

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Regina Challenge – August 23, 2014



CHI Bursary Winner: Lori Dencsak



MASTERS

TEAM: TOTALS

[no teams in Masters Division]

INDIVIDUAL: TOTALS

#	NAME – MASTERS	TEAM	Final Rank	Overall Points
1	Lori Dencsak		1	8.5
13	Shannon Nixon		2	18.0
18	Dawn Island		3	19.0
8	Kim Pastachak		4	25.5
11	Lisa Pestill		5	27.5
2	Sandy Rogina		6	38.0

MASTERS

INDIVIDUAL EVENT RESULTS

INVERTED ROWS – MASTERS					
#	NAME	TEAM	Reps	Rank	Point Score
13	Shannon Nixon		59.0	1	1
8	Kim Pastachak		42.5	2	2
1	Lori Dencsak		38.5	3	3
18	Dawn Island		36.5	4	4
2	Sandy Rogina		35.0	5	5
11	Lisa Pestill		31.0	6	6

KETTLEBELL LIFT – MASTERS							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
1	Lori Dencsak		00:38.72		00:38.72	1	1
13	Shannon Nixon		00:43.19		00:43.19	2	2
11	Lisa Pestill		00:43.78		00:43.78	3	3
18	Dawn Island		00:45.47		00:45.47	4	4
8	Kim Pastachak		00:50.75		00:50.75	5	5

2	Sandy Rogina		00:58.84		00:58.84	6	6
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TIRE DRAG – MASTERS							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
1	Lori Dencsak		00:18.31		00:18.31	1	1
8	Kim Pastachak		00:24.09		00:24.09	2	2
18	Dawn Island		00:26.75		00:26.75	3	3
13	Shannon Nixon		00:27.03		00:27.03	4	4
11	Lisa Pestill		00:28.47		00:28.47	5	5
2	Sandy Rogina		00:44.34		00:44.34	6	6

BOX JUMPS – MASTERS						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
1	Lori Dencsak		50	01:05.69	1	1
18	Dawn Island		50	01:41.75	2	2
13	Shannon Nixon		50	01:53.47	3	3
8	Kim Pastachak		50	02:03.87	4	4
11	Lisa Pestill		50	02:58.88	5	5
2	Sandy Rogina		14	03:00.00	6	6

TIRE FLIP – MASTERS					
#	NAME	TEAM	Flip Time	Rank	Point Score
1	Lori Dencsak		00:15.59	1	1
13	Shannon Nixon		00:17.28	2	2
18	Dawn Island		00:20.47	3	3
11	Lisa Pestill		00:24.13	4	4
8	Kim Pastachak		00:28.44	5	5
2	Sandy Rogina		00:34.12	6	6

OBSTACLE COURSE (x 1.5) – MASTERS							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
1	Lori Dencsak		01:08.94		01:08.94	1	1.5
18	Dawn Island		01:25.31		01:25.31	2	2
11	Lisa Pestill		01:27.65	00:01.00	01:28.65	3	3
13	Shannon Nixon		01:28.97		01:28.97	4	4
8	Kim Pastachak		01:31.34		01:31.34	5	5
2	Sandy Rogina		01:44.28		01:44.28	6	6