



**Functional Fitness**  
**Saturday, July 20, 2019**  
**Lionheart Athletic Performance and Fitness**

	Event 1	Time	Event 2	Reps	Event 3	Time	Floater	Reps	Total	
<b>Heat 1</b>										
Valerie Tolin	7	102rep	3	184reps	6	7:56	3	49	19	
Tiffany Kinsch	10	79reps	4	178reps	10	240reps	5	46	29	
Tarin Wray	2	5:53	5	154reps	1	5:54	3	49	11	
Leah Piper	5	7:52	8	119reos	7	273reps	4	48	24	
Magen Hawkinson	9	84reps	9	71reps	9	243reps	8	38	35	
<b>Heat 2</b>										
Britny Cushing	6	9:51	3	184	8	269reps	6	42	23	
Kelsey Schrempf	1	5:37	1	225	3	6:36	2	50	7	
Samantha Lynch	8	92 reps	7	143	4	7:52	7	41	26	
Dakota Schildknecht-inter	1	101reps	3	94	1	353reps	1	52	6	
Rachel Sanders	4	7:49	6	148	5	7:54	1	51	16	
<b>Heat 3</b>										
Kirstyn Twombly-rx	2	32reps	1	66	2	150reps	1	45	6	tie break 1:47
Macy Lang-Scaled	3	7:21	2	224	2	6:15	3	49	10	
Rebekah Smalley-rx	1	46reps	2	19	1	166	2	44	6	tie break 1:49
Katie Myers-Int	2	88 reps	1	123	2	351reps	2	42	7	
Julie Keehn-Int	3	66reps	2	115	3	350reps	3	38	11	
<b>Heat 4</b>										
Colin Nichols	1	83reos	1	120 reps	2	350	5	30	9	tiebreak1:47
Thomas Ortiz	5	60reps	4	53reps	1	351	1	63	11	
Joseph Galvan	4	66reps	3	93reps	3	349	4	38	14	
Joseph Pruett									0	
Josh Klamm-scaled	1	91reps	1	185	1	7:11	1	68	4	
<b>Heat 5</b>										
Keith Fine-inter	3	68reps	2	94	2	350	2	53	9	1:31
Robert Bausch-inter	2	77reps	3	93	4	340	3	52	12	
Caleb Smith									0	
Clay Weinaug-RX	1	71reps	1	50	1	174	1	39	4	
Chris Hough-RX	2	42reps	2	46	2	142	2	22	8	

Sponsored by:

