

Karjalan Kovin 2019 qualification score card

A) (0:00 – 8:00)

8 min AMRAP: Row 18/15 cal, T2B 20, Row 18/15 cal, C2B 15, Row 18/15 cal, Ring MU 10/7

	1	2	3
Row 18/15 cal			
T2B 20	Time:	Time:	Time:
Row 18/15 cal			
C2B 15	Time:	Time:	Time:
Row 18/15 cal			
Ring MU 10/7	Time:	Time:	Time:
	99/87	198/174	297/261

B) (8:00 – 13:00)

In 5 min, find max weight for: 1 snatch + 2 hang snatch

Score, max weight in kg: _____

Tie break (total time): _____

2min rest (13:00 – 15:00)

C) (15:00 – 25:00)

For time: 80 DU, 30 DL, 10 HSPU, 80 DU, 20 FS, 10 HSPU, 80 DU, 10 squat clean thrusters, 10 HSPU

Time cap: 10 min (total time 25:00)

Double unders	80	
Deadlift 70/50 kg	30	
Handstand push-ups	10	Time:
Double unders	80	
Front squat 70/50 kg	20	
Handstand push-ups	10	Time:
Double unders	80	
Squat clean thrusters 70/50 kg	10	
Handstand push-ups	10	Time:

Score, total time: _____

(If the workout isn't finished in 25:00 time, the score is 25:00 + 1 sec. from each repetition that isn't finished.)