

# Austrian Throwdown 2022 Online Qualifier

## WOD 1

This Workout is **FOR TIME**. The Score is your time after you complete all 7 Rounds. If you are not able to complete all 7 Rounds within the Timecap of 15 Minutes, you will add 1 Second to the 15:00 Time for every missing Rep. (e.g. At Timecap, you still have 12 S2O left. Your Score is 15:12.

Round 1															
Double Unders						S2O (40/30)									
10	24:20	20	24:10	30	24:00	40	23:50	50	23:40	60	23:30	10	23:20	20	23:10
Round 2															
Double Unders						S2O (40/30)									
10	23:00	20	22:50	30	22:40	40	22:30	50	22:20	60	22:10	10	22:00	20	21:50
Round 3															
Double Unders						S2O (40/30)									
10	21:40	20	21:30	30	21:20	40	21:10	50	21:00	60	20:50	10	20:40	20	20:30
Round 4															
Double Unders						S2O (40/30)									
10	20:20	20	20:10	30	20:00	40	19:50	50	19:40	60	19:30	10	19:20	20	19:10
Round 5															
Double Unders						S2O (40/30)									
10	19:00	20	18:50	30	18:40	40	18:30	50	18:20	60	18:10	10	18:00	20	17:50
Round 6															
Double Unders						S2O (40/30)									
10	17:40	20	17:30	30	17:20	40	17:10	50	17:00	60	16:50	10	16:40	20	16:30
Round 7															
Double Unders						S2O (40/30)									
10	16:20	20	16:10	30	16:00	40	15:50	50	15:40	60	15:30	10	15:20	20	15:10

Your Score: