F1 Grand Prix StrongFit World Championships

Date: Thu Mar 14 2013

UNDER 90

		Event 1			Event 2				Event 3				Event 4				Event 5			
		Yoke 300kg 75sec	Place	***PTs***	**Viking Press 105kg 75sec**	Place	***PTs***	PTs Cum	**Deadlifts 235kg 75sec**	Place	***PTs***	PTs Cum	**Farmers Walk 110kg 35secs**	Place	***PTs***	PTs Cum	**Stones 102 - 118 - 122 -142 - 164 75secs # stones x time**	Place	***PTs***	PTs Cum
1	**Antony Cosnetino WA**	17.19	1	***8.00***	14.00	3	***6.00***	14.00	13	4	***4.50***	18.50	22.47	3	***6.00***	24.50	3x17.37	4	***5.00***	29.50
2	**Shane Jerman UK**	17.78	2	***7.00***	17.00	2	***7.00***	14.00	17	2	***7.00***	21.00	19.10	1	***8.00***	29.00	4x31.3	3	***6.00***	35.00
3	**Aaram Eghoran UK**	19.53	3	***6.00***	18.00	1	***8.00***	14.00	18	1	***8.00***	22.00	19.47	2	***7.00***	29.00	4x23.17	1	***8.00***	37.00
4	**Darren Lang NSW**	24.75	4	***5.00***	9.00	4	***5.00***	10.00	15	3	***6.00***	16.00	27.97	4	***5.00***	21.00	4x26.30	2	***7.00***	28.00
5	**Troy Munro NSW**	37.06	5	***4.00***	7.00	5	***4.00***	8.00	12	6	***3.00***	11.00	29.46	6	***3.00***	14.00	3x20.65	5	***4.00***	18.00
6	**Carl Sherry SA**	47.84	6	***3.00***	***2.00***	6	***3.00***	6.00	10	7	***2.00***	8.00	28.53	5	***4.00***	12.00	3x32.4	6	***3.00***	15.00
7	**James Devlin VIC**	50.75	7	***2.00***		0	***0.00***	2.00	13	4	***4.50***	6.50	***33.5M***	7	***2.00***	8.50	2x42.36	7	***2.00***	10.50
8	**Shane Greenwood NSW**	***4.29M***	8	***1.00***		0	***0.00***	1.00	***5***	***8***	***1.00***	2.00	***10M***	8	***1.00***	3.00	1x5.62	8	***1.00***	4.00
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