

STRENGTH TEST 7/17/12 Palmer, AK

PLACE	BIB	FIRST NAME	LAST NAME	M/F	AGE	PULL-UPS (RAW)	PULL -UPS (*3)	SIT UPS
		Vanya	Rybin	M		28	84	54
		Isaac	Lammers	M		20	60	61
		Jack	Novak	M		20	60	55
		Thomas	O'Harra	M		20	60	57
		Jacob	Volz	M		12	36	52
		Kyle	Hanson	M		18	54	48
		Alex	Loan	M		14	42	55
		Forrest	Mahlen	M		17	51	48
		Stefan	Hajdukovich	M		20	60	53
		Logan	Hanneman	M		15	45	35

PLACE	BIB	FIRST NAME	LAST NAME	M/F	AGE	PULL-UPS (RAW)	PULL -UPS (*3)	SIT UPS
		Stephanie	Kirk	F		8	24	55
		Celia	Haering	F		9	27	56
		Hannah	Boyer	F		6	18	48
		Sarissa	Lammers	F		4	12	66
		Lydia	Blanchet	F		6	18	39
		Marion	Woods	F		1	3	46
		Teagan	Yutrzenka	F		0	0	50
		Sarah	Cresap	F		4	12	50

PUSH UPS	BOX JUMPS	DIPS	SCORE	POINTS
53	70	41	302	100
53	75	40	289	80
54	69	34	272	60
51	67	27	262	50
50	69	41	248	45
40	73	31	246	40
48	63	34	242	36
38	67	26	230	32
51	-	50	214	29
32	72	22	206	26
				24

PUSH UPS	BOX JUMPS	DIPS	SCORE	POINTS
51	71	40	241	100
54	68	32	237	80
48	69	39	222	60
36	62	23	199	50
23	65	36	181	45
38	65	28	180	40
33	64	20	167	36
37	-	33	132	32
				29
				26
				24