

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Calgary Challenge – June 20th, 2015



CHI Bursary Winner: Lyndy Cook

OPEN

TEAM: TOTALS

TEAM NAME – OPEN	POINTS	PLACE
Crossfit Canmore	96.5	1
Powered by Wine	144.0	2

INDIVIDUAL: TOTALS

#	NAME – OPEN	TEAM	Final Rank	Overall Points
62	Ana Maljikovic		1	10.5
66	Michelle Ward		2	17.5
58	Teresa Holmes	Crossfit Canmore	3	19.0
64	Hailey Jones		4	22.5
56	Gail Crowe-Swords	Crossfit Canmore	5	34.0
61	Tracy Russell	Powered by Wine	6	38.0
63	Beckie Lower		7	40.5
60	Tanya Hulsemann	Powered by Wine	8	42.0
57	Marie Grenon	Crossfit Canmore	9	43.5
65	Michele Sauve Hynes		10	52.5
67	Sarah Webb		11	62.0
59	Desiree Knapp	Powered by Wine	12	64.0
68	Sarah Sharpe		13	66.5

OPEN

INDIVIDUAL EVENT RESULTS

NOTE: Each competitor received 1 point for Inverted Rows which were not performed at this event.

KETTLEBELL LIFT – OPEN							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
62	Ana Maljickovic		00:32.94		00:32.94	1	1
66	Michelle Ward		00:34.72		00:34.72	2	2
64	Hailey Jones		00:34.91	00:01.00	00:35.91	3	3
58	Teresa Holmes	Crossfit Canmore	00:36.91		00:36.91	4	4
63	Beckie Lower		00:36.69	00:01.00	00:37.69	5	5
65	Michele Sauve Hynes		00:38.22		00:38.22	6	6
57	Marie Grenon	Crossfit Canmore	00:37.94	00:01.00	00:38.94	7	7
61	Tracy Russell	Powered by Wine	00:39.00		00:39.00	8	8
56	Gail Crowe-Swords	Crossfit Canmore	00:37.50	00:02.00	00:39.50	9	9
60	Tanya Hulsemann	Powered by Wine	00:37.59	00:04.00	00:41.59	10	10
59	Desiree Knapp	Powered by Wine	00:42.81		00:42.81	11	11
68	Sarah Sharpe		00:42.81		00:42.81	11	11
67	Sarah Webb		00:46.37		00:46.37	13	13

BOX JUMPS – OPEN						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
62	Ana Maljickovic		50	00:46.47	1	1
58	Teresa Holmes	Crossfit Canmore	50	00:51.18	2	2
57	Marie Grenon	Crossfit Canmore	50	00:51.44	3	3
64	Hailey Jones		50	00:52.12	4	4
66	Michelle Ward		50	00:53.19	5	5
63	Beckie Lower		50	01:05.47	6	6
61	Tracy Russell	Powered by Wine	50	01:09.96	7	7
67	Sarah Webb		50	01:10.38	8	8
56	Gail Crowe-Swords	Crossfit Canmore	50	01:14.91	9	9
68	Sarah Sharpe		50	01:23.22	10	10
60	Tanya Hulsemann	Powered by Wine	50	01:45.13	11	11
65	Michele Sauve Hynes		50	01:49.90	12	12
59	Desiree Knapp	Powered by Wine	50	02:04.00	13	13

TIRE FLIP – OPEN					
#	NAME	TEAM	Flip Time	Rank	Point Score
64	Hailey Jones		00:11.75	1	1
62	Ana Maljickovic		00:12.87	2	2
66	Michelle Ward		00:12.94	3	3
60	Tanya Hulsemann	Powered by Wine	00:15.07	4	4
61	Tracy Russell	Powered by Wine	00:15.47	5	5
56	Gail Crowe-Swords	Crossfit Canmore	00:15.65	6	6
63	Beckie Lower		00:17.09	7	7
58	Teresa Holmes	Crossfit Canmore	00:17.38	8	8
65	Michele Sauve Hynes		00:18.50	9	9

57	Marie Grenon	Crossfit Canmore	00:19.34	10	10
59	Desiree Knapp	Powered by Wine	00:22.19	11	11
67	Sarah Webb		00:30.66	12	12
68	Sarah Sharpe		00:32.94	13	13

TIRE DRAG – OPEN					
#	NAME	TEAM	Time	Rank	Point Score
58	Teresa Holmes	Crossfit Canmore	00:12.25	1	1
66	Michelle Ward		00:12.31	2	2
56	Gail Crowe-Swords	Crossfit Canmore	00:12.53	3	3
62	Ana Maljickovic		00:13.06	4	4
61	Tracy Russell	Powered by Wine	00:14.35	5	5
64	Hailey Jones		00:14.81	6	6
60	Tanya Hulsemann	Powered by Wine	00:15.16	7	7
65	Michele Sauve Hynes		00:15.38	8	8
57	Marie Grenon	Crossfit Canmore	00:16.72	9	9
59	Desiree Knapp	Powered by Wine	00:17.72	10	10
63	Beckie Lower		00:18.69	11	11
68	Sarah Sharpe		00:26.59	12	12
67	Sarah Webb		00:42.78	13	13

OBSTACLE COURSE (x 1.5) – OPEN							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
62	Ana Maljickovic		01:04.88		01:04.88	1	1.5
58	Teresa Holmes	Crossfit Canmore	01:04.31	00:01.00	01:05.31	2	3.0
66	Michelle Ward		01:05.87		01:05.87	3	4.5
56	Gail Crowe-Swords	Crossfit Canmore	01:10.09		01:10.09	4	6.0
64	Hailey Jones		01:11.37		01:11.37	5	7.5
60	Tanya Hulsemann	Powered by Wine	01:12.09		01:12.09	6	9.0
63	Beckie Lower		01:12.65		01:12.65	7	10.5
61	Tracy Russell	Powered by Wine	01:13.03		01:13.03	8	12.0
57	Marie Grenon	Crossfit Canmore	01:15.86		01:15.86	9	13.5
67	Sarah Webb		01:17.25		01:17.25	10	15.0
65	Michele Sauve Hynes		01:17.75		01:17.75	11	16.5
59	Desiree Knapp	Powered by Wine	01:18.44		01:18.44	12	18.0
68	Sarah Sharpe		01:20.62		01:20.62	13	19.5