

TEAM MICHAEL

	Initial	Final	
500M row	125	122	
	136	118	
	133	121	
	137	126	
Total	531	487	8.29

Wall Sit	95	132	
	45	60	
	105	142	
	70	102	
Total	315	436	27.75

Plank	185	210	
	45	77	
	120	175	
	80	97	
Total	430	559	23.08

Push up	25	40	
mod	9	17	
	15	30	
mod	9	20	
	58	107	45.79

104.91

26.23%

TEAM SHAWN

Initial	F	Final	
108	103		
171	119		
109	98		
126	117		
176	153		
690	590		14.49

63	120		
44	110		
78	240		
50	257		
78	180		
313	907		65.49

88	107		
74	210		
125	300		
44	55		
60	136		
391	808		51.61

16	27		
26	42		
24	36		
12	20		
10	16		
88	141		37.59

169.18095

Winner

42.30%