

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Vancouver Challenge – September 10, 2016



CHI /CSNA Bursary Winner: Amber Siemens

MASTERS TEAM RANKING

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points
Durti Gurlz #3								53.5
Kari Collins	7	6	2	1	1	6	3	
Pam Lippmann	1	2	1	4	2	2	1	
Victoria Ward	2	1	3	2	5	1	2	

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
2	Pam Lippmann	Durti Gurlz #3	1	13.0
3	Victoria Ward	Durti Gurlz #3	2	14.5
1	Kari Collins	Durti Gurlz #3	3	26.0
6	Devon Haag		4	28.5
5	Cindy Jantzen		5	31.0
43	Sonia Woodman		6	33.5
4	Charlene Turpin		7	35.5

MASTERS EVENT RANKING

OBSTACLE COURSE

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

MASTERS DIVISION			OBSTACLE COURSE x 1.5			OC Rank	Points
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME		
3	Victoria Ward	Durti Gurlz #3	01:11.91		01:11.91	1	1.5
2	Pam Lippmann	Durti Gurlz #3	01:15.09		01:15.09	2	3.0
6	Devon Haag		01:20.16		01:20.16	3	4.5
5	Cindy Jantzen		01:22.02		01:22.02	4	6.0
4	Charlene Turpin		01:23.41	00:01.00	01:24.41	5	7.5
1	Kari Collins	Durti Gurlz #3	01:25.16		01:25.16	6	9.0
43	Sonia Woodman		01:27.00		01:27.00	7	10.5

BOX JUMPS

BOX JUMPS						Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME	Box Score		
3	Victoria Ward	Durti Gurlz #3	50	00:52.90	00:52.90	1	1
2	Pam Lippmann	Durti Gurlz #3	50	00:56.90	00:56.90	2	2
5	Cindy Jantzen		50	01:26.63	01:26.63	3	3
43	Sonia Woodman		50	01:43.50	01:43.50	4	4
6	Devon Haag		50	01:51.65	01:51.65	5	5
1	Kari Collins	Durti Gurlz #3	50	02:12.22	02:12.22	6	6
4	Charlene Turpin		50	02:45.75	02:45.75	7	7

TIRE FLIPS

MASTERS DIVISION			TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time		
1	Kari Collins	Durti Gurlz #3	06	00:23.41	1	1
3	Victoria Ward	Durti Gurlz #3	06	00:23.78	2	2
43	Sonia Woodman		06	00:24.15	3	3
2	Pam Lippmann	Durti Gurlz #3	06	00:24.19	4	4
6	Devon Haag		06	00:24.22	5	5
4	Charlene Turpin		06	00:34.03	6	6
5	Cindy Jantzen		06	00:34.88	7	7

KETTLEBELL LIFT

MASTERS DIVISION						KETTLE BELLS	
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	KB Rank	Points
2	Pam Lippmann	Durti Gurlz #3	00:28.19		00:28.19	1	1
1	Kari Collins	Durti Gurlz #3	00:31.78		00:31.78	2	2
3	Victoria Ward	Durti Gurlz #3	00:31.81		00:31.81	3	3
5	Cindy Jantzen		00:32.25		00:32.25	4	4
4	Charlene Turpin		00:33.22		00:33.22	5	5
43	Sonia Woodman		00:35.00		00:35.00	6	6
6	Devon Haag		00:35.68		00:35.68	7	7

TIRE DRAG

MASTERS DIVISION						TIRE DRAG	
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME	Tire Rank	Points
1	Kari Collins	Durti Gurlz #3	00:16.37		00:16.37	1	1
2	Pam Lippmann	Durti Gurlz #3	00:17.34		00:17.34	2	2
6	Devon Haag		00:18.44		00:18.44	3	3
43	Sonia Woodman		00:18.53		00:18.53	4	4
3	Victoria Ward	Durti Gurlz #3	00:19.07		00:19.07	5	5
5	Cindy Jantzen		00:25.56		00:25.56	6	6
4	Charlene Turpin		00:25.88		00:25.88	7	7

INVERTED ROWS

MASTERS DIVISION				INVERTED ROWS	
#	NAME	TEAM	Row Score	Row Rank	Points
2	Pam Lippmann	Durti Gurlz #3	52.0	1	1
3	Victoria Ward	Durti Gurlz #3	44.5	2	2
4	Charlene Turpin		43.0	3	3
6	Devon Haag		37.0	4	4
5	Cindy Jantzen		36.0	5	5
43	Sonia Woodman		29.0	6	6
1	Kari Collins	Durti Gurlz #3	28.5	7	7