	0	1	1	3
2021 - Last Chance Qualifier	11	12.5	0	1	3	4
2021 - West Coast Classic	6	7.6	1	3	5	7
2021 - Individual Quarterfinals	41	138.2	0	1	1	5
2021 - CrossFit Open	95	317.5	0	1	1	4
2020 - CrossFit Open	234	404.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	9.4	10	9.8	8.5	-
2022 - CrossFit Games	13.4	19.3	7.5	13	18
2022 - Syndicate Crown	5.3	12	5	4	-
2022 - Quarterfinals	15.4	19	-	18.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	22	-	40	4	-
2021 - Last Chance Qualifier	12.5	16.5	7	10	-
2021 - West Coast Classic	7.6	5.5	13.5	10	4
2021 - Individual Quarterfinals	138.2	462	54.5	115	-
2021 - CrossFit Open	317.5	913	127.5	-	-
2020 - CrossFit Open	404.2	-	999	255.5	-



### Recent Event Results by Movement

Burpees	4th 2022 Syndicate Crown Oregon Trail	26th 2022 Quarterfinals Event# 5	40th 2022 CrossFit Open 22.2	5th 2021 Last Chance Qualifier Event# 3	10th 2021 West Coast Classic Regionals Finale 2017
Clean	2nd 2022 Rogue Invitational DT with a Spin	29th 2022 CrossFit Games Sandbag Ladder	12th 2022 CrossFit Games Elizabeth Elevated	4th 2022 Syndicate Crown King Kong 2.0	10th 2021 Last Chance Qualifier Event# 4
Chest to Bar Pull Ups	4th 2022 CrossFit Games Bike to Work	4th 2022 Syndicate Crown Jackie Style	22nd 2022 CrossFit Open 22.3	102nd 2021 CrossFit Open 21.3	182nd 2019 Crossfit Open 19.5
GHD Situps	16th 2022 Rogue Invitational Ski Bar	16th 2022 CrossFit Games Up and Over	3rd 2022 Syndicate Crown Skiing With Karen	14th 2022 Quarterfinals Event# 2	4th 2021 West Coast Classic Triple-G Chipper
Handstand Push Ups	4th 2022 Rogue Invitational Snatch and Press	4th 2022 Syndicate Crown King Kong 2.0	2nd 2022 Quarterfinals Event# 1	2nd 2022 Quarterfinals Event# 1	2nd 2022 Quarterfinals Event# 1
Rowing	11th 2022 CrossFit Games Jackie Pro	4th 2022 Syndicate Crown Jackie Style	26th 2022 Quarterfinals Event# 5	7th 2021 Last Chance Qualifier Event# 1	4th 2021 West Coast Classic Triple-G Chipper
Snatch	4th 2022 Rogue Invitational Snatch and Press	17th 2022 CrossFit Games Hat Trick	4th 2022 Syndicate Crown Oregon Trail	4th 2022 Syndicate Crown King Kong 2.0	26th 2022 Quarterfinals Event# 5
Thrusters	11th 2022 CrossFit Games Jackie Pro	4th 2022 Syndicate Crown Jackie Style	22nd 2022 CrossFit Open 22.3	13th 2021 West Coast Classic Legless 2013	102nd 2021 CrossFit Open 21.3
Toes to Bar	4th 2022 CrossFit Games Bike to Work	1st 2021 West Coast Classic Push Pull 2014 2.0	102nd 2021 CrossFit Open 21.3	295th 2020 CrossFit Open 20.2	11th 2019 Mid-Atlantic CrossFit Challenge Groundhog Day

Wall Balls	17th 2022 CrossFit Games Hat Trick	3rd 2022 Syndicate Crown Skiing With Karen	16th 2022 Quarterfinals Event# 3	74th 2021 Individual Quarterfinals Test 3	79th 2020 CrossFit Open 20.5
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CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	190 lbs/86.4 kg
2022 CrossFit Games	Sandbag Ladder	190 lbs/86.4 kg
2022 Syndicate Crown	Barbell Complex	215 lbs/97.7 kg
2022 Quarterfinals	The Other Total	701 lbs/318.6 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	297 lbs/135 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	222 lbs/100.9 kg
2021 CrossFit Open	21.4	187 lbs/85 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 1	170 lbs/77.3 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 2	205 lbs/93.2 kg
2018 Crossfit Open	18.2a	187 lbs/85 kg

# Anikha Greer

Age: 20 Height: 5ft 1in/154 cm Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	19	14.8	0	1	2	10
2022 - Madrid Championship	7	11.1	0	2	5	8
2022 - CanWest Games	1	3	3	4	6	6
2022 - CrossFit Open	16	46.7	0	0	1	3

2022 - Wodapalooza	12	15	1	2	3	8
2021 - Last Chance Qualifier	22	17.5	0	0	0	4
2021 - CrossFit Atlas Games	6	7.8	0	2	4	6
2021 - Individual Quarterfinals	26	88.6	0	0	0	5
2021 - CrossFit Open	58	223.8	0	0	0	4
2020 - CrossFit Open	611	-	0	-	-	-

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	14.8	15	13.3	12.5	-
2022 - Madrid Championship	11.1	35	8	8	6
2022 - CanWest Games	3	1	7	2.7	-
2022 - CrossFit Open	46.7	-	106	24	-
2022 - Wodapalooza	15	10	17	13.4	26
2021 - Last Chance Qualifier	17.5	18	20	14	-
2021 - CrossFit Atlas Games	7.8	14	6	5	-
2021 - Individual Quarterfinals	88.6	19	131	124	-
2021 - CrossFit Open	223.8	187	334	-	-
2020 - CrossFit Open	-	-	-	-	-

#### Recent Event Results by Movement

Burpees	106th 2022 CrossFit Open 22.2	5th 2022 Wodapalooza Dale	26th 2022 Wodapalooza The Bayside Chipper	24th 2021 Last Chance Qualifier Event# 3	10th 2021 CrossFit Atlas Games Grettel
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Clean	20th 2022 Rogue Invitational DT with a Spin	6th 2022 Madrid Championship Atocha	11th 2022 Madrid Championship Need For Speed	2nd 2022 CanWest Games In The Trenches	14th 2021 Last Chance Qualifier Event# 4
Chest to Bar Pull Ups	6th 2022 Madrid Championship Dirty Saiga	1st 2022 CanWest Games The Bends	10th 2022 CrossFit Open 22.3	17th 2022 Wodapalooza Echo Fran	2nd 2021 CrossFit Atlas Games Friendly Fran
GHD Situps	20th 2022 Rogue Invitational Ski Bar	18th 2022 Madrid Championship Yoke and Roll	16th 2022 Wodapalooza Flipped Off	11th 2021 CrossFit Atlas Games Semifinals 21.2	124th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	12th 2022 Rogue Invitational Snatch and Press	6th 2022 Madrid Championship Atocha	2nd 2022 CanWest Games In The Trenches	1st 2022 Wodapalooza Celebrate Ten	38th 2021 Individual Quarterfinals Test 1
Rowing	18th 2022 Madrid Championship Yoke and Roll	1st 2022 CanWest Games The Bends	28th 2022 Wodapalooza Row, Swim, Run	20th 2021 Last Chance Qualifier Event# 1	4th 2021 CrossFit Atlas Games Semifinals 21.5
Snatch	12th 2022 Rogue Invitational Snatch and Press	7th 2022 CanWest Games Sell Your Soul Cycle	6th 2022 CanWest Games Steel Toe Boots	24th 2022 CrossFit Open 22.1	20th 2021 Last Chance Qualifier Event# 1
Thrusters	6th 2022 Madrid Championship Dirty Saiga	1st 2022 CanWest Games Punch The Clock	10th 2022 CrossFit Open 22.3	17th 2022 Wodapalooza Echo Fran	2nd 2021 CrossFit Atlas Games Friendly Fran
Toes to Bar	5th 2022 Madrid Championship Round 2	17th 2022 Wodapalooza WZAOC Remix	40th 2021 CrossFit Open 21.3		
Wall Balls	2nd 2022 Madrid Championship The Rings and The Ramp	125th 2021 Individual Quarterfinals Test 3			

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	180 lbs/81.8 kg
2022 CanWest Games	HWPO Selection	2510 lbs/1140.9 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	347 lbs/157.7 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	269 lbs/122.3 kg
2021 CrossFit Open	21.4	205 lbs/93.2 kg

## Sydney Wells

Age: 28 Height: 5ft 6in/168 cm Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Granite Games	16	16	0	1	2	6
2022 - Quarterfinals	60	131.4	0	0	0	5
2022 - World Wide Quarterfinals	113	-	-	-	-	-
2022 - CrossFit Open	76	137.7	0	0	0	3
2021 - West Coast Classic	14	16.9	0	0	3	7
2021 - Individual Quarterfinals	69	188.6	0	0	0	5
2021 - CrossFit Open	528	1238.5	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Granite Games	16	22	11	19	-
2022 - Quarterfinals	131.4	135	-	163.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - CrossFit Open	137.7	-	22	24	-
2021 - West Coast Classic	16.9	17.5	24.5	6	7
2021 - Individual Quarterfinals	188.6	319	173	214	-
2021 - CrossFit Open	1238.5	1598	1370.5	-	-

#### Recent Event Results by Movement

Burpees	11th 2023 Wodapalooza E6 - Dirty Isabel	10th 2022 Granite Games Endure The Sled	104th 2022 Quarterfinals Event# 5	22nd 2022 CrossFit Open 22.2	6th 2021 West Coast Classic Regionals Finale 2017
Clean	3rd 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	28th 2021 West Coast Classic Regionals Closer 2015	6th 2021 West Coast Classic Regionals Finale 2017	64th 2021 Individual Quarterfinals Test 1	612th 2019 Crossfit Open 19.2
Chest to Bar Pull Ups	17th 2023 Wodapalooza E6 - Miami Meat Market	19th 2022 Granite Games Speed Chipper	367th 2022 CrossFit Open 22.3	615th 2021 CrossFit Open 21.3	570th 2019 Crossfit Open 19.5
GHD Situps	8th 2023 Wodapalooza E2 - Back to the Future	8th 2023 Wodapalooza E2 - Back to the Future	23rd 2022 Granite Games Minnesota Mash-Up	351st 2022 Quarterfinals Event# 2	7th 2021 West Coast Classic Triple-G Chipper
Handstand Push Ups	32nd 2022 Quarterfinals Event# 1	32nd 2022 Quarterfinals Event# 1	32nd 2022 Quarterfinals Event# 1	21st 2021 West Coast Classic Push Pull 2014 2.0	64th 2021 Individual Quarterfinals Test 1
Rowing	3rd 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	104th 2022 Quarterfinals Event# 5	7th 2021 West Coast Classic Triple-G Chipper	91st 2021 Individual Quarterfinals Test 3	1951st 2019 Crossfit Open 19.1
Snatch	11th 2023 Wodapalooza E6 - Dirty Isabel	19th 2022 Granite Games Speed Chipper	104th 2022 Quarterfinals Event# 5	24th 2022 CrossFit Open 22.1	26th 2021 West Coast Classic Regionals Snatch Ladder 2016

Thrusters	8th 2023 Wodapalooza E2 - Back to the Future	4th 2022 Granite Games HS Reverse Fran	367th 2022 CrossFit Open 22.3	21st 2021 West Coast Classic Legless 2013	615th 2021 CrossFit Open 21.3
Toes to Bar	9th 2023 Wodapalooza E3 - Start Fast, Finish Strong	21st 2021 West Coast Classic Push Pull 2014 2.0	615th 2021 CrossFit Open 21.3	612th 2019 Crossfit Open 19.2	
Wall Balls	14th 2023 Wodapalooza E5 - Double Shot with a Splash	23rd 2022 Granite Games Minnesota Mash-Up	35th 2022 Quarterfinals Event# 3	91st 2021 Individual Quarterfinals Test 3	1951st 2019 Crossfit Open 19.1

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	231 lbs/105 kg
2022 Granite Games	Barbell Complex	200 lbs/90.9 kg
2022 Quarterfinals	The Other Total	641 lbs/291.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	230 lbs/104.5 kg
2021 CrossFit Open	21.4	180 lbs/81.8 kg

## Colten Mertens

Age: 25 Height: 5ft 4in/163 cm Weight: 185 lbs/84 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	32	27	0	1	2	11
2022 - Granite Games	5	8.3	1	4	4	6
2022 - World Wide Quarterfinals	72	-	-	-	-	-
2022 - Quarterfinals	35	110	0	0	0	5
2022 - CrossFit Open	4	11.7	0	1	2	3

2022 - Wodapalooza	12	14.9	1	3	3	8
2021 - CrossFit Games	31	26.1	0	0	0	9
2021 - Granite Games	5	8.3	2	4	4	7
2021 - Individual Quarterfinals	21	90.6	0	0	0	5
2021 - CrossFit Open	18	155.3	0	1	1	4
2020 - The Rogue Invitational	9	9.4	2	3	3	7
2020 - CrossFit Mayhem Classic	16	16.6	0	1	2	7
2020 - CrossFit Open	108	243.4	0	0	1	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	27	35.7	16	29	36
2022 - Granite Games	8.3	3	15	1	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	110	19	-	170.3	-
2022 - CrossFit Open	11.7	-	8	23	-
2022 - Wodapalooza	14.9	3	21	12.4	33
2021 - CrossFit Games	26.1	30	24	29	-
2021 - Granite Games	8.3	20	2	10.5	12
2021 - Individual Quarterfinals	90.6	13	170.5	66	-
2021 - CrossFit Open	155.3	355	125.5	-	-
2020 - The Rogue Invitational	9.4	14.7	1	15	-
2020 - CrossFit Mayhem Classic	16.6	21	16	-	-



2020 - CrossFit Open	243.4	-	9	302	-
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**Recent Event Results by Movement**

Burpees	11th 2022 Granite Games Endure The Sled	88th 2022 Quarterfinals Event# 5	8th 2022 CrossFit Open 22.2	33rd 2022 Wodapalooza The Bayside Chipper	12th 2022 Wodapalooza Dale
Clean	37th 2022 CrossFit Games Sandbag Ladder	3rd 2022 CrossFit Games Elizabeth Elevated	17th 2021 CrossFit Games Event# 7	28th 2021 CrossFit Games Event# 6	18th 2021 Granite Games Back to Back 1
Chest to Bar Pull Ups	34th 2022 CrossFit Games Bike to Work	1st 2022 Granite Games Speed Chipper	4th 2022 CrossFit Open 22.3	4th 2022 Wodapalooza Echo Fran	15th 2021 CrossFit Open 21.3
GHD Situps	32nd 2022 CrossFit Games Up and Over	5th 2022 Granite Games Minnesota Mash-Up	67th 2022 Quarterfinals Event# 2	20th 2022 Wodapalooza Flipped Off	18th 2021 Granite Games Back to Back 1
Handstand Push Ups	20th 2022 Quarterfinals Event# 1	20th 2022 Quarterfinals Event# 1	20th 2022 Quarterfinals Event# 1	1st 2022 Wodapalooza Celebrate Ten	3rd 2021 Granite Games Earn It
Rowing	88th 2022 Quarterfinals Event# 5	25th 2022 Wodapalooza Row, Swim, Run	12th 2021 Granite Games Hang On	1st 2021 Granite Games Thurster Run 3.0	146th 2021 Individual Quarterfinals Test 3
Snatch	24th 2022 CrossFit Games Hat Trick	1st 2022 Granite Games Speed Chipper	88th 2022 Quarterfinals Event# 5	23rd 2022 CrossFit Open 22.1	26th 2021 CrossFit Games Event# 9
Thrusters	3rd 2022 Granite Games HS Reverse Fran	4th 2022 CrossFit Open 22.3	4th 2022 Wodapalooza Echo Fran	15th 2021 CrossFit Games Event# 4	1st 2021 Granite Games Thurster Run 3.0
Toes to Bar	34th 2022 CrossFit Games Bike to Work	21st 2022 Wodapalooza WZAOC Remix	3rd 2021 Granite Games Back to Back 2	15th 2021 CrossFit Open 21.3	15th 2020 The Rogue Invitational Event# 4
Wall Balls	24th 2022 CrossFit Games Hat Trick	5th 2022 Granite Games Minnesota Mash-Up	356th 2022 Quarterfinals Event# 3	18th 2021 Granite Games Back to Back 1	146th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 CrossFit Games	Sandbag Ladder	280 lbs/127.3 kg
2022 Granite Games	Barbell Complex	335 lbs/152.3 kg
2022 Quarterfinals	The Other Total	1082 lbs/491.8 kg
2021 Granite Games	2018's Flashback Snatch (1 Rep Max Snatch)	270 lbs/122.7 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	413 lbs/187.7 kg
2021 CrossFit Open	21.4	296 lbs/134.5 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	330 lbs/150 kg
2020 The Rogue Invitational		lbs/0 kg
2018 Dubai CrossFit Championship	Max Snatch	106 lbs/48.2 kg
2018 Crossfit Open	18.2a	309 lbs/140.5 kg

## Nick Mathew

Age: 29 Height:5ft 9in/175 cm Weight:200 lbs/91 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	12	10.3	1	1	5	10
2022 - CrossFit Games	14	16.8	2	3	4	14
2022 - Last Chance Qualifier	4	7.5	0	0	3	4
2022 - Granite Games	6	8.2	0	2	3	6
2022 - World Wide Quarterfinals	55	-	-	-	-	-
2022 - Quarterfinals	30	99	0	0	0	5
2022 - CrossFit Open	208	416.3	0	0	0	3

2022 - Wodapalooza	29	25.3	0	0	1	8
2021 - Last Chance Qualifier	12	12	0	1	1	4
2021 - Granite Games	6	8	0	2	4	7
2021 - Individual Quarterfinals	14	69.6	0	0	0	5
2021 - CrossFit Open	37	212.5	0	0	0	4
2020 - Wodapalooza RX	37	-	-	-	-	-
2020 - CrossFit Mayhem Classic	24	19	0	0	0	7
2020 - CrossFit Filthy 150	9	10.8	0	2	4	9
2020 - CrossFit Open	59	136.6	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	10.3	6	9.8	10	-
2022 - CrossFit Games	16.8	12	19.5	18.8	19
2022 - Last Chance Qualifier	7.5	-	7.7	7	-
2022 - Granite Games	8.2	3	5	12	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	99	105	-	125.7	-
2022 - CrossFit Open	416.3	-	211	756	-
2022 - Wodapalooza	25.3	27	28	23.6	29
2021 - Last Chance Qualifier	12	11	14	12	-
2021 - Granite Games	8	7	12.5	3.5	6
2021 - Individual Quarterfinals	69.6	56	68	90	-

2021 - CrossFit Open	212.5	173	196.5	-	-
2020 - Wodapalooza RX	-	-	-	-	-
2020 - CrossFit Mayhem Classic	19	21	16.5	-	-
2020 - CrossFit Filthy 150	10.8	5	11.2	12.5	-
2020 - CrossFit Open	136.6	-	260	105.8	-

#### Recent Event Results by Movement

Burpees	11th 2023 Wodapalooza E6 - Dirty Isabel	7th 2022 Last Chance Qualifier Event# 4	13th 2022 Granite Games Endure The Sled	11th 2022 Quarterfinals Event# 5	211th 2022 CrossFit Open 22.2
Clean	22nd 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	19th 2022 Rogue Invitational DT with a Spin	1st 2022 CrossFit Games Sandbag Ladder	9th 2022 CrossFit Games Elizabeth Elevated	12th 2021 Last Chance Qualifier Event# 4
Chest to Bar Pull Ups	8th 2023 Wodapalooza E6 - Miami Meat Market	29th 2022 CrossFit Games Bike to Work	12th 2022 Granite Games Speed Chipper	282nd 2022 CrossFit Open 22.3	24th 2022 Wodapalooza Echo Fran
GHD Situps	6th 2023 Wodapalooza E2 - Back to the Future	6th 2023 Wodapalooza E2 - Back to the Future	13th 2022 Rogue Invitational Ski Bar	26th 2022 CrossFit Games Up and Over	11th 2022 Granite Games Minnesota Mash-Up
Handstand Push Ups	7th 2022 Rogue Invitational Snatch and Press	13th 2022 Quarterfinals Event# 1	13th 2022 Quarterfinals Event# 1	13th 2022 Quarterfinals Event# 1	9th 2022 Wodapalooza Celebrate Ten
Rowing	22nd 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	25th 2022 CrossFit Games Jackie Pro	6th 2022 Last Chance Qualifier Event# 2	11th 2022 Quarterfinals Event# 5	35th 2022 Wodapalooza Row, Swim, Run
Snatch	11th 2023 Wodapalooza E6 - Dirty Isabel	7th 2022 Rogue Invitational Snatch and Press	5th 2022 CrossFit Games Hat Trick	12th 2022 Granite Games Speed Chipper	11th 2022 Quarterfinals Event# 5

Thrusters	6th 2023 Wodapalooza E2 - Back to the Future	25th 2022 CrossFit Games Jackie Pro	11th 2022 Last Chance Qualifier Event# 1	6th 2022 Granite Games HS Reverse Fran	282nd 2022 CrossFit Open 22.3
Toes to Bar	3rd 2023 Wodapalooza E3 - Start Fast, Finish Strong	29th 2022 CrossFit Games Bike to Work	28th 2022 Wodapalooza WZAOC Remix	14th 2021 Granite Games Back to Back 2	284th 2021 CrossFit Open 21.3
Wall Balls	6th 2023 Wodapalooza E5 - Double Shot with a Splash	5th 2022 CrossFit Games Hat Trick	7th 2022 Last Chance Qualifier Event# 4	11th 2022 Granite Games Minnesota Mash-Up	142nd 2022 Quarterfinals Event# 3

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	355 lbs/161.4 kg
2022 Rogue Invitational	Texas Oak	280 lbs/127.3 kg
2022 CrossFit Games	Sandbag Ladder	340 lbs/154.5 kg
2022 Granite Games	Barbell Complex	335 lbs/152.3 kg
2022 Quarterfinals	The Other Total	1028 lbs/467.3 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	555 lbs/252.3 kg
2021 Granite Games	2018's Flashback Snatch (1 Rep Max Snatch)	290 lbs/131.8 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	395 lbs/179.5 kg
2021 CrossFit Open	21.4	305 lbs/138.6 kg
2020 CrossFit Filthy 150	1 Rep Max Snatch	128 lbs/58.2 kg
2018 Crossfit Open	18.2a	355 lbs/161.4 kg

## Chandler Smith

Age: 30 Height:5ft 8in/173 cm Weight:195 lbs/89 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	2	6.6	1	5	7	10
2022 - CanWest Games	1	2.5	2	6	6	6
2022 - Granite Games	11	12	0	1	3	6
2022 - World Wide Quarterfinals	4	-	-	-	-	-
2022 - Quarterfinals	2	22.8	0	1	1	5
2022 - CrossFit Open	20	63.3	0	0	1	3
2021 - Rogue Invitational	8	9	0	2	5	7
2021 - CrossFit Games	21	17.3	0	1	1	10
2021 - Granite Games	2	6.4	1	2	6	7
2021 - Individual Quarterfinals	11	67.2	0	1	2	5
2021 - CrossFit Open	59	292.5	0	0	0	4
2020 - Crossfit Games - Online	6	11.7	0	2	3	7
2020 - The Rogue Invitational	4	5.9	2	4	6	7
2020 - CrossFit Mayhem Classic	1	5.9	0	3	7	7
2020 - CrossFit Open	22	61.8	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	6.6	2	8.5	7	-
2022 - CanWest Games	2.5	2	1	3	-
2022 - Granite Games	12	8	12.5	5	-
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - Quarterfinals	22.8	14	-	28.3	-
2022 - CrossFit Open	63.3	-	8	75	-
2021 - Rogue Invitational	9	9	11.5	7.5	-
2021 - CrossFit Games	17.3	22	15	15	-
2021 - Granite Games	6.4	2	7.5	10	1
2021 - Individual Quarterfinals	67.2	67	74	5	-
2021 - CrossFit Open	292.5	329	363.5	-	-
2020 - Crossfit Games - Online	11.7	14	13	7	-
2020 - The Rogue Invitational	5.9	3	5	13	-
2020 - CrossFit Mayhem Classic	5.9	6	6.5	-	-
2020 - CrossFit Open	61.8	-	13	74	-

#### Recent Event Results by Movement

Burpees	15th 2022 Granite Games Endure The Sled	4th 2022 Quarterfinals Event# 5	8th 2022 CrossFit Open 22.2	5th 2021 Rogue Invitational The Mule	7th 2021 Granite Games So Close But So Far Away
Clean	12th 2022 Rogue Invitational DT with a Spin	3rd 2022 CanWest Games In The Trenches	12th 2021 Rogue Invitational The Duel	16th 2021 CrossFit Games Event# 7	11th 2021 CrossFit Games Event# 6
Chest to Bar Pull Ups	5th 2022 CanWest Games The Bends	5th 2022 Granite Games Speed Chipper	107th 2022 CrossFit Open 22.3	114th 2021 CrossFit Open 21.3	20th 2020 Crossfit Games - Online Friendly Fran
GHD Situps	2nd 2022 Rogue Invitational Ski Bar	19th 2022 Granite Games Minnesota Mash-Up	22nd 2022 Quarterfinals Event# 2	3rd 2021 Rogue Invitational Concept2	9th 2021 Granite Games Back to Back 1
Handstand Push Ups	3rd 2022 Rogue Invitational Snatch and Press	3rd 2022 CanWest Games In The Trenches	15th 2022 Quarterfinals Event# 1	15th 2022 Quarterfinals Event# 1	15th 2022 Quarterfinals Event# 1

Rowing	5th 2022 CanWest Games The Bends	4th 2022 Quarterfinals Event# 5	10th 2021 Rogue Invitational Chipper	1st 2021 Granite Games Hang On	9th 2021 Granite Games Thurster Run 3.0
Snatch	3rd 2022 Rogue Invitational Snatch and Press	1st 2022 CanWest Games Sell Your Soul Cycle	1st 2022 CanWest Games Steel Toe Boots	5th 2022 Granite Games Speed Chipper	4th 2022 Quarterfinals Event# 5
Thrusters	3rd 2022 CanWest Games Punch The Clock	18th 2022 Granite Games HS Reverse Fran	107th 2022 CrossFit Open 22.3	18th 2021 Rogue Invitational Echo Burner	13th 2021 CrossFit Games Event# 4
Toes to Bar	19th 2021 CrossFit Games Event# 10	6th 2021 Granite Games Back to Back 2	114th 2021 CrossFit Open 21.3	13th 2020 The Rogue Invitational Event# 4	210th 2020 CrossFit Open 20.2
Wall Balls	19th 2022 Granite Games Minnesota Mash-Up	59th 2022 Quarterfinals Event# 3	9th 2021 Granite Games Back to Back 1	139th 2021 Individual Quarterfinals Test 3	48th 2020 CrossFit Open 20.5

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	300 lbs/136.4 kg
2022 CanWest Games	HWPO Selection	5550 lbs/2522.7 kg
2022 Granite Games	Barbell Complex	325 lbs/147.7 kg
2022 Quarterfinals	The Other Total	1089 lbs/495 kg
2021 Rogue Invitational	Bella Complex	340 lbs/154.5 kg
2021 Granite Games	2018's Flashback Snatch (1 Rep Max Snatch)	305 lbs/138.6 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	390 lbs/177.3 kg
2021 CrossFit Open	21.4	297 lbs/135 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	424 lbs/192.7 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	360 lbs/163.6 kg
2020 The Rogue Invitational		lbs/0 kg



# Samuel Kwant

Age: 27 Height:5ft 11in/180 cm Weight:200 lbs/91 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	8	9.4	1	3	6	10
2022 - CrossFit Games	4	11.1	0	6	7	14
2022 - Granite Games	4	6.7	0	3	5	6
2022 - Quarterfinals	9	48	0	0	0	5
2022 - World Wide Quarterfinals	13	-	-	-	-	-
2022 - CrossFit Open	25	81.3	0	0	0	3
2021 - Rogue Invitational	13	12.6	0	1	2	7
2021 - Mid Atlantic CrossFit Challenge	14	14.8	0	0	2	6
2021 - Individual Quarterfinals	16	74.8	0	0	0	5
2021 - CrossFit Open	224	847.8	0	0	0	4
2020 - CrossFit Games Final	2	3.3	1	12	12	12
2020 - Crossfit Games - Online	4	10.6	0	2	5	7
2020 - CrossFit Open	16	49.6	0	0	1	5

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	9.4	9.5	10.3	13.5	-

2022 - CrossFit Games	11.1	10.7	11.5	14.3	4
2022 - Granite Games	6.7	15	5.5	4	-
2022 - Quarterfinals	48	57	-	43.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	81.3	-	86	108	-
2021 - Rogue Invitational	12.6	14	13	9	-
2021 - Mid Atlantic CrossFit Challenge	14.8	10	12	15	-
2021 - Individual Quarterfinals	74.8	106	85	16	-
2021 - CrossFit Open	847.8	255	1400	-	-
2020 - CrossFit Games Final	3.3	3.6	3.3	2.5	5
2020 - Crossfit Games - Online	10.6	5.3	21.5	7.5	-
2020 - CrossFit Open	49.6	-	12	59	-

#### Recent Event Results by Movement

Burpees	3rd 2022 Granite Games Endure The Sled	59th 2022 Quarterfinals Event# 5	86th 2022 CrossFit Open 22.2	17th 2021 Rogue Invitational The Mule	12th 2021 Mid Atlantic CrossFit Challenge Grettel
Clean	2nd 2022 Rogue Invitational DT with a Spin	11th 2022 CrossFit Games Sandbag Ladder	17th 2022 CrossFit Games Elizabeth Elevated	2nd 2021 Rogue Invitational The Duel	82nd 2021 Individual Quarterfinals Test 1
Chest to Bar Pull Ups	26th 2022 CrossFit Games Bike to Work	4th 2022 Granite Games Speed Chipper	50th 2022 CrossFit Open 22.3	8th 2021 Mid Atlantic CrossFit Challenge Need For Speed II	336th 2021 CrossFit Open 21.3

GHD Situps	5th 2022 Rogue Invitational Ski Bar	4th 2022 CrossFit Games Up and Over	7th 2022 Granite Games Minnesota Mash-Up	19th 2022 Quarterfinals Event# 2	16th 2021 Rogue Invitational Concept2
Handstand Push Ups	18th 2022 Rogue Invitational Snatch and Press	52nd 2022 Quarterfinals Event# 1	52nd 2022 Quarterfinals Event# 1	52nd 2022 Quarterfinals Event# 1	18th 2021 Rogue Invitational Chipper
Rowing	5th 2022 CrossFit Games Jackie Pro	59th 2022 Quarterfinals Event# 5	18th 2021 Rogue Invitational Chipper	58th 2021 Individual Quarterfinals Test 3	3rd 2020 CrossFit Games Final 2007 Reload
Snatch	18th 2022 Rogue Invitational Snatch and Press	21st 2022 CrossFit Games Hat Trick	4th 2022 Granite Games Speed Chipper	59th 2022 Quarterfinals Event# 5	108th 2022 CrossFit Open 22.1
Thrusters	5th 2022 CrossFit Games Jackie Pro	8th 2022 Granite Games HS Reverse Fran	50th 2022 CrossFit Open 22.3	9th 2021 Rogue Invitational Echo Burner	22nd 2021 Mid Atlantic CrossFit Challenge Triwizard Cup
Toes to Bar	26th 2022 CrossFit Games Bike to Work	22nd 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	336th 2021 CrossFit Open 21.3	4th 2020 CrossFit Games Final Toes-To-Bar/Lunge	116th 2020 CrossFit Open 20.2
Wall Balls	21st 2022 CrossFit Games Hat Trick	7th 2022 Granite Games Minnesota Mash-Up	53rd 2022 Quarterfinals Event# 3	19th 2021 Mid Atlantic CrossFit Challenge Inception	58th 2021 Individual Quarterfinals Test 3
<b>CrossFit Competition</b>			<b>Lift</b>	<b>Weight</b>	
2022 Rogue Invitational			Texas Oak	270 lbs/122.7 kg	
2022 CrossFit Games			Sandbag Ladder	320 lbs/145.5 kg	
2022 Granite Games			Barbell Complex	315 lbs/143.2 kg	

2022 Quarterfinals	The Other Total	1046 lbs/475.5 kg
2021 Rogue Invitational	Bella Complex	327 lbs/148.6 kg
2021 Mid Atlantic CrossFit Challenge	8 Mile (1 Rep Max Snatch)	280 lbs/127.3 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	385 lbs/175 kg
2021 CrossFit Open	21.4	300 lbs/136.4 kg
2020 CrossFit Games Final	CrossFit Total	1196 lbs/543.6 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	413 lbs/187.7 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 1	275 lbs/125 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 2	345 lbs/156.8 kg
2018 Crossfit Open	18.2a	352 lbs/160 kg
2017 Crossfit Games	1 Rep Max Snatch	285 lbs/129.5 kg
2016 Crossfit Games	Ranch Deadlift Ladder	475 lbs/215.9 kg
2015 West Regional	Regionals 15.5	237 lbs/107.7 kg

## Justin Medeiros

Age: 24 Height:5ft 8in/173 cm Weight:190 lbs/86 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	1	6.3	2	6	8	10
2022 - CrossFit Games	1	5.9	0	10	12	14
2022 - Syndicate Crown	1	3.5	1	5	6	6
2022 - World Wide Quarterfinals	1	-	-	-	-	-
2022 - Quarterfinals	1	18	1	2	3	5
2022 - CrossFit Open	3	10.3	0	1	2	3

2021 - Rogue Invitational	1	2.6	1	7	7	7
2021 - CrossFit Games	1	6	1	7	13	15
2021 - Mid Atlantic CrossFit Challenge	3	4	1	4	6	6
2021 - Individual Quarterfinals	6	55.4	1	1	1	5
2021 - CrossFit Open	57	289	0	1	2	4
2020 - CrossFit Games Final	3	3.4	0	12	12	12
2020 - Crossfit Games - Online	3	9.1	0	3	4	7
2020 - CrossFit Filthy 150	1	5	0	6	8	9
2020 - CrossFit Open	68	155.2	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	6.3	10.5	7	4	-
2022 - CrossFit Games	5.9	9.3	7.3	3.3	8
2022 - Syndicate Crown	3.5	4	7	3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	18	54	-	10.3	-
2022 - CrossFit Open	10.3	-	19	5	-
2021 - Rogue Invitational	2.6	3	2	2	-
2021 - CrossFit Games	6	6.7	5.3	5.7	1
2021 - Mid Atlantic CrossFit Challenge	4	9	4	3	-
2021 - Individual Quarterfinals	55.4	37	44.5	1	-
2021 - CrossFit Open	289	1068	42.5	-	-

2020 - CrossFit Games Final	3.4	3.8	3	3.5	3
2020 - Crossfit Games - Online	9.1	9.7	14.5	3	-
2020 - CrossFit Filthy 150	5	5	5.8	2.5	-
2020 - CrossFit Open	155.2	-	367	102.3	-

#### Recent Event Results by Movement

Burpees	4th 2022 Syndicate Crown Oregon Trail	21st 2022 Quarterfinals Event# 5	19th 2022 CrossFit Open 22.2	2nd 2021 Rogue Invitational The Mule	3rd 2021 CrossFit Games Event# 13
Clean	5th 2022 Rogue Invitational DT with a Spin	5th 2022 CrossFit Games Sandbag Ladder	12th 2022 CrossFit Games Elizabeth Elevated	2nd 2022 Syndicate Crown King Kong 2.0	3rd 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	3rd 2022 CrossFit Games Bike to Work	3rd 2022 Syndicate Crown Jackie Style	7th 2022 CrossFit Open 22.3	1st 2021 CrossFit Games Event# 15	2nd 2021 Mid Atlantic CrossFit Challenge Need For Speed II
GHD Situps	1st 2022 Rogue Invitational Ski Bar	2nd 2022 CrossFit Games Up and Over	1st 2022 Syndicate Crown Skiing With Karen	1st 2022 Quarterfinals Event# 2	1st 2021 Rogue Invitational Concept2
Handstand Push Ups	8th 2022 Rogue Invitational Snatch and Press	2nd 2022 Syndicate Crown King Kong 2.0	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1	5th 2022 Quarterfinals Event# 1
Rowing	4th 2022 CrossFit Games Jackie Pro	3rd 2022 Syndicate Crown Jackie Style	21st 2022 Quarterfinals Event# 5	5th 2021 Rogue Invitational Chipper	1st 2021 CrossFit Games Event# 15

Snatch	8th 2022 Rogue Invitational Snatch and Press	3rd 2022 CrossFit Games Hat Trick	2nd 2022 Syndicate Crown King Kong 2.0	4th 2022 Syndicate Crown Oregon Trail	21st 2022 Quarterfinals Event# 5
Thrusters	4th 2022 CrossFit Games Jackie Pro	3rd 2022 Syndicate Crown Jackie Style	7th 2022 CrossFit Open 22.3	2nd 2021 Rogue Invitational Echo Burner	2nd 2021 CrossFit Games Event# 4
Toes to Bar	3rd 2022 CrossFit Games Bike to Work	6th 2021 CrossFit Games Event# 10	2nd 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	3rd 2021 CrossFit Open 21.3	3rd 2020 CrossFit Games Final Toes-To-Bar/Lunge
Wall Balls	3rd 2022 CrossFit Games Hat Trick	1st 2022 Syndicate Crown Skiing With Karen	9th 2022 Quarterfinals Event# 3	6th 2021 Mid Atlantic CrossFit Challenge Inception	67th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 Rogue Invitational	Texas Oak	260 lbs/118.2 kg
2022 CrossFit Games	Sandbag Ladder	330 lbs/150 kg
2022 Syndicate Crown	Barbell Complex	335 lbs/152.3 kg
2022 Quarterfinals	The Other Total	1047 lbs/475.9 kg
2021 Rogue Invitational	Bella Complex	352 lbs/160 kg
2021 CrossFit Games	1 Rep Max Snatch	285 lbs/129.5 kg
2021 Mid Atlantic CrossFit Challenge	8 Mile (1 Rep Max Snatch)	285 lbs/129.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	402 lbs/182.7 kg
2021 CrossFit Open	21.4	277 lbs/125.9 kg
2020 CrossFit Games Final	CrossFit Total	1192 lbs/541.8 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	437 lbs/198.6 kg

2020 CrossFit Filthy 150	1 Rep Max Snatch	128 lbs/58.2 kg
2018 Crossfit Open	18.2a	347 lbs/157.7 kg

# Patrick Vellner

Age: 33 Height:5ft 11in/180 cm Weight:195 lbs/89 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	4	6.9	1	5	9	10
2022 - CrossFit Games	6	13.2	1	4	8	14
2022 - Atlas Games	2	2.8	1	5	6	6
2022 - Quarterfinals	7	43.8	0	1	2	5
2022 - World Wide Quarterfinals	10	-	-	-	-	-
2022 - CrossFit Open	69	150.7	0	1	1	3
2022 - Wodapalooza	1	5.5	2	5	7	8
2021 - Rogue Invitational	2	4.9	2	5	6	7
2021 - CrossFit Games	2	8.1	3	8	10	15
2021 - CrossFit Atlas Games	1	3.3	2	4	6	6
2021 - Individual Quarterfinals	4	48.2	0	1	2	5
2021 - CrossFit Open	20	159.5	0	1	1	4
2020 - Crossfit Games - Online	9	12.1	0	0	4	7
2020 - The Rogue Invitational	1	3	2	6	7	7
2020 - Wodapalooza CrossFit Festival	1	6	3	4	8	9
2020 - CrossFit Open	1	12.8	0	1	1	5



**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	6.9	13.5	6.5	2.5	-
2022 - CrossFit Games	13.2	18.7	10.8	13	23
2022 - Atlas Games	2.8	6	2.5	1.5	-
2022 - Quarterfinals	43.8	105	-	12	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	150.7	-	4	401	-
2022 - Wodapalooza	5.5	5	4	6.8	1
2021 - Rogue Invitational	4.9	8	3	7.5	-
2021 - CrossFit Games	8.1	7.3	11.3	2.7	11
2021 - CrossFit Atlas Games	3.3	6	5	1.5	-
2021 - Individual Quarterfinals	48.2	133	6.5	21	-
2021 - CrossFit Open	159.5	574	30	-	-
2020 - Crossfit Games - Online	12.1	12	12	12.5	-
2020 - The Rogue Invitational	3	4.3	2.5	1	-
2020 - Wodapalooza CrossFit Festival	6	7	8.3	4.3	-
2020 - CrossFit Open	12.8	-	13	12.8	-

**Recent Event Results by Movement**

Burpees	3rd 2023 Wodapalooza E6 - Dirty Isabel	1st 2022 Atlas Games Event 3	3rd 2022 Quarterfinals Event# 5	4th 2022 CrossFit Open 22.2	6th 2022 Wodapalooza Dale
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Clean	6th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	7th 2022 Rogue Invitational DT with a Spin	17th 2022 CrossFit Games Sandbag Ladder	1st 2022 CrossFit Games Elizabeth Elevated	3rd 2022 Atlas Games Workout 2
Chest to Bar Pull Ups	3rd 2023 Wodapalooza E6 - Miami Meat Market	20th 2022 CrossFit Games Bike to Work	47th 2022 CrossFit Open 22.3	5th 2022 Wodapalooza Echo Fran	11th 2021 CrossFit Games Event# 15
GHD Situps	4th 2023 Wodapalooza E2 - Back to the Future	4th 2023 Wodapalooza E2 - Back to the Future	4th 2022 Rogue Invitational Ski Bar	8th 2022 CrossFit Games Up and Over	3rd 2022 Atlas Games Event 5
Handstand Push Ups	10th 2022 Rogue Invitational Snatch and Press	2nd 2022 Atlas Games Workout 1	78th 2022 Quarterfinals Event# 1	78th 2022 Quarterfinals Event# 1	78th 2022 Quarterfinals Event# 1
Rowing	6th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	15th 2022 CrossFit Games Jackie Pro	3rd 2022 Quarterfinals Event# 5	12th 2022 Wodapalooza Row, Swim, Run	4th 2021 Rogue Invitational Chipper
Snatch	3rd 2023 Wodapalooza E6 - Dirty Isabel	10th 2022 Rogue Invitational Snatch and Press	10th 2022 CrossFit Games Hat Trick	1st 2022 Atlas Games Event 3	3rd 2022 Quarterfinals Event# 5
Thrusters	4th 2023 Wodapalooza E2 - Back to the Future	15th 2022 CrossFit Games Jackie Pro	47th 2022 CrossFit Open 22.3	5th 2022 Wodapalooza Echo Fran	5th 2021 Rogue Invitational Echo Burner
Toes to Bar	1st 2023 Wodapalooza E3 - Start Fast, Finish Strong	20th 2022 CrossFit Games Bike to Work	3rd 2022 Atlas Games Workout 2	4th 2022 Wodapalooza WZAOC Remix	11th 2021 CrossFit Games Event# 10
Wall Balls	12th 2023 Wodapalooza E5 - Double Shot with a Splash	10th 2022 CrossFit Games Hat Trick	3rd 2022 Atlas Games Event 5	24th 2022 Quarterfinals Event# 3	9th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	346 lbs/157.3 kg
2022 Rogue Invitational	Texas Oak	260 lbs/118.2 kg
2022 CrossFit Games	Sandbag Ladder	310 lbs/140.9 kg

2022 Atlas Games	Barbell Complex	320 lbs/145.5 kg
2022 Quarterfinals	The Other Total	1028 lbs/467.3 kg
2021 Rogue Invitational	Bella Complex	342 lbs/155.5 kg
2021 CrossFit Games	1 Rep Max Snatch	290 lbs/131.8 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	381 lbs/173.2 kg
2021 CrossFit Open	21.4	287 lbs/130.5 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	383 lbs/174.1 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	350 lbs/159.1 kg
2020 The Rogue Invitational		lbs/0 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	157 lbs/71.4 kg
2018 Crossfit Games	CrossFit Total	1250 lbs/568.2 kg
2018 Crossfit Open	18.2a	343 lbs/155.9 kg
2017 Crossfit Games	1 Rep Max Snatch	262 lbs/119.1 kg
2016 Crossfit Games	Ranch Deadlift Ladder	525 lbs/238.6 kg

## Travon Benton

Age: 27 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Mid Atlantic CrossFit Challenge	18	18.5	0	1	1	6
2022 - Quarterfinals	106	228.8	0	0	0	5
2022 - World Wide Quarterfinals	213	-	-	-	-	-
2022 - CrossFit Open	22	71	0	0	0	3

2022 - The Fittest Experience	9	-	-	-	-	-
2021 - Individual Quarterfinals	140	320.8	0	0	0	5
2021 - CrossFit Open	146	586	0	0	0	4
2021 - The Fittest Experience	11	-	-	-	-	-

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Mid Atlantic CrossFit Challenge	18.5	3	17	25	22.5
2022 - Quarterfinals	228.8	80	-	219.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	71	-	39	146	-
2022 - The Fittest Experience	-	-	-	-	-
2021 - Individual Quarterfinals	320.8	123	250.5	850	-
2021 - CrossFit Open	586	551	793.5	-	-
2021 - The Fittest Experience	-	-	-	-	-

#### Recent Event Results by Movement

Burpees	20th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	59th 2022 Quarterfinals Event# 5	39th 2022 CrossFit Open 22.2	35th 2021 Individual Quarterfinals Test 5	55th 2021 CrossFit Open 21.2
Clean	34th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	21st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	130th 2021 Individual Quarterfinals Test 1		

Chest to Bar Pull Ups	21st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	28th 2022 CrossFit Open 22.3	206th 2021 CrossFit Open 21.3		
GHD Situps	34th 2023 Wodapalooza E2 - Back to the Future	34th 2023 Wodapalooza E2 - Back to the Future	25th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	535th 2022 Quarterfinals Event# 2	850th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	405th 2022 Quarterfinals Event# 1	405th 2022 Quarterfinals Event# 1	405th 2022 Quarterfinals Event# 1	130th 2021 Individual Quarterfinals Test 1	130th 2021 Individual Quarterfinals Test 1
Rowing	34th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	59th 2022 Quarterfinals Event# 5	466th 2021 Individual Quarterfinals Test 3		
Snatch	20th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	59th 2022 Quarterfinals Event# 5	146th 2022 CrossFit Open 22.1	35th 2021 Individual Quarterfinals Test 5	55th 2021 CrossFit Open 21.2
Thrusters	34th 2023 Wodapalooza E2 - Back to the Future	28th 2022 CrossFit Open 22.3	206th 2021 CrossFit Open 21.3		
Toes to Bar	33rd 2023 Wodapalooza E3 - Start Fast, Finish Strong	20th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	206th 2021 CrossFit Open 21.3		
Wall Balls	36th 2023 Wodapalooza E5 - Double Shot with a Splash	21st 2022 Mid Atlantic CrossFit Challenge The MACC Mile	65th 2022 Quarterfinals Event# 3	466th 2021 Individual Quarterfinals Test 3	
<b>CrossFit Competition</b>			<b>Lift</b>		<b>Weight</b>
2023 Wodapalooza			E4 - We Have Lift Off		360 lbs/163.6 kg

2022 Mid Atlantic CrossFit Challenge	Barbell Complex	330 lbs/150 kg
2022 Quarterfinals	The Other Total	1037 lbs/471.4 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	383 lbs/174.1 kg
2021 CrossFit Open	21.4	288 lbs/130.9 kg

## William Leahy IV

Age: 22 Height:5ft 11in/180 cm Weight:185 lbs/84 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Mid Atlantic CrossFit Challenge	10	11	1	2	3	6
2022 - World Wide Quarterfinals	65	-	-	-	-	-
2022 - Quarterfinals	43	126.4	0	0	0	5
2022 - CrossFit Open	195	394.3	0	0	0	3
2021 - CrossFit Open	533	1585	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Mid Atlantic CrossFit Challenge	11	19	1	22	8.5
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	126.4	356	-	76.7	-
2022 - CrossFit Open	394.3	-	602	401	-
2021 - CrossFit Open	1585	4075	874.5	-	-

**Recent Event Results by Movement**

Burpees	4th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	69th 2022 Quarterfinals Event# 5	602nd 2022 CrossFit Open 22.2	1511th 2021 CrossFit Open 21.2
Clean	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile			
Chest to Bar Pull Ups	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	180th 2022 CrossFit Open 22.3	516th 2021 CrossFit Open 21.3	
GHD Situps	22nd 2022 Mid Atlantic CrossFit Challenge Midline Sadness	91st 2022 Quarterfinals Event# 2		
Handstand Push Ups	46th 2022 Quarterfinals Event# 1	46th 2022 Quarterfinals Event# 1	46th 2022 Quarterfinals Event# 1	
Rowing	69th 2022 Quarterfinals Event# 5			
Snatch	4th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	69th 2022 Quarterfinals Event# 5	401st 2022 CrossFit Open 22.1	1511th 2021 CrossFit Open 21.2
Thrusters	180th 2022 CrossFit Open 22.3	516th 2021 CrossFit Open 21.3		
Toes to Bar	4th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	516th 2021 CrossFit Open 21.3		
Wall Balls	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	70th 2022 Quarterfinals Event# 3		

**CrossFit Competition**

**Lift**

**Weight**

2022 Mid Atlantic CrossFit Challenge	Barbell Complex	305 lbs/138.6 kg
2022 Quarterfinals	The Other Total	965 lbs/438.6 kg
2021 CrossFit Open	21.4	255 lbs/115.9 kg

## Scott Tetlow

Age: 30 Height:5ft 3in/160 cm Weight:175 lbs/80 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	17	13.7	0	2	3	10
2022 - Syndicate Crown	11	12.7	1	1	2	6
2022 - World Wide Quarterfinals	93	-	-	-	-	-
2022 - Quarterfinals	62	156.6	0	0	0	5
2022 - CrossFit Open	8	24	1	1	1	3
2021 - Granite Games	11	14.3	1	3	3	7
2021 - Individual Quarterfinals	48	146.4	0	0	0	5
2021 - CrossFit Open	47	252.5	0	1	1	4
2020 - Crossfit Games - Online	17	15.9	0	1	2	7
2020 - Wodapalooza CrossFit Festival	24	20.8	0	0	2	9
2020 - CrossFit Mayhem Classic	18	17.3	0	0	1	7
2020 - CrossFit Open	17	50.2	0	0	2	5

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	13.7	13.5	12.8	11.5	-



2022 - Syndicate Crown	12.7	21	22	1	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	156.6	531	-	73	-
2022 - CrossFit Open	24	-	15	56	-
2021 - Granite Games	14.3	27	14	10	22
2021 - Individual Quarterfinals	146.4	337	151.5	41	-
2021 - CrossFit Open	252.5	711	140	-	-
2020 - Crossfit Games - Online	15.9	19.3	5	21.5	-
2020 - Wodapalooza CrossFit Festival	20.8	27	23.8	13	-
2020 - CrossFit Mayhem Classic	17.3	18.5	16	-	-
2020 - CrossFit Open	50.2	-	7	61	-

#### Recent Event Results by Movement

Burpees	11th 2022 Syndicate Crown Oregon Trail	79th 2022 Quarterfinals Event# 5	15th 2022 CrossFit Open 22.2	3rd 2021 Granite Games So Close But So Far Away	98th 2021 Individual Quarterfinals Test 5
Clean	17th 2022 Rogue Invitational DT with a Spin	9th 2022 Syndicate Crown King Kong 2.0	19th 2021 Granite Games Back to Back 1	3rd 2021 Granite Games So Close But So Far Away	51st 2021 Individual Quarterfinals Test 1
Chest to Bar Pull Ups	1st 2022 Syndicate Crown Jackie Style	1st 2022 CrossFit Open 22.3	19th 2021 CrossFit Open 21.3	3rd 2020 Crossfit Games - Online Friendly Fran	20th 2020 Wodapalooza CrossFit Festival Nine Lives Part A
GHD Situps	19th 2022 Rogue Invitational Ski Bar	12th 2022 Syndicate Crown Skiing With Karen	11th 2022 Quarterfinals Event# 2	19th 2021 Granite Games Back to Back 1	41st 2021 Individual Quarterfinals Test 2

Handstand Push Ups	5th 2022 Rogue Invitational Snatch and Press	9th 2022 Syndicate Crown King Kong 2.0	33rd 2022 Quarterfinals Event# 1	33rd 2022 Quarterfinals Event# 1	33rd 2022 Quarterfinals Event# 1
Rowing	1st 2022 Syndicate Crown Jackie Style	79th 2022 Quarterfinals Event# 5	22nd 2021 Granite Games Hang On	4th 2021 Granite Games Thurster Run 3.0	205th 2021 Individual Quarterfinals Test 3
Snatch	5th 2022 Rogue Invitational Snatch and Press	9th 2022 Syndicate Crown King Kong 2.0	11th 2022 Syndicate Crown Oregon Trail	79th 2022 Quarterfinals Event# 5	56th 2022 CrossFit Open 22.1
Thrusters	1st 2022 Syndicate Crown Jackie Style	1st 2022 CrossFit Open 22.3	4th 2021 Granite Games Thurster Run 3.0	19th 2021 CrossFit Open 21.3	3rd 2020 Crossfit Games - Online Friendly Fran
Toes to Bar	24th 2021 Granite Games Back to Back 2	19th 2021 CrossFit Open 21.3	21st 2020 Wodapalooza CrossFit Festival Nine Lives Part B	57th 2020 CrossFit Open 20.2	154th 2019 Crossfit Open 19.2
Wall Balls	12th 2022 Syndicate Crown Skiing With Karen	129th 2022 Quarterfinals Event# 3	19th 2021 Granite Games Back to Back 1	205th 2021 Individual Quarterfinals Test 3	26th 2020 Wodapalooza CrossFit Festival Celebrate Life
<b>CrossFit Competition</b>		<b>Lift</b>			<b>Weight</b>
2022 Rogue Invitational		Texas Oak			280 lbs/127.3 kg
2022 Syndicate Crown		Barbell Complex			300 lbs/136.4 kg
2022 Quarterfinals		The Other Total			936 lbs/425.5 kg
2021 Granite Games		2018's Flashback Snatch (1 Rep Max Snatch)			260 lbs/118.2 kg
2021 Individual Quarterfinals		Test 4 (4 Rep Max Front Squat)			362 lbs/164.5 kg
2021 CrossFit Open		21.4			285 lbs/129.5 kg

2020 Crossfit Games - Online	1 Rep Max Front Squat	395 lbs/179.5 kg
2018 Crossfit Open	18.2a	317 lbs/144.1 kg

# Anthony Davis

Age: 28 Height:5ft 9in/175 cm Weight:225 lbs/102 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Granite Games	9	11.2	1	2	4	6
2022 - World Wide Quarterfinals	88	-	-	-	-	-
2022 - Quarterfinals	48	131.6	0	2	2	5
2022 - CrossFit Open	97	211.3	0	0	0	3
2022 - Wodapalooza	34	27.3	1	1	1	8
2021 - Granite Games	10	12	1	3	4	7
2021 - Individual Quarterfinals	108	262	0	1	3	5
2021 - CrossFit Open	990	2537	0	0	0	4

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Granite Games	11.2	1	23.5	3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	131.6	5	-	67.7	-
2022 - CrossFit Open	211.3	-	181	216	-
2022 - Wodapalooza	27.3	1	25	31.2	36
2021 - Granite Games	12	1	12	18.5	2

2021 - Individual Quarterfinals	262	6	4.5	650	-
2021 - CrossFit Open	2537	28	3985	-	-

#### Recent Event Results by Movement

Burpees	10th 2022 Granite Games Endure The Sled	2nd 2022 Quarterfinals Event# 5	181st 2022 CrossFit Open 22.2	36th 2022 Wodapalooza The Bayside Chipper	36th 2022 Wodapalooza Dale
Clean	10th 2021 Granite Games Back to Back 1	20th 2021 Granite Games So Close But So Far Away	645th 2021 Individual Quarterfinals Test 1	10th 2018 Crossfit Open 18.2a	113th 2017 Crossfit Open 17.2
Chest to Bar Pull Ups	3rd 2022 Granite Games Speed Chipper	237th 2022 CrossFit Open 22.3	21st 2022 Wodapalooza Echo Fran	2150th 2021 CrossFit Open 21.3	76th 2018 Crossfit Open 18.5
GHD Situps	6th 2022 Granite Games Minnesota Mash-Up	126th 2022 Quarterfinals Event# 2	31st 2022 Wodapalooza Flipped Off	10th 2021 Granite Games Back to Back 1	650th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	450th 2022 Quarterfinals Event# 1	450th 2022 Quarterfinals Event# 1	450th 2022 Quarterfinals Event# 1	31st 2022 Wodapalooza Celebrate Ten	27th 2021 Granite Games Earn It
Rowing	2nd 2022 Quarterfinals Event# 5	37th 2022 Wodapalooza Row, Swim, Run	5th 2021 Granite Games Thurster Run 3.0	2nd 2021 Granite Games Hang On	7th 2021 Individual Quarterfinals Test 3
Snatch	3rd 2022 Granite Games Speed Chipper	2nd 2022 Quarterfinals Event# 5	216th 2022 CrossFit Open 22.1	1st 2021 Granite Games 2018's Flashback Snatch (1 Rep Max Snatch)	2nd 2021 Individual Quarterfinals Test 5

Thrusters	24th 2022 Granite Games HS Reverse Fran	237th 2022 CrossFit Open 22.3	21st 2022 Wodapalooza Echo Fran	5th 2021 Granite Games Thurster Run 3.0	2150th 2021 CrossFit Open 21.3
Toes to Bar	25th 2022 Wodapalooza WZAOC Remix	19th 2021 Granite Games Back to Back 2	2150th 2021 CrossFit Open 21.3	62nd 2018 Crossfit Open 18.1	113th 2017 Crossfit Open 17.2
Wall Balls	6th 2022 Granite Games Minnesota Mash-Up	75th 2022 Quarterfinals Event# 3	10th 2021 Granite Games Back to Back 1	7th 2021 Individual Quarterfinals Test 3	51st 2017 Crossfit Open 17.4

CrossFit Competition	Lift	Weight
2022 Granite Games	Barbell Complex	355 lbs/161.4 kg
2022 Quarterfinals	The Other Total	1122 lbs/510 kg
2021 Granite Games	2018's Flashback Snatch (1 Rep Max Snatch)	340 lbs/154.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	437 lbs/198.6 kg
2021 CrossFit Open	21.4	325 lbs/147.7 kg
2018 Crossfit Open	18.2a	387 lbs/175.9 kg

## Cole Greashaber

Age: 23 Height:6ft 0in/183 cm Weight:206 lbs/94 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	33	27	0	0	2	11
2022 - Syndicate Crown	3	7.2	0	2	5	6
2022 - Quarterfinals	22	91.8	0	0	0	4

2022 - World Wide Quarterfinals	29	-	-	-	-	-
2022 - CrossFit Open	27	82.7	0	0	1	3
2021 - Last Chance Qualifier	13	13	0	1	2	4
2021 - CrossFit Atlas Games	7	10	1	1	3	6
2021 - Individual Quarterfinals	57	162.4	0	1	1	5
2021 - CrossFit Open	8	100.8	0	0	0	4
2020 - CrossFit Mayhem Classic	20	17.6	0	0	2	7
2020 - CrossFit Open	37	82.7	0	1	1	3

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	27	34	17.7	29.5	27
2022 - Syndicate Crown	7.2	7	18	7	-
2022 - Quarterfinals	91.8	208	-	41.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	82.7	-	10	100	-
2021 - Last Chance Qualifier	13	14	7	17	-
2021 - CrossFit Atlas Games	10	8	6	11	-
2021 - Individual Quarterfinals	162.4	520	60	56	-
2021 - CrossFit Open	100.8	207	75	-	-
2020 - CrossFit Mayhem Classic	17.6	16	20.5	-	-
2020 - CrossFit Open	82.7	-	-	82.7	-

## Recent Event Results by Movement

Burpees	4th 2023 Wodapalooza E6 - Dirty Isabel	3rd 2022 Syndicate Crown Oregon Trail	21st 2022 Quarterfinals Event# 5	10th 2022 CrossFit Open 22.2	5th 2021 Last Chance Qualifier Event# 3
Clean	7th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	39th 2022 CrossFit Games Sandbag Ladder	6th 2022 CrossFit Games Elizabeth Elevated	6th 2022 Syndicate Crown King Kong 2.0	17th 2021 Last Chance Qualifier Event# 4
Chest to Bar Pull Ups	15th 2023 Wodapalooza E6 - Miami Meat Market	40th 2022 CrossFit Games Bike to Work	7th 2022 Syndicate Crown Jackie Style	138th 2022 CrossFit Open 22.3	11th 2021 CrossFit Atlas Games Friendly Fran
GHD Situps	5th 2023 Wodapalooza E2 - Back to the Future	5th 2023 Wodapalooza E2 - Back to the Future	18th 2022 CrossFit Games Up and Over	2nd 2022 Syndicate Crown Skiing With Karen	62nd 2022 Quarterfinals Event# 2
Handstand Push Ups	6th 2022 Syndicate Crown King Kong 2.0	76th 2022 Quarterfinals Event# 1	76th 2022 Quarterfinals Event# 1	76th 2022 Quarterfinals Event# 1	116th 2021 Individual Quarterfinals Test 1
Rowing	7th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	7th 2022 Syndicate Crown Jackie Style	21st 2022 Quarterfinals Event# 5	7th 2021 Last Chance Qualifier Event# 1	9th 2021 CrossFit Atlas Games Semifinals 21.5
Snatch	4th 2023 Wodapalooza E6 - Dirty Isabel	19th 2022 CrossFit Games Hat Trick	3rd 2022 Syndicate Crown Oregon Trail	6th 2022 Syndicate Crown King Kong 2.0	21st 2022 Quarterfinals Event# 5
Thrusters	5th 2023 Wodapalooza E2 - Back to the Future	7th 2022 Syndicate Crown Jackie Style	138th 2022 CrossFit Open 22.3	11th 2021 CrossFit Atlas Games Friendly Fran	46th 2021 CrossFit Open 21.3
Toes to Bar	5th 2023 Wodapalooza E3 - Start Fast, Finish Strong	40th 2022 CrossFit Games Bike to Work	46th 2021 CrossFit Open 21.3	3rd 2019 The Granite Games 3/3/1	

Wall Balls	8th 2023 Wodapalooza E5 - Double Shot with a Splash	19th 2022 CrossFit Games Hat Trick	2nd 2022 Syndicate Crown Skiing With Karen	4th 2021 Individual Quarterfinals Test 3	4th 2020 CrossFit Open 20.5
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CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	345 lbs/156.8 kg
2022 CrossFit Games	Sandbag Ladder	260 lbs/118.2 kg
2022 Syndicate Crown	Barbell Complex	325 lbs/147.7 kg
2022 Quarterfinals	The Other Total	998 lbs/453.6 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	484 lbs/220 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	350 lbs/159.1 kg
2021 CrossFit Open	21.4	303 lbs/137.7 kg

# Tudor Magda

Age: 20 Height:5ft 10in/178 cm Weight:195 lbs/89 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Zelos Games	5	6.5	0	1	3	4
2022 - CrossFit Games	34	27.2	0	0	2	11
2022 - Syndicate Crown	4	8.8	1	2	3	6
2022 - Quarterfinals	29	96.6	0	0	0	5
2022 - World Wide Quarterfinals	56	-	-	-	-	-
2022 - CrossFit Open	70	154.7	0	0	0	3
2021 - West Coast Classic	21	18.7	0	0	1	7



2021 - Individual Quarterfinals	115	275.6	0	0	0	5
2021 - CrossFit Open	1441	3410.5	0	0	0	4

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Zelos Games	6.5	-	2	6.5	-
2022 - CrossFit Games	27.2	24.3	25	23	29
2022 - Syndicate Crown	8.8	1	6	12	-
2022 - Quarterfinals	96.6	48	-	140	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	154.7	-	181	176	-
2021 - West Coast Classic	18.7	19	21.5	28	13
2021 - Individual Quarterfinals	275.6	578	242.5	215	-
2021 - CrossFit Open	3410.5	1510	4186.5	-	-

#### Recent Event Results by Movement

Burpees	20th 2023 Wodapalooza E6 - Dirty Isabel	7th 2022 Zelos Games Royal Flush	19th 2022 Syndicate Crown Oregon Trail	18th 2022 Quarterfinals Event# 5	181st 2022 CrossFit Open 22.2
Clean	2nd 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	7th 2022 Zelos Games Royal Flush	31st 2022 CrossFit Games Sandbag Ladder	35th 2022 CrossFit Games Elizabeth Elevated	12th 2022 Syndicate Crown King Kong 2.0
Chest to Bar Pull Ups	12th 2023 Wodapalooza E6 - Miami Meat Market	11th 2022 Zelos Games Full House	38th 2022 CrossFit Games Bike to Work	12th 2022 Syndicate Crown Jackie Style	107th 2022 CrossFit Open 22.3

GHD Situps	28th 2023 Wodapalooza E2 - Back to the Future	28th 2023 Wodapalooza E2 - Back to the Future	36th 2022 CrossFit Games Up and Over	3rd 2022 Syndicate Crown Skiing With Karen	32nd 2022 Quarterfinals Event# 2
Handstand Push Ups	12th 2022 Syndicate Crown King Kong 2.0	15th 2022 Quarterfinals Event# 1	15th 2022 Quarterfinals Event# 1	15th 2022 Quarterfinals Event# 1	9th 2021 West Coast Classic Push Pull 2014 2.0
Rowing	2nd 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	11th 2022 Zelos Games Full House	12th 2022 Syndicate Crown Jackie Style	18th 2022 Quarterfinals Event# 5	13th 2021 West Coast Classic Triple-G Chipper
Snatch	20th 2023 Wodapalooza E6 - Dirty Isabel	2nd 2022 Zelos Games Ace of Spades	8th 2022 CrossFit Games Hat Trick	12th 2022 Syndicate Crown King Kong 2.0	19th 2022 Syndicate Crown Oregon Trail
Thrusters	28th 2023 Wodapalooza E2 - Back to the Future	7th 2022 Zelos Games Royal Flush	12th 2022 Syndicate Crown Jackie Style	107th 2022 CrossFit Open 22.3	27th 2021 West Coast Classic Legless 2013
Toes to Bar	9th 2023 Wodapalooza E3 - Start Fast, Finish Strong	38th 2022 CrossFit Games Bike to Work	9th 2021 West Coast Classic Push Pull 2014 2.0	3759th 2021 CrossFit Open 21.3	1451st 2019 Crossfit Open 19.2
Wall Balls	4th 2023 Wodapalooza E5 - Double Shot with a Splash	11th 2022 Zelos Games Full House	8th 2022 CrossFit Games Hat Trick	3rd 2022 Syndicate Crown Skiing With Karen	370th 2022 Quarterfinals Event# 3
<b>CrossFit Competition</b>		<b>Lift</b>			<b>Weight</b>
2023 Wodapalooza		E4 - We Have Lift Off			386 lbs/175.5 kg
2022 CrossFit Games		Sandbag Ladder			290 lbs/131.8 kg
2022 Syndicate Crown		Barbell Complex			345 lbs/156.8 kg
2022 Quarterfinals		The Other Total			1052 lbs/478.2 kg
2021 Individual Quarterfinals		Test 4 (4 Rep Max Front Squat)			347 lbs/157.7 kg
2021 CrossFit Open		21.4			275 lbs/125 kg

# Luis Oscar Mora

Age: 24 Height:5ft 7in/170 cm Weight:183 lbs/83 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Mid Atlantic CrossFit Challenge	12	13.5	1	2	2	6
2022 - World Wide Quarterfinals	74	-	-	-	-	-
2022 - Quarterfinals	43	126.4	0	0	0	5
2022 - CrossFit Open	176	358	0	0	0	3
2020 - CrossFit Open	133	288.4	0	0	0	5

## Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Mid Atlantic CrossFit Challenge	13.5	1	5	12	18.5
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	126.4	77	-	98.7	-
2022 - CrossFit Open	358	-	76	944	-
2020 - CrossFit Open	288.4	-	810	158	-

## Recent Event Results by Movement

Burpees	21st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	104th 2022 Quarterfinals Event# 5	76th 2022 CrossFit Open 22.2	810th 2020 CrossFit Open 20.1	2nd 2018 Latin America Regional Regionals 18.4
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Clean	26th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	9th 2018 Latin America Regional Linda	832nd 2018 Crossfit Open 18.2a		
Chest to Bar Pull Ups	26th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	54th 2022 CrossFit Open 22.3	602nd 2018 Crossfit Open 18.5		
GHD Situps	12th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	55th 2022 Quarterfinals Event# 2			
Handstand Push Ups	259th 2022 Quarterfinals Event# 1	259th 2022 Quarterfinals Event# 1	259th 2022 Quarterfinals Event# 1	41st 2020 CrossFit Open 20.3	11th 2018 Latin America Regional Regionals 18.5
Rowing	104th 2022 Quarterfinals Event# 5	275th 2020 CrossFit Open 20.5	11th 2018 Latin America Regional Triple 3	4403rd 2018 Crossfit Open 18.1	
Snatch	21st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	104th 2022 Quarterfinals Event# 5	944th 2022 CrossFit Open 22.1	2nd 2018 Latin America Regional Regionals 18.4	32nd 2018 Crossfit Open 18.3
Thrusters	54th 2022 CrossFit Open 22.3	62nd 2020 CrossFit Open 20.2	4th 2018 Latin America Regional Regionals 18.6	602nd 2018 Crossfit Open 18.5	
Toes to Bar	21st 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	62nd 2020 CrossFit Open 20.2	11th 2018 Latin America Regional Regionals 18.5	4403rd 2018 Crossfit Open 18.1	
Wall Balls	26th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	137th 2022 Quarterfinals Event# 3	275th 2020 CrossFit Open 20.5		

CrossFit Competition	Lift	Weight
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	335 lbs/152.3 kg
2022 Quarterfinals	The Other Total	1038 lbs/471.8 kg
2018 Crossfit Open	18.2a	335 lbs/152.3 kg

## Arielle Loewen

Age: 29 Height:5ft 3in/160 cm Weight:140 lbs/64 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	10	9.8	0	1	5	10
2022 - CrossFit Games	11	14.1	1	1	7	14
2022 - Last Chance Qualifier	1	2.3	3	3	4	4
2022 - Syndicate Crown	6	8.2	0	1	5	6
2022 - World Wide Quarterfinals	16	-	-	-	-	-
2022 - Quarterfinals	10	32.6	0	0	1	5
2022 - CrossFit Open	16	46.7	0	0	0	3
2022 - Wodapalooza	3	7.5	0	3	6	8
2021 - Rogue Invitational	13	10.9	0	1	5	7
2021 - CrossFit Games	14	16.3	0	0	3	15
2021 - Granite Games	1	4.3	2	4	7	7
2021 - Individual Quarterfinals	59	166.8	0	0	1	5
2021 - CrossFit Open	243	649	0	0	1	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	9.8	11	10.5	10.5	-
2022 - CrossFit Games	14.1	17.7	7	20.8	17
2022 - Last Chance Qualifier	2.3	-	2.7	1	-
2022 - Syndicate Crown	8.2	16	8	7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	32.6	109	-	12	-
2022 - CrossFit Open	46.7	-	32	66	-
2022 - Wodapalooza	7.5	11	5	7.4	7
2021 - Rogue Invitational	10.9	9	12	7.5	-
2021 - CrossFit Games	16.3	11.7	18.4	14.3	15
2021 - Granite Games	4.3	6	4.5	2.5	4
2021 - Individual Quarterfinals	166.8	503	76	171	-
2021 - CrossFit Open	649	2121	103	-	-

#### Recent Event Results by Movement

Burpees	1st 2022 Last Chance Qualifier Event# 4	6th 2022 Syndicate Crown Oregon Trail	18th 2022 Quarterfinals Event# 5	32nd 2022 CrossFit Open 22.2	10th 2022 Wodapalooza Dale
Clean	11th 2022 Rogue Invitational DT with a Spin	28th 2022 CrossFit Games Sandbag Ladder	1st 2022 CrossFit Games Elizabeth Elevated	10th 2022 Syndicate Crown King Kong 2.0	10th 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	16th 2022 CrossFit Games Bike to Work	7th 2022 Syndicate Crown Jackie Style	42nd 2022 CrossFit Open 22.3	14th 2022 Wodapalooza Echo Fran	15th 2021 CrossFit Games Event# 15

GHD Situps	2nd 2022 Rogue Invitational Ski Bar	10th 2022 CrossFit Games Up and Over	2nd 2022 Syndicate Crown Skiing With Karen	6th 2022 Quarterfinals Event# 2	3rd 2022 Wodapalooza Flipped Off
Handstand Push Ups	9th 2022 Rogue Invitational Snatch and Press	10th 2022 Syndicate Crown King Kong 2.0	18th 2022 Quarterfinals Event# 1	18th 2022 Quarterfinals Event# 1	18th 2022 Quarterfinals Event# 1
Rowing	21st 2022 CrossFit Games Jackie Pro	6th 2022 Last Chance Qualifier Event# 2	7th 2022 Syndicate Crown Jackie Style	18th 2022 Quarterfinals Event# 5	7th 2022 Wodapalooza Row, Swim, Run
Snatch	9th 2022 Rogue Invitational Snatch and Press	27th 2022 CrossFit Games Hat Trick	10th 2022 Syndicate Crown King Kong 2.0	6th 2022 Syndicate Crown Oregon Trail	18th 2022 Quarterfinals Event# 5
Thrusters	21st 2022 CrossFit Games Jackie Pro	1st 2022 Last Chance Qualifier Event# 1	7th 2022 Syndicate Crown Jackie Style	42nd 2022 CrossFit Open 22.3	14th 2022 Wodapalooza Echo Fran
Toes to Bar	16th 2022 CrossFit Games Bike to Work	5th 2022 Wodapalooza WZAOC Remix	12th 2021 CrossFit Games Event# 10	1st 2021 Granite Games Back to Back 2	269th 2021 CrossFit Open 21.3
Wall Balls	27th 2022 CrossFit Games Hat Trick	1st 2022 Last Chance Qualifier Event# 4	2nd 2022 Syndicate Crown Skiing With Karen	12th 2022 Quarterfinals Event# 3	1st 2021 Granite Games Back to Back 1
<b>CrossFit Competition</b>		<b>Lift</b>			<b>Weight</b>
2022 Rogue Invitational		Texas Oak			180 lbs/81.8 kg
2022 CrossFit Games		Sandbag Ladder			190 lbs/86.4 kg
2022 Syndicate Crown		Barbell Complex			210 lbs/95.5 kg
2022 Quarterfinals		The Other Total			648 lbs/294.5 kg
2021 Rogue Invitational		Bella Complex			225 lbs/102.3 kg
2021 CrossFit Games		1 Rep Max Snatch			180 lbs/81.8 kg
2021 Granite Games		2018's Flashback Snatch (1 Rep Max Snatch)			190 lbs/86.4 kg

2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	221 lbs/100.5 kg
2021 CrossFit Open	21.4	176 lbs/80 kg
2018 Crossfit Open	18.2a	216 lbs/98.2 kg

## Alex Gazan

Age: 21 Height:5ft 6in/168 cm Weight:150 lbs/68 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Zelos Games	5	5.3	0	2	4	4
2022 - CrossFit Games	24	21.4	0	0	2	14
2022 - Granite Games	4	5.8	1	3	5	6
2022 - World Wide Quarterfinals	29	-	-	-	-	-
2022 - Quarterfinals	12	41.8	0	0	1	5
2022 - CrossFit Open	193	323	0	0	0	3
2021 - West Coast Classic	16	17.1	0	0	2	7
2021 - Individual Quarterfinals	94	225.6	0	0	0	5
2021 - CrossFit Open	317	809	0	0	0	4

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Zelos Games	5.3	-	8	5	-
2022 - CrossFit Games	21.4	20.7	19	20.3	24
2022 - Granite Games	5.8	2	6	10	-
2022 - World Wide Quarterfinals	-	-	-	-	-



2022 - Quarterfinals	41.8	6	-	32.3	-
2022 - CrossFit Open	323	-	435	347	-
2021 - West Coast Classic	17.1	22	12.5	18	24
2021 - Individual Quarterfinals	225.6	284	143	298	-
2021 - CrossFit Open	809	730	898	-	-

#### Recent Event Results by Movement

Burpees	6th 2022 Zelos Games Royal Flush	8th 2022 Granite Games Endure The Sled	47th 2022 Quarterfinals Event# 5	435th 2022 CrossFit Open 22.2	18th 2021 West Coast Classic Regionals Finale 2017
Clean	6th 2022 Zelos Games Royal Flush	23rd 2022 CrossFit Games Elizabeth Elevated	16th 2022 CrossFit Games Sandbag Ladder	17th 2021 West Coast Classic Regionals Closer 2015	18th 2021 West Coast Classic Regionals Finale 2017
Chest to Bar Pull Ups	3rd 2022 Zelos Games Full House	31st 2022 CrossFit Games Bike to Work	10th 2022 Granite Games Speed Chipper	187th 2022 CrossFit Open 22.3	710th 2021 CrossFit Open 21.3
GHD Situps	25th 2022 CrossFit Games Up and Over	3rd 2022 Granite Games Minnesota Mash-Up	27th 2022 Quarterfinals Event# 2	24th 2021 West Coast Classic Triple-G Chipper	298th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	106th 2022 Quarterfinals Event# 1	106th 2022 Quarterfinals Event# 1	106th 2022 Quarterfinals Event# 1	9th 2021 West Coast Classic Push Pull 2014 2.0	260th 2021 Individual Quarterfinals Test 1
Rowing	3rd 2022 Zelos Games Full House	18th 2022 CrossFit Games Jackie Pro	47th 2022 Quarterfinals Event# 5	24th 2021 West Coast Classic Triple-G Chipper	98th 2021 Individual Quarterfinals Test 3
Snatch	8th 2022 Zelos Games Ace of Spades	25th 2022 CrossFit Games Hat Trick	10th 2022 Granite Games Speed Chipper	47th 2022 Quarterfinals Event# 5	347th 2022 CrossFit Open 22.1
Thrusters	6th 2022 Zelos Games Royal Flush	18th 2022 CrossFit Games Jackie Pro	11th 2022 Granite Games HS Reverse Fran	187th 2022 CrossFit Open 22.3	8th 2021 West Coast Classic Legless 2013

Toes to Bar	31st 2022 CrossFit Games Bike to Work	9th 2021 West Coast Classic Push Pull 2014 2.0	710th 2021 CrossFit Open 21.3		
Wall Balls	3rd 2022 Zelos Games Full House	25th 2022 CrossFit Games Hat Trick	3rd 2022 Granite Games Minnesota Mash-Up	23rd 2022 Quarterfinals Event# 3	98th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2022 CrossFit Games	Sandbag Ladder	200 lbs/90.9 kg
2022 Granite Games	Barbell Complex	230 lbs/104.5 kg
2022 Quarterfinals	The Other Total	724 lbs/329.1 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	233 lbs/105.9 kg
2021 CrossFit Open	21.4	190 lbs/86.4 kg

## Sydney Michalyshen

Age: 23 Height:5ft 6in/168 cm Weight:153 lbs/70 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	31	26.2	0	1	1	11
2022 - Mid Atlantic CrossFit Challenge	2	4.7	1	4	6	6
2022 - Quarterfinals	11	37.6	0	0	1	5
2022 - World Wide Quarterfinals	27	-	-	-	-	-
2022 - CrossFit Open	48	92.7	0	0	0	3
2021 - CrossFit Games	25	21.1	0	0	0	10
2021 - CrossFit Atlas Games	5	7.3	1	3	4	6

2021 - Individual Quarterfinals	15	56.8	0	0	0	5
2021 - CrossFit Open	38	167.8	0	0	0	4
2020 - Wodapalooza RX	1	-	-	-	-	-
2020 - CrossFit Open	153	286	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	26.2	19	30.3	24.5	23
2022 - Mid Atlantic CrossFit Challenge	4.7	2	1	6	4.5
2022 - Quarterfinals	37.6	28	-	13.3	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	92.7	-	133	95	-
2021 - CrossFit Games	21.1	21	21.8	25	-
2021 - CrossFit Atlas Games	7.3	1	4.5	10.5	-
2021 - Individual Quarterfinals	56.8	61	27	28	-
2021 - CrossFit Open	167.8	58	290	-	-
2020 - Wodapalooza RX	-	-	-	-	-
2020 - CrossFit Open	286	-	586	211	-

#### Recent Event Results by Movement

Burpees	10th 2023 Wodapalooza E6 - Dirty Isabel	5th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	14th 2022 Quarterfinals Event# 5	133rd 2022 CrossFit Open 22.2	5th 2021 CrossFit Atlas Games Grettel
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Clean	10th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	5th 2022 CrossFit Games Sandbag Ladder	38th 2022 CrossFit Games Elizabeth Elevated	10th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	11th 2021 CrossFit Games Event# 7
Chest to Bar Pull Ups	5th 2023 Wodapalooza E6 - Miami Meat Market	26th 2022 CrossFit Games Bike to Work	10th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	50th 2022 CrossFit Open 22.3	4th 2021 CrossFit Atlas Games Friendly Fran
GHD Situps	18th 2023 Wodapalooza E2 - Back to the Future	18th 2023 Wodapalooza E2 - Back to the Future	30th 2022 CrossFit Games Up and Over	6th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	8th 2022 Quarterfinals Event# 2
Handstand Push Ups	120th 2022 Quarterfinals Event# 1	120th 2022 Quarterfinals Event# 1	120th 2022 Quarterfinals Event# 1	141st 2021 Individual Quarterfinals Test 1	141st 2021 Individual Quarterfinals Test 1
Rowing	10th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	14th 2022 Quarterfinals Event# 5	13th 2021 CrossFit Atlas Games Semifinals 21.5	25th 2021 Individual Quarterfinals Test 3	69th 2020 CrossFit Open 20.5
Snatch	10th 2023 Wodapalooza E6 - Dirty Isabel	23rd 2022 CrossFit Games Hat Trick	5th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	14th 2022 Quarterfinals Event# 5	95th 2022 CrossFit Open 22.1
Thrusters	18th 2023 Wodapalooza E2 - Back to the Future	50th 2022 CrossFit Open 22.3	36th 2021 CrossFit Games Event# 4	4th 2021 CrossFit Atlas Games Friendly Fran	33rd 2021 CrossFit Open 21.3
Toes to Bar	5th 2023 Wodapalooza E3 - Start Fast, Finish Strong	26th 2022 CrossFit Games Bike to Work	5th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	23rd 2021 CrossFit Games Event# 10	33rd 2021 CrossFit Open 21.3
Wall Balls	10th 2023 Wodapalooza E5 - Double Shot with a Splash	23rd 2022 CrossFit Games Hat Trick	10th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	18th 2022 Quarterfinals Event# 3	25th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	241 lbs/109.5 kg
2022 CrossFit Games	Sandbag Ladder	230 lbs/104.5 kg
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	225 lbs/102.3 kg
2022 Quarterfinals	The Other Total	695 lbs/315.9 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	255 lbs/115.9 kg
2021 CrossFit Open	21.4	215 lbs/97.7 kg

## Emily Rolfe

Age: 34 Height:5ft 7in/170 cm Weight:152 lbs/69 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	3	6.4	0	5	7	8
2022 - CrossFit Games	40	14	0	0	0	1
2022 - Granite Games	5	6.3	0	5	5	6
2022 - Quarterfinals	30	81	0	1	2	5
2022 - World Wide Quarterfinals	51	-	-	-	-	-
2022 - CrossFit Open	41	79.3	0	0	1	3
2022 - Wodapalooza	9	11.1	0	3	6	8
2021 - Dubai CrossFit Championship	8	7.9	1	3	7	9
2021 - Rogue Invitational	16	13.6	0	1	2	7
2021 - CrossFit Games	15	16.1	1	2	3	15
2021 - CrossFit Atlas Games	4	7	1	2	5	6
2021 - Individual Quarterfinals	19	78.8	0	0	0	5

2021 - CrossFit Open	50	197.8	0	0	0	4
2020 - Wodapalooza CrossFit Festival	10	11.7	0	1	4	9
2020 - CrossFit Open	110	229.8	0	0	1	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	6.4	10	7	6.3	3
2022 - CrossFit Games	14	-	-	14	-
2022 - Granite Games	6.3	22	4.5	3	-
2022 - Quarterfinals	81	242	-	51	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	79.3	-	192	9	-
2022 - Wodapalooza	11.1	37	4	7	13
2021 - Dubai CrossFit Championship	7.9	10.5	8.3	5	8
2021 - Rogue Invitational	13.6	16	12	12	-
2021 - CrossFit Games	16.1	15	14.9	15	19
2021 - CrossFit Atlas Games	7	13	7.5	2.5	-
2021 - Individual Quarterfinals	78.8	308	22.5	19	-
2021 - CrossFit Open	197.8	497	124	-	-
2020 - Wodapalooza CrossFit Festival	11.7	5	15.8	9	-
2020 - CrossFit Open	229.8	-	84	266.3	-

#### Recent Event Results by Movement

Burpees	17th 2023 Wodapalooza E6 - Dirty Isabel	5th 2022 Dubai Fitness Championship Fast Like an Oryx	2nd 2022 Granite Games Endure The Sled	54th 2022 Quarterfinals Event# 5	192nd 2022 CrossFit Open 22.2
Clean	5th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	9th 2022 Dubai Fitness Championship Barbell Furious	17th 2022 Dubai Fitness Championship Hang Clean Ladder	4th 2021 Dubai CrossFit Championship Event# 4	14th 2021 Rogue Invitational The Duel
Chest to Bar Pull Ups	11th 2023 Wodapalooza E6 - Miami Meat Market	2nd 2022 Dubai Fitness Championship Heavy Handed	14th 2022 CrossFit Games Bike to Work	3rd 2022 Granite Games Speed Chipper	37th 2022 CrossFit Open 22.3
GHD Situps	2nd 2023 Wodapalooza E2 - Back to the Future	2nd 2023 Wodapalooza E2 - Back to the Future	2nd 2022 Granite Games Minnesota Mash-Up	94th 2022 Quarterfinals Event# 2	9th 2022 Wodapalooza Flipped Off
Handstand Push Ups	10th 2022 Quarterfinals Event# 1	10th 2022 Quarterfinals Event# 1	10th 2022 Quarterfinals Event# 1	10th 2022 Wodapalooza Celebrate Ten	4th 2021 Dubai CrossFit Championship Event# 4
Rowing	5th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	54th 2022 Quarterfinals Event# 5	3rd 2022 Wodapalooza Row, Swim, Run	10th 2021 Dubai CrossFit Championship Athletes Choice Part B	4th 2021 Dubai CrossFit Championship Event# 4
Snatch	17th 2023 Wodapalooza E6 - Dirty Isabel	5th 2022 Dubai Fitness Championship Get a Grip	3rd 2022 Granite Games Speed Chipper	54th 2022 Quarterfinals Event# 5	9th 2022 CrossFit Open 22.1
Thrusters	2nd 2023 Wodapalooza E2 - Back to the Future	5th 2022 Dubai Fitness Championship Fast Like an Oryx	5th 2022 Granite Games HS Reverse Fran	37th 2022 CrossFit Open 22.3	9th 2022 Wodapalooza Echo Fran
Toes to Bar	1st 2023 Wodapalooza E3 - Start Fast, Finish Strong	5th 2022 Dubai Fitness Championship Get a Grip	14th 2022 CrossFit Games Bike to Work	4th 2022 Wodapalooza WZAOC Remix	1st 2021 Dubai CrossFit Championship Athletes Choice Part A

Wall Balls	25th 2023 Wodapalooza E5 - Double Shot with a Splash	2nd 2022 Granite Games Minnesota Mash-Up	5th 2022 Quarterfinals Event# 3	11th 2021 Individual Quarterfinals Test 3	10th 2020 Wodapalooza CrossFit Festival Celebrate Life
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CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	212 lbs/96.4 kg
2022 Dubai Fitness Championship	Hang Clean Ladder	100 lbs/45.5 kg
2022 Granite Games	Barbell Complex	200 lbs/90.9 kg
2022 Quarterfinals	The Other Total	616 lbs/280 kg
2021 Dubai CrossFit Championship	Lift Off	90 lbs/40.9 kg
2021 Rogue Invitational	Bella Complex	215 lbs/97.7 kg
2021 CrossFit Games	1 Rep Max Snatch	170 lbs/77.3 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	231 lbs/105 kg
2021 CrossFit Open	21.4	195 lbs/88.6 kg
2019 Dubai CrossFit Championship	1 rep Max Clean & Jerk	93 lbs/42.3 kg
2018 Crossfit Open	18.2a	196 lbs/89.1 kg

## Katrín Tanja Davidsdottir

Age: 30 Height: 5ft 7in/169 cm Weight: 150 lbs/68 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Last Chance Qualifier	3	5	1	2	4	4
2022 - Strength in Depth	6	9.2	1	3	3	6
2022 - World Wide Quarterfinals	55	-	-	-	-	-



2022 - Quarterfinals	22	55.2	0	0	1	5
2022 - CrossFit Open	138	239	0	0	0	3
2021 - Rogue Invitational	15	12.4	0	1	2	7
2021 - CrossFit Games	10	12.5	0	1	8	15
2021 - CrossFit German Throwdown	3	6.3	1	1	6	6
2021 - Individual Quarterfinals	11	39.6	0	0	1	5
2021 - CrossFit Open	14	94	0	0	0	4
2020 - CrossFit Games Final	2	3	1	12	12	12
2020 - Crossfit Games - Online	4	9	2	3	4	7
2020 - The Rogue Invitational	13	12.4	0	0	2	7
2020 - CrossFit Open	23	57	0	0	1	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Last Chance Qualifier	5	-	5.3	4	-
2022 - Strength in Depth	9.2	11	18	7.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	55.2	12	-	85.3	-
2022 - CrossFit Open	239	-	454	136	-
2021 - Rogue Invitational	12.4	17	10.5	9.5	-
2021 - CrossFit Games	12.5	8.7	15.4	9.3	8
2021 - CrossFit German Throwdown	6.3	1	8	7	-
2021 - Individual Quarterfinals	39.6	131	23.5	11	-

2021 - CrossFit Open	94	175	46	-	-
2020 - CrossFit Games Final	3	3	3	3.5	2
2020 - Crossfit Games - Online	9	10.7	11.5	4	-
2020 - The Rogue Invitational	12.4	15	11	11	-
2020 - CrossFit Open	57	-	25	65	-

#### Recent Event Results by Movement

Burpees	4th 2022 Last Chance Qualifier Event# 4	1st 2022 Strength in Depth Hard Times	22nd 2022 Quarterfinals Event# 5	454th 2022 CrossFit Open 22.2	16th 2021 Rogue Invitational The Mule
Clean	6th 2021 Rogue Invitational The Duel	30th 2021 CrossFit Games Event# 7	26th 2021 CrossFit Games Event# 6	9th 2021 Individual Quarterfinals Test 1	7th 2020 Crossfit Games - Online Awful Annie
Chest to Bar Pull Ups	127th 2022 CrossFit Open 22.3	8th 2021 CrossFit Games Event# 15	7th 2021 CrossFit German Throwdown Friendly Fran	109th 2021 CrossFit Open 21.3	12th 2020 Crossfit Games - Online Friendly Fran
GHD Situps	103rd 2022 Quarterfinals Event# 2	13th 2021 Rogue Invitational Concept2	8th 2021 CrossFit Games Event# 13	7th 2021 CrossFit German Throwdown Semifinals 21.2	11th 2021 Individual Quarterfinals Test 2
Handstand Push Ups	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	8th 2022 Quarterfinals Event# 1	17th 2021 Rogue Invitational Chipper	5th 2021 CrossFit Games Event# 14
Rowing	1st 2022 Last Chance Qualifier Event# 2	4th 2022 Strength in Depth Copperfield	22nd 2022 Quarterfinals Event# 5	17th 2021 Rogue Invitational Chipper	8th 2021 CrossFit Games Event# 15
Snatch	18th 2022 Strength in Depth Havisham	22nd 2022 Quarterfinals Event# 5	136th 2022 CrossFit Open 22.1	6th 2021 Rogue Invitational The Duel	6th 2021 CrossFit Games 1 Rep Max Snatch

Thrusters	8th 2022 Last Chance Qualifier Event# 1	1st 2022 Strength in Depth Hard Times	127th 2022 CrossFit Open 22.3	5th 2021 Rogue Invitational Echo Burner	7th 2021 CrossFit Games Event# 4
Toes to Bar	3rd 2022 Strength in Depth Curiosity Shop	10th 2021 CrossFit Games Event# 10	109th 2021 CrossFit Open 21.3	2nd 2020 CrossFit Games Final Toes-To-Bar/Lunge	11th 2020 The Rogue Invitational Event# 4
Wall Balls	4th 2022 Last Chance Qualifier Event# 4	131st 2022 Quarterfinals Event# 3	19th 2021 Individual Quarterfinals Test 3	172nd 2020 CrossFit Open 20.5	52nd 2019 Crossfit Open 19.1

CrossFit Competition	Lift	Weight
2022 Strength in Depth	Barbell Complex	205 lbs/93.2 kg
2022 Quarterfinals	The Other Total	693 lbs/315 kg
2021 Rogue Invitational	Bella Complex	215 lbs/97.7 kg
2021 CrossFit Games	1 Rep Max Snatch	185 lbs/84.1 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	227 lbs/103.2 kg
2021 CrossFit Open	21.4	206 lbs/93.6 kg
2020 CrossFit Games Final	CrossFit Total	701 lbs/318.6 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	230 lbs/104.5 kg
2020 The Rogue Invitational	Clean and Jerk Lift Off	210 lbs/95.5 kg
2020 The Rogue Invitational		lbs/0 kg
2019 Crossfit Games	Clean	230 lbs/104.5 kg
2018 Crossfit Games	CrossFit Total	705 lbs/320.5 kg
2018 Crossfit Open	18.2a	231 lbs/105 kg
2017 Crossfit Games	1 Rep Max Snatch	197 lbs/89.5 kg

2016 Crossfit Games	Ranch Deadlift Ladder	295 lbs/134.1 kg
2015 Crossfit Games	Clean and Jerk	217 lbs/98.6 kg
2015 Meridian Regional	Regionals 15.5	183 lbs/83.2 kg
2012 Crossfit Games	Clean Ladder	195 lbs/88.6 kg

## Dani Speegle

Age: 29 Height:5ft 6in/168 cm Weight:168 lbs/76 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	12	10.1	1	3	5	10
2022 - CrossFit Games	17	17.1	1	3	5	14
2022 - Granite Games	3	5	1	4	5	6
2022 - Quarterfinals	24	73.8	1	2	2	5
2022 - World Wide Quarterfinals	60	-	-	-	-	-
2022 - CrossFit Open	14	38.3	0	0	0	3
2022 - Wodapalooza	5	8	1	3	5	8
2021 - CrossFit Games	Withdrew From Event	19.4	0	0	0	5
2021 - West Coast Classic	4	7.1	1	4	6	7
2021 - Individual Quarterfinals	2	21.2	0	0	3	5
2021 - CrossFit Open	7	59.5	0	1	1	4
2020 - Crossfit Games - Online	13	15.1	0	2	4	7
2020 - Wodapalooza CrossFit Festival	Withdrew From Event	-	0	-	-	-

2020 - CrossFit Open	18	42.2	0	1	1	5
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**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	10.1	3	10	13	-
2022 - CrossFit Games	17.1	23.3	9	17.5	16
2022 - Granite Games	5	1	5	2	-
2022 - Quarterfinals	73.8	3	-	112	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	38.3	-	27	24	-
2022 - Wodapalooza	8	2	7	7.8	16
2021 - CrossFit Games	19.4	11	19.5	33	-
2021 - West Coast Classic	7.1	14.5	4.5	1	5
2021 - Individual Quarterfinals	21.2	46	9	33	-
2021 - CrossFit Open	59.5	4	98.5	-	-
2020 - Crossfit Games - Online	15.1	5.7	17.5	27	-
2020 - Wodapalooza CrossFit Festival	-	-	-	-	-
2020 - CrossFit Open	42.2	-	11	50	-

**Recent Event Results by Movement**

Burpees	1st 2023 Wodapalooza E6 - Dirty Isabel	12th 2022 Granite Games Endure The Sled	1st 2022 Quarterfinals Event# 5	27th 2022 CrossFit Open 22.2	16th 2022 Wodapalooza The Bayside Chipper
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Clean	1st 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	14th 2022 Rogue Invitational DT with a Spin	1st 2022 CrossFit Games Sandbag Ladder	7th 2022 CrossFit Games Elizabeth Elevated	3rd 2021 West Coast Classic Regionals Closer 2015
Chest to Bar Pull Ups	2nd 2023 Wodapalooza E6 - Miami Meat Market	29th 2022 CrossFit Games Bike to Work	2nd 2022 Granite Games Speed Chipper	64th 2022 CrossFit Open 22.3	6th 2022 Wodapalooza Echo Fran
GHD Situps	9th 2023 Wodapalooza E2 - Back to the Future	9th 2023 Wodapalooza E2 - Back to the Future	15th 2022 Rogue Invitational Ski Bar	33rd 2022 CrossFit Games Up and Over	5th 2022 Granite Games Minnesota Mash-Up
Handstand Push Ups	3rd 2022 Rogue Invitational Snatch and Press	30th 2022 Quarterfinals Event# 1	30th 2022 Quarterfinals Event# 1	30th 2022 Quarterfinals Event# 1	19th 2022 Wodapalooza Celebrate Ten
Rowing	1st 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	20th 2022 CrossFit Games Jackie Pro	1st 2022 Quarterfinals Event# 5	11th 2022 Wodapalooza Row, Swim, Run	5th 2021 West Coast Classic Triple-G Chipper
Snatch	1st 2023 Wodapalooza E6 - Dirty Isabel	3rd 2022 Rogue Invitational Snatch and Press	13th 2022 CrossFit Games Hat Trick	2nd 2022 Granite Games Speed Chipper	1st 2022 Quarterfinals Event# 5
Thrusters	9th 2023 Wodapalooza E2 - Back to the Future	20th 2022 CrossFit Games Jackie Pro	2nd 2022 Granite Games HS Reverse Fran	64th 2022 CrossFit Open 22.3	6th 2022 Wodapalooza Echo Fran
Toes to Bar	14th 2023 Wodapalooza E3 - Start Fast, Finish Strong	29th 2022 CrossFit Games Bike to Work	7th 2022 Wodapalooza WZAOC Remix	6th 2021 West Coast Classic Push Pull 2014 2.0	37th 2021 CrossFit Open 21.3
Wall Balls	9th 2023 Wodapalooza E5 - Double Shot with a Splash	13th 2022 CrossFit Games Hat Trick	5th 2022 Granite Games Minnesota Mash-Up	50th 2022 Quarterfinals Event# 3	10th 2021 Individual Quarterfinals Test 3

CrossFit Competition

Lift

Weight

2023 Wodapalooza	E4 - We Have Lift Off	255 lbs/115.9 kg
2022 Rogue Invitational	Texas Oak	215 lbs/97.7 kg
2022 CrossFit Games	Sandbag Ladder	250 lbs/113.6 kg
2022 Granite Games	Barbell Complex	245 lbs/111.4 kg
2022 Quarterfinals	The Other Total	763 lbs/346.8 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	257 lbs/116.8 kg
2021 CrossFit Open	21.4	236 lbs/107.3 kg
2020 Crossfit Games - Online	1 Rep Max Front Squat	293 lbs/133.2 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 1	215 lbs/97.7 kg
2019 Mid-Atlantic CrossFit Challenge	Milo Part 2	255 lbs/115.9 kg
2019 CrossFit Strength in Depth		100 lbs/45.5 kg
2018 Dubai CrossFit Championship	Max Snatch	100 lbs/45.5 kg
2018 Crossfit Open	18.2a	232 lbs/105.5 kg

## Hattie Kanyo

Age: 31 Height:5ft 4in/163 cm Weight:145 lbs/66 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CanWest Games	2	4	1	4	6	6
2022 - Last Chance Qualifier	14	14.5	0	0	0	4
2022 - Atlas Games	8	10.7	0	1	4	6
2022 - World Wide Quarterfinals	76	-	-	-	-	-
2022 - Quarterfinals	36	90.6	0	0	0	5
2022 - CrossFit Open	249	404.7	0	0	0	3

2022 - Wodapalooza Rx	3	-	-	-	-	-
2020 - CrossFit Open	456	740	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CanWest Games	4	8	9	2	-
2022 - Last Chance Qualifier	14.5	-	15.3	12	-
2022 - Atlas Games	10.7	17	12.5	6.5	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	90.6	128	-	78.7	-
2022 - CrossFit Open	404.7	-	993	11	-
2022 - Wodapalooza Rx	-	-	-	-	-
2020 - CrossFit Open	740	-	658	760.5	-

#### Recent Event Results by Movement

Burpees	12th 2022 Last Chance Qualifier Event# 4	6th 2022 Atlas Games Event 3	76th 2022 Quarterfinals Event# 5	993rd 2022 CrossFit Open 22.2	658th 2020 CrossFit Open 20.1
Clean	1st 2022 CanWest Games In The Trenches	22nd 2022 Atlas Games Workout 2			
Chest to Bar Pull Ups	2nd 2022 CanWest Games The Bends	210th 2022 CrossFit Open 22.3			
GHD Situps	9th 2022 Atlas Games Event 5	44th 2022 Quarterfinals Event# 2			



Handstand Push Ups	1st 2022 CanWest Games In The Trenches	7th 2022 Atlas Games Workout 1	89th 2022 Quarterfinals Event# 1	89th 2022 Quarterfinals Event# 1	89th 2022 Quarterfinals Event# 1
Rowing	2nd 2022 CanWest Games The Bends	16th 2022 Last Chance Qualifier Event# 2	76th 2022 Quarterfinals Event# 5	877th 2020 CrossFit Open 20.5	
Snatch	9th 2022 CanWest Games Sell Your Soul Cycle	2nd 2022 CanWest Games Steel Toe Boots	6th 2022 Atlas Games Event 3	76th 2022 Quarterfinals Event# 5	11th 2022 CrossFit Open 22.1
Thrusters	2nd 2022 CanWest Games Punch The Clock	18th 2022 Last Chance Qualifier Event# 1	210th 2022 CrossFit Open 22.3	982nd 2020 CrossFit Open 20.2	
Toes to Bar	22nd 2022 Atlas Games Workout 2	982nd 2020 CrossFit Open 20.2			
Wall Balls	12th 2022 Last Chance Qualifier Event# 4	9th 2022 Atlas Games Event 5	116th 2022 Quarterfinals Event# 3	877th 2020 CrossFit Open 20.5	
<b>CrossFit Competition</b>		<b>Lift</b>		<b>Weight</b>	
2022 CanWest Games		HWPO Selection		1635 lbs/743.2 kg	
2022 Atlas Games		Barbell Complex		205 lbs/93.2 kg	
2022 Quarterfinals		The Other Total		643 lbs/292.3 kg	

## Christine Kolenbrander

Age: 31 Height:5ft 6in/168 cm Weight:151 lbs/69 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Zelos Games	2	4.5	1	2	4	4

2022 - CrossFit Games	27	23.9	0	0	2	14
2022 - Syndicate Crown	5	6.5	1	4	4	6
2022 - Quarterfinals	26	75.2	0	2	2	5
2022 - World Wide Quarterfinals	68	-	-	-	-	-
2022 - CrossFit Open	400	649	0	0	0	3
2021 - Last Chance Qualifier	9	11.8	0	1	2	4
2021 - Mid Atlantic CrossFit Challenge	6	6.7	1	3	5	6
2021 - Individual Quarterfinals	16	57.8	0	1	1	5
2021 - CrossFit Open	159	459.8	0	0	0	4
2021 - The Fittest Experience	5	-	-	-	-	-
2020 - CrossFit Open	47	103.4	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Zelos Games	4.5	-	1	5	-
2022 - CrossFit Games	23.9	30	21	19.8	32
2022 - Syndicate Crown	6.5	1	14	3	-
2022 - Quarterfinals	75.2	5	-	82.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	649	-	1125	754	-
2021 - Last Chance Qualifier	11.8	11.5	15	9	-
2021 - Mid Atlantic CrossFit Challenge	6.7	1	10	8.3	-
2021 - Individual Quarterfinals	57.8	3	68	49	-

2021 - CrossFit Open	459.8	88	851.5	-	-
2021 - The Fittest Experience	-	-	-	-	-
2020 - CrossFit Open	103.4	-	91	106.5	-

#### Recent Event Results by Movement

Burpees	4th 2022 Zelos Games Royal Flush	11th 2022 Syndicate Crown Oregon Trail	5th 2022 Quarterfinals Event# 5	1125th 2022 CrossFit Open 22.2	20th 2021 Last Chance Qualifier Event# 3
Clean	4th 2022 Zelos Games Royal Flush	20th 2022 CrossFit Games Sandbag Ladder	10th 2022 CrossFit Games Elizabeth Elevated	5th 2022 Syndicate Crown King Kong 2.0	9th 2021 Last Chance Qualifier Event# 4
Chest to Bar Pull Ups	7th 2022 Zelos Games Full House	39th 2022 CrossFit Games Bike to Work	3rd 2022 Syndicate Crown Jackie Style	68th 2022 CrossFit Open 22.3	7th 2021 Mid Atlantic CrossFit Challenge Need For Speed II
GHD Situps	31st 2022 CrossFit Games Up and Over	5th 2022 Syndicate Crown Skiing With Karen	32nd 2022 Quarterfinals Event# 2	49th 2021 Individual Quarterfinals Test 2	
Handstand Push Ups	5th 2022 Syndicate Crown King Kong 2.0	123rd 2022 Quarterfinals Event# 1	123rd 2022 Quarterfinals Event# 1	123rd 2022 Quarterfinals Event# 1	3rd 2021 Mid Atlantic CrossFit Challenge Kratos
Rowing	7th 2022 Zelos Games Full House	22nd 2022 CrossFit Games Jackie Pro	3rd 2022 Syndicate Crown Jackie Style	5th 2022 Quarterfinals Event# 5	15th 2021 Last Chance Qualifier Event# 1
Snatch	1st 2022 Zelos Games Ace of Spades	12th 2022 CrossFit Games Hat Trick	5th 2022 Syndicate Crown King Kong 2.0	11th 2022 Syndicate Crown Oregon Trail	5th 2022 Quarterfinals Event# 5

Thrusters	4th 2022 Zelos Games Royal Flush	22nd 2022 CrossFit Games Jackie Pro	3rd 2022 Syndicate Crown Jackie Style	68th 2022 CrossFit Open 22.3	4th 2021 Mid Atlantic CrossFit Challenge Triwizard Cup
Toes to Bar	39th 2022 CrossFit Games Bike to Work	4th 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	48th 2021 CrossFit Open 21.3	321st 2020 CrossFit Open 20.2	89th 2019 Crossfit Open 19.2
Wall Balls	7th 2022 Zelos Games Full House	12th 2022 CrossFit Games Hat Trick	5th 2022 Syndicate Crown Skiing With Karen	211th 2022 Quarterfinals Event# 3	15th 2021 Mid Atlantic CrossFit Challenge Inception

CrossFit Competition	Lift	Weight
2022 CrossFit Games	Sandbag Ladder	200 lbs/90.9 kg
2022 Syndicate Crown	Barbell Complex	245 lbs/111.4 kg
2022 Quarterfinals	The Other Total	740 lbs/336.4 kg
2021 Last Chance Qualifier	3 Rep Max Deadlift	382 lbs/173.6 kg
2021 Mid Atlantic CrossFit Challenge	8 Mile (1 Rep Max Snatch)	210 lbs/95.5 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	282 lbs/128.2 kg
2021 CrossFit Open	21.4	212 lbs/96.4 kg
2018 Crossfit Open	18.2a	218 lbs/99.1 kg

## Freya Moosbrugger

Age: 21 Height: 5ft 5in/165 cm Weight: 150 lbs/68 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Dubai Fitness Championship	9	9.3	0	1	5	8

2022 - CrossFit Games	32	26.3	0	0	0	11
2022 - Atlas Games	4	6.5	0	3	5	6
2022 - Quarterfinals	13	42.6	0	1	1	5
2022 - World Wide Quarterfinals	32	-	-	-	-	-
2022 - CrossFit Open	94	166.7	0	0	0	3
2022 - Wodapalooza	10	11	0	1	5	8
2021 - CrossFit Atlas Games	12	9.3	0	1	4	6
2021 - Individual Quarterfinals	45	144	0	0	0	5
2021 - CrossFit Open	54	218	0	0	0	4
2020 - CrossFit Open	2506	-	0	-	-	-

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Dubai Fitness Championship	9.3	14	9	7.7	7
2022 - CrossFit Games	26.3	22.3	27	25	28
2022 - Atlas Games	6.5	4	8	6	-
2022 - Quarterfinals	42.6	28	-	50.7	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	166.7	-	35	411	-
2022 - Wodapalooza	11	17	8	11.4	6
2021 - CrossFit Atlas Games	9.3	7	6.5	14.5	-
2021 - Individual Quarterfinals	144	308	83	130	-
2021 - CrossFit Open	218	132	282	-	-

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2020 - CrossFit Open

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**Recent Event Results by Movement**

Burpees	7th 2023 Wodapalooza E6 - Dirty Isabel	13th 2022 Dubai Fitness Championship Fast Like an Oryx	9th 2022 Atlas Games Event 3	2nd 2022 Quarterfinals Event# 5	35th 2022 CrossFit Open 22.2
Clean	23rd 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	14th 2022 Dubai Fitness Championship Hang Clean Ladder	4th 2022 Dubai Fitness Championship Barbell Furious	14th 2022 CrossFit Games Sandbag Ladder	33rd 2022 CrossFit Games Elizabeth Elevated
Chest to Bar Pull Ups	8th 2023 Wodapalooza E6 - Miami Meat Market	7th 2022 Dubai Fitness Championship Heavy Handed	21st 2022 CrossFit Games Bike to Work	54th 2022 CrossFit Open 22.3	8th 2022 Wodapalooza Echo Fran
GHD Situps	7th 2023 Wodapalooza E2 - Back to the Future	7th 2023 Wodapalooza E2 - Back to the Future	28th 2022 CrossFit Games Up and Over	7th 2022 Atlas Games Event 5	19th 2022 Quarterfinals Event# 2
Handstand Push Ups	3rd 2022 Atlas Games Workout 1	33rd 2022 Quarterfinals Event# 1	33rd 2022 Quarterfinals Event# 1	33rd 2022 Quarterfinals Event# 1	24th 2022 Wodapalooza Celebrate Ten
Rowing	23rd 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	2nd 2022 Quarterfinals Event# 5	8th 2022 Wodapalooza Row, Swim, Run	14th 2021 CrossFit Atlas Games Semifinals 21.5	96th 2021 Individual Quarterfinals Test 3
Snatch	7th 2023 Wodapalooza E6 - Dirty Isabel	6th 2022 Dubai Fitness Championship Get a Grip	29th 2022 CrossFit Games Hat Trick	9th 2022 Atlas Games Event 3	2nd 2022 Quarterfinals Event# 5
Thrusters	7th 2023 Wodapalooza E2 - Back to the Future	13th 2022 Dubai Fitness Championship Fast Like an Oryx	54th 2022 CrossFit Open 22.3	8th 2022 Wodapalooza Echo Fran	10th 2021 CrossFit Atlas Games Friendly Fran

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Toes to Bar	33rd 2023 Wodapalooza E3 - Start Fast, Finish Strong	6th 2022 Dubai Fitness Championship Get a Grip	21st 2022 CrossFit Games Bike to Work	4th 2022 Atlas Games Workout 2	8th 2022 Wodapalooza WZAOC Remix
Wall Balls	7th 2023 Wodapalooza E5 - Double Shot with a Splash	29th 2022 CrossFit Games Hat Trick	7th 2022 Atlas Games Event 5	131st 2022 Quarterfinals Event# 3	96th 2021 Individual Quarterfinals Test 3

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	235 lbs/106.8 kg
2022 Dubai Fitness Championship	Hang Clean Ladder	105 lbs/47.7 kg
2022 CrossFit Games	Sandbag Ladder	210 lbs/95.5 kg
2022 Atlas Games	Barbell Complex	215 lbs/97.7 kg
2022 Quarterfinals	The Other Total	695 lbs/315.9 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	231 lbs/105 kg
2021 CrossFit Open	21.4	208 lbs/94.5 kg

## Baylee Rayl

Age: 27 Height: Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	28	23.9	0	0	2	14
2022 - Mid Atlantic CrossFit Challenge	3	6	0	3	5	6
2022 - World Wide Quarterfinals	73	-	-	-	-	-
2022 - Quarterfinals	38	100.8	0	1	1	5

2022 - CrossFit Open	55	98.3	0	0	0	3
2022 - Wodapalooza	Withdrew From Event	-	0	-	-	-
2021 - CrossFit Games	18	18.2	0	1	4	15
2021 - CrossFit Atlas Games	2	6.7	0	3	5	6
2021 - Individual Quarterfinals	123	258.8	0	0	0	5
2021 - CrossFit Open	72	267.8	0	0	0	4

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	23.9	31.7	20.5	23.5	34
2022 - Mid Atlantic CrossFit Challenge	6	13	2	5	4.5
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	100.8	352	-	38.7	-
2022 - CrossFit Open	98.3	-	213	67	-
2022 - Wodapalooza	-	-	-	-	-
2021 - CrossFit Games	18.2	11.3	25.1	12.3	17
2021 - CrossFit Atlas Games	6.7	17	5	2.5	-
2021 - Individual Quarterfinals	258.8	908	163.5	37	-
2021 - CrossFit Open	267.8	609	183.5	-	-

#### Recent Event Results by Movement



Burpees	3rd 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	81st 2022 Quarterfinals Event# 5	213th 2022 CrossFit Open 22.2	18th 2021 CrossFit Games Event# 13	2nd 2021 CrossFit Atlas Games Grettel
Clean	34th 2022 CrossFit Games Sandbag Ladder	8th 2022 CrossFit Games Elizabeth Elevated	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	31st 2021 CrossFit Games Event# 7	30th 2021 CrossFit Games Event# 6
Chest to Bar Pull Ups	18th 2022 CrossFit Games Bike to Work	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	15th 2022 CrossFit Open 22.3	17th 2021 CrossFit Games Event# 15	8th 2021 CrossFit Atlas Games Friendly Fran
GHD Situps	8th 2022 CrossFit Games Up and Over	5th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	2nd 2022 Quarterfinals Event# 2	18th 2021 CrossFit Games Event# 13	8th 2021 CrossFit Atlas Games Semifinals 21.2
Handstand Push Ups	36th 2022 Quarterfinals Event# 1	36th 2022 Quarterfinals Event# 1	36th 2022 Quarterfinals Event# 1	17th 2021 CrossFit Games Event# 14	22nd 2021 Individual Quarterfinals Test 1
Rowing	28th 2022 CrossFit Games Jackie Pro	81st 2022 Quarterfinals Event# 5	17th 2021 CrossFit Games Event# 15	2nd 2021 CrossFit Atlas Games Semifinals 21.5	222nd 2021 Individual Quarterfinals Test 3
Snatch	22nd 2022 CrossFit Games Hat Trick	3rd 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	81st 2022 Quarterfinals Event# 5	67th 2022 CrossFit Open 22.1	18th 2021 CrossFit Games 1 Rep Max Snatch
Thrusters	28th 2022 CrossFit Games Jackie Pro	15th 2022 CrossFit Open 22.3	27th 2021 CrossFit Games Event# 4	8th 2021 CrossFit Atlas Games Friendly Fran	95th 2021 CrossFit Open 21.3
Toes to Bar	18th 2022 CrossFit Games Bike to Work	3rd 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	22nd 2021 CrossFit Games Event# 10	95th 2021 CrossFit Open 21.3	380th 2019 Crossfit Open 19.2

Wall Balls	22nd 2022 CrossFit Games Hat Trick	7th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	33rd 2022 Quarterfinals Event# 3	222nd 2021 Individual Quarterfinals Test 3	462nd 2019 Crossfit Open 19.1
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CrossFit Competition	Lift	Weight
2022 CrossFit Games	Sandbag Ladder	180 lbs/81.8 kg
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	210 lbs/95.5 kg
2022 Quarterfinals	The Other Total	597 lbs/271.4 kg
2021 CrossFit Games	1 Rep Max Snatch	170 lbs/77.3 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	207 lbs/94.1 kg
2021 CrossFit Open	21.4	192 lbs/87.3 kg

## Rebecca Fuselier

Age: 23 Height: 5ft 2in/157 cm Weight: 125 lbs/57 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - CrossFit Games	30	27.4	0	1	1	14
2022 - Mid Atlantic CrossFit Challenge	5	7.8	0	3	4	6
2022 - Quarterfinals	59	130.4	0	0	0	5
2022 - World Wide Quarterfinals	105	-	-	-	-	-
2022 - CrossFit Open	60	103	0	0	1	3
2022 - The Fittest Experience	9	-	-	-	-	-
2021 - Mid Atlantic CrossFit Challenge	12	14	0	1	2	6

2021 - Individual Quarterfinals	111	246.4	0	0	0	5
2021 - CrossFit Open	133	417	0	0	0	4
2020 - CrossFit Mayhem Classic	26	21.1	0	0	0	7
2020 - CrossFit Open	146	276	0	0	0	5

#### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - CrossFit Games	27.4	31	25.3	32.5	39
2022 - Mid Atlantic CrossFit Challenge	7.8	19	4	4	4.5
2022 - Quarterfinals	130.4	386	-	85	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - CrossFit Open	103	-	264	35	-
2022 - The Fittest Experience	-	-	-	-	-
2021 - Mid Atlantic CrossFit Challenge	14	26	15	11.7	-
2021 - Individual Quarterfinals	246.4	555	317	24	-
2021 - CrossFit Open	417	682	481.5	-	-
2020 - CrossFit Mayhem Classic	21.1	23	20.3	-	-
2020 - CrossFit Open	276	-	151	307.3	-

#### Recent Event Results by Movement

Burpees	12th 2023 Wodapalooza E6 - Dirty Isabel	6th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	158th 2022 Quarterfinals Event# 5	264th 2022 CrossFit Open 22.2	15th 2021 Mid Atlantic CrossFit Challenge Grettel
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Clean	18th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	39th 2022 CrossFit Games Sandbag Ladder	11th 2022 CrossFit Games Elizabeth Elevated	11th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	19th 2021 Individual Quarterfinals Test 1
Chest to Bar Pull Ups	18th 2023 Wodapalooza E6 - Miami Meat Market	33rd 2022 CrossFit Games Bike to Work	11th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	10th 2022 CrossFit Open 22.3	5th 2021 Mid Atlantic CrossFit Challenge Need For Speed II
GHD Situps	6th 2023 Wodapalooza E2 - Back to the Future	6th 2023 Wodapalooza E2 - Back to the Future	19th 2022 CrossFit Games Up and Over	4th 2022 Mid Atlantic CrossFit Challenge Midline Sadness	28th 2022 Quarterfinals Event# 2
Handstand Push Ups	11th 2022 Quarterfinals Event# 1	11th 2022 Quarterfinals Event# 1	11th 2022 Quarterfinals Event# 1	16th 2021 Mid Atlantic CrossFit Challenge Kratos	19th 2021 Individual Quarterfinals Test 1
Rowing	18th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	29th 2022 CrossFit Games Jackie Pro	158th 2022 Quarterfinals Event# 5	300th 2021 Individual Quarterfinals Test 3	231st 2020 CrossFit Open 20.5
Snatch	12th 2023 Wodapalooza E6 - Dirty Isabel	38th 2022 CrossFit Games Hat Trick	6th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	158th 2022 Quarterfinals Event# 5	35th 2022 CrossFit Open 22.1
Thrusters	6th 2023 Wodapalooza E2 - Back to the Future	29th 2022 CrossFit Games Jackie Pro	10th 2022 CrossFit Open 22.3	8th 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	23rd 2021 CrossFit Open 21.3
Toes to Bar	8th 2023 Wodapalooza E3 - Start Fast, Finish Strong	33rd 2022 CrossFit Games Bike to Work	6th 2022 Mid Atlantic CrossFit Challenge Hardcore Parkour	8th 2021 Mid Atlantic CrossFit Challenge Triwizard Cup	23rd 2021 CrossFit Open 21.3
Wall Balls	24th 2023 Wodapalooza E5 - Double Shot with a Splash	38th 2022 CrossFit Games Hat Trick	11th 2022 Mid Atlantic CrossFit Challenge The MACC Mile	69th 2022 Quarterfinals Event# 3	14th 2021 Mid Atlantic CrossFit Challenge Inception

CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	218 lbs/99.1 kg
2022 CrossFit Games	Sandbag Ladder	160 lbs/72.7 kg
2022 Mid Atlantic CrossFit Challenge	Barbell Complex	200 lbs/90.9 kg
2022 Quarterfinals	The Other Total	593 lbs/269.5 kg
2021 Mid Atlantic CrossFit Challenge	8 Mile (1 Rep Max Snatch)	160 lbs/72.7 kg
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)	218 lbs/99.1 kg
2021 CrossFit Open	21.4	191 lbs/86.8 kg

## Olivia Kerstetter

Age: 17 Height:5ft 5in/165 cm Weight:

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Rogue Invitational	16	13.8	0	1	4	10
2022 - CrossFit Games (16 - 17)	1	-	-	-	-	-
2022 - World Wide Quarterfinals	19	-	-	-	-	-
2022 - Quarterfinals	8	29	0	0	2	5
2022 - CrossFit Open	69	122.7	0	0	0	3

### Average Event Finish by Event Type

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Rogue Invitational	13.8	6	15	19	-
2022 - CrossFit Games (16 - 17)	-	-	-	-	-
2022 - World Wide Quarterfinals	-	-	-	-	-

2022 - Quarterfinals	29	10	-	27	-
2022 - CrossFit Open	122.7	-	38	127	-

#### Recent Event Results by Movement

Burpees	6th 2023 Wodapalooza E6 - Dirty Isabel	6th 2022 Quarterfinals Event# 5	38th 2022 CrossFit Open 22.2	
Clean	9th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	10th 2022 Rogue Invitational DT with a Spin		
Chest to Bar Pull Ups	12th 2023 Wodapalooza E6 - Miami Meat Market	203rd 2022 CrossFit Open 22.3		
GHD Situps	22nd 2023 Wodapalooza E2 - Back to the Future	22nd 2023 Wodapalooza E2 - Back to the Future	18th 2022 Rogue Invitational Ski Bar	49th 2022 Quarterfinals Event# 2
Handstand Push Ups	18th 2022 Rogue Invitational Snatch and Press	54th 2022 Quarterfinals Event# 1	54th 2022 Quarterfinals Event# 1	54th 2022 Quarterfinals Event# 1
Rowing	9th 2023 Wodapalooza E3 - Start Fast, Finish Strong (B)	6th 2022 Quarterfinals Event# 5		
Snatch	6th 2023 Wodapalooza E6 - Dirty Isabel	18th 2022 Rogue Invitational Snatch and Press	6th 2022 Quarterfinals Event# 5	127th 2022 CrossFit Open 22.1
Thrusters	22nd 2023 Wodapalooza E2 - Back to the Future	203rd 2022 CrossFit Open 22.3		
Toes to Bar	29th 2023 Wodapalooza E3 - Start Fast, Finish Strong			

Wall Balls	16th 2023 Wodapalooza E5 - Double Shot with a Splash	26th 2022 Quarterfinals Event# 3
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CrossFit Competition	Lift	Weight
2023 Wodapalooza	E4 - We Have Lift Off	241 lbs/109.5 kg
2022 Rogue Invitational	Texas Oak	190 lbs/86.4 kg
2022 Quarterfinals	The Other Total	713 lbs/324.1 kg

## Kloie Wilson

Age: 25 Height:5ft 7in/170 cm Weight:155 lbs/70 kg

Competition	Final Ranking	Average Event Finish	Event Wins	Event Top 5 Finishes	Event Top 10 Finishes	Number of Events
2022 - Last Chance Qualifier	6	6.3	0	2	4	4
2022 - Granite Games	6	6.2	0	1	6	6
2022 - World Wide Quarterfinals	34	-	-	-	-	-
2022 - Quarterfinals	17	54.2	0	0	1	5
2022 - CrossFit Open	182	304	0	0	0	3
2022 - Wodapalooza	Withdrew From Event	-	0	-	-	-
2021 - West Coast Classic	7	8.9	1	2	4	7
2021 - Individual Quarterfinals	20	79.8	0	0	0	5
2021 - CrossFit Open	44	184	0	0	1	4

**Average Event Finish by Event Type**

Competition	All Events	Single Modality	Couplets	Triplets	Chippers
2022 - Last Chance Qualifier	6.3	-	5.7	8	-
2022 - Granite Games	6.2	7	7	6	-
2022 - World Wide Quarterfinals	-	-	-	-	-
2022 - Quarterfinals	54.2	110	-	40.7	-
2022 - CrossFit Open	304	-	603	153	-
2022 - Wodapalooza	-	-	-	-	-
2021 - West Coast Classic	8.9	7	10	7	8
2021 - Individual Quarterfinals	79.8	106	15.5	161	-
2021 - CrossFit Open	184	10	314	-	-

**Recent Event Results by Movement**

Burpees	8th 2022 Last Chance Qualifier Event# 4	6th 2022 Granite Games Endure The Sled	8th 2022 Quarterfinals Event# 5	603rd 2022 CrossFit Open 22.2	7th 2021 West Coast Classic Regionals Finale 2017
Clean	2nd 2021 West Coast Classic Regionals Closer 2015	7th 2021 West Coast Classic Regionals Finale 2017	101st 2021 Individual Quarterfinals Test 1	20th 2018 South Regional Linda	598th 2018 Crossfit Open 18.2a
Chest to Bar Pull Ups	6th 2022 Granite Games Speed Chipper	156th 2022 CrossFit Open 22.3	98th 2021 CrossFit Open 21.3	116th 2018 Crossfit Open 18.5	24th 2017 South Regional Regionals 17.1
GHD Situps	4th 2022 Granite Games Minnesota Mash-Up	83rd 2022 Quarterfinals Event# 2	8th 2021 West Coast Classic Triple-G Chipper	161st 2021 Individual Quarterfinals Test 2	



Handstand Push Ups	39th 2022 Quarterfinals Event# 1	39th 2022 Quarterfinals Event# 1	39th 2022 Quarterfinals Event# 1	13th 2021 West Coast Classic Push Pull 2014 2.0	101st 2021 Individual Quarterfinals Test 1
Rowing	4th 2022 Last Chance Qualifier Event# 2	8th 2022 Quarterfinals Event# 5	8th 2021 West Coast Classic Triple-G Chipper	20th 2021 Individual Quarterfinals Test 3	17th 2018 South Regional Triple 3
Snatch	6th 2022 Granite Games Speed Chipper	8th 2022 Quarterfinals Event# 5	153rd 2022 CrossFit Open 22.1	1st 2021 West Coast Classic Regionals Snatch Ladder 2016	11th 2021 Individual Quarterfinals Test 5
Thrusters	3rd 2022 Last Chance Qualifier Event# 1	7th 2022 Granite Games HS Reverse Fran	156th 2022 CrossFit Open 22.3	18th 2021 West Coast Classic Legless 2013	98th 2021 CrossFit Open 21.3
Toes to Bar	13th 2021 West Coast Classic Push Pull 2014 2.0	98th 2021 CrossFit Open 21.3	2nd 2018 South Regional Regionals 18.5	40th 2018 Crossfit Open 18.1	20th 2017 South Regional Regionals 17.4
Wall Balls	8th 2022 Last Chance Qualifier Event# 4	4th 2022 Granite Games Minnesota Mash-Up	31st 2022 Quarterfinals Event# 3	20th 2021 Individual Quarterfinals Test 3	3rd 2017 South Regional Regionals 17.3
<b>CrossFit Competition</b>	<b>Lift</b>			<b>Weight</b>	
2022 Granite Games	Barbell Complex			220 lbs/100 kg	
2022 Quarterfinals	The Other Total			647 lbs/294.1 kg	
2021 Individual Quarterfinals	Test 4 (4 Rep Max Front Squat)			248 lbs/112.7 kg	
2021 CrossFit Open	21.4			228 lbs/103.6 kg	
2018 Crossfit Open	18.2a			218 lbs/99.1 kg	