

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Regina Challenge – August 20, 2016



CHI /CSNA Bursary Winner: TBA

MASTERS TEAM RANKING

*** There were no Masters Division team entries ***

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
32	Stefanie Krochak		1	9.5
21	Shelley Polos		2	17.5
12	Nora Gies		3	18.0
38	Kim Pastachak		4	25.0
33	Tricia Yerex		5	27.5

MASTERS EVENT RANKING

OBSTACLE COURSE

*** Obstacle Course is worth 1.5x ***

MASTERS DIVISION			OBSTACLE COURSE			OC Rank	Points
#	NAME	TEAM	OC Timer	OC Penalty	OC TIME		
32	Stefanie Krochak		01:33.16		01:33.16	1	1.5
12	Nora Gies		01:39.07	00:01.00	01:40.07	2	3.0
21	Shelley Polos		01:47.31		01:47.31	3	4.5
38	Kim Pastachak		01:48.12		01:48.12	4	6.0
33	Tricia Yerex		02:05.28		02:05.28	5	7.5

BOX JUMPS

BOX JUMPS						Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME	Box Score		
32	Stefanie Krochak		50	00:58.16	00:58.16	1	1
38	Kim Pastachak		50	01:03.00	01:03.00	2	2
21	Shelley Polos		50	01:19.87	01:19.87	3	3
33	Tricia Yerex		50	01:49.94	01:49.94	4	4
12	Nora Gies		50	01:57.03	01:57.03	5	5

TIRE FLIPS

MASTERS DIVISION						Rank	Points
TIRE FLIP							
#	NAME	TEAM	Flips	Flip Time	Flip Score		
12	Nora Gies		06	00:18.25	00:18.25	1	1
32	Stefanie Krochak		06	00:18.78	00:18.78	2	2
21	Shelley Polos		06	00:21.87	00:21.87	3	3
38	Kim Pastachak		06	00:25.10	00:25.10	4	4
33	Tricia Yerex		06	00:26.03	00:26.03	5	5

KETTLEBELL LIFT

MASTERS DIVISION						KB Rank	Points
KETTLE BELLS							
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
32	Stefanie Krochak		00:38.41		00:38.41	1	1
12	Nora Gies		00:41.28		00:41.28	2	2
21	Shelley Polos		00:42.41		00:42.41	3	3
38	Kim Pastachak		00:43.91	00:02.00	00:45.91	4	4
33	Tricia Yerex		00:50.97	00:02.00	00:52.97	5	5

TIRE DRAG

MASTERS DIVISION					Tire Rank	Points
TIRE DRAG						
#	NAME	TEAM	TD Timer	Tire TIME		
32	Stefanie Krochak		00:15.35	00:15.35	1	1
12	Nora Gies		00:16.50	00:16.50	2	2
21	Shelley Polos		00:18.97	00:18.97	3	3
33	Tricia Yerex		00:21.72	00:21.72	4	4
38	Kim Pastachak		00:22.25	00:22.25	5	5

INVERTED ROWS

MASTERS DIVISION					INVERTED ROWS		
Order	#	NAME	TEAM	Row Score	Row Rank	Points	
2	21	Shelley Polos		30.5	1	1	
4	33	Tricia Yerex		30.0	2	2	
3	32	Stefanie Krochak		29.5	3	3	
5	38	Kim Pastachak		27.5	4	4	
1	12	Nora Gies		20.5	5	5	