

Austrian Throwdown 2022 Online Qualifier

WOD 3

This Workout is FOR TIME. The Score is the time after completing all Reps. If you are not able to complete all Reps within the 9 minutes timecap, you will add 1 second for each missing rep. (e.g. At timecap 10 Bar Muscle Ups are still missing. Your Score will be 09:10 and the TieBreaker Time is the time, when you completed your 30th C2B Pull Up.)

DB Thrusters (22,5/15)								
5	11:00	10:55	15	10:50	10:45	10:40	25	10:35
Pull Ups								
5	10:30	10:25	15	10:20	10:15	10:10	25	10:05
DB Thrusters (22,5/15)								
5	10:00	09:55	15	09:50	09:45			
C2B								
5	09:40	09:35	15	09:30	09:25			
DB Thrusters (22,5/15)								
5	09:20	09:15	10					
Bar Muscle Ups								
5	09:10	09:05	10					
TIEBREAKER:								

Your Score: