



## QUALIF 19.2 A+B WOMEN

**IN 20 MINUTES**

**START WITH 19.2 A**

ROUND	1	2	3	4	5
10 TOES TO BAR	10	70	130	190	250
10 DB POWERCLEAN @15Kg	20	80	140	200	260
10 DB FARMER CARRY STEP OVER BOX @15Kg	30	90	150	210	270
30 DOUBLE UNDERS	60	120	180	240	300

**TIE BREAKER**

Time when athlete ends last round

**IN THE REMAINING TIME 19.2 B**

ATTEMPT	1	2	3	4	5
1 RM CLUSTER (IN ONE MOVEMENT SQUAT CLEAN AND THRUSTER)					

<b>SCORE</b>	19.2 A		<b>REPS</b>
	19.2 B		<b>KG</b>