

Throwdown 2016

Name	Gender	Div	CrossFit		1000m		1-mile		FRAN	Points	Chipper	Points	Total	Place
			Total	Points	Row	Points	Run	Points						
Toni Pierce	Female	Rx	555	1.5	4:03	3.5	7:15	3	5:43	1	17:06	1	10	1
Sarah Ley	Female	Rx	460	5	4:02	2	6:47	1	7:11	3	18:16	2	13	2
Emily Lambrecht	Female	Rx	475	4	3:41	1	7:07	2	7:25	4	20:12	5	16	3
Elizabeth Gamache	Female	Rx	555	1.5	4:09	5	7:51	5	6:56	2	19:49	3	16.5	4
Cassie Norden	Female	Rx	490	3	4:03	3.5	8:35	6	8:27	5	20:04	4	21.5	6
Jennifer Gillespie	Female	Rx	435	6	4:13	6	7:39	4	9:40	6	20:16	6	28	7
Laura Krueck	Female	Scaled	445	1	4:06	1	9:22	5	7:25	6	20:40	6	19	1
Lindsay Wolking	Female	Scaled	420	2.5	4:12	3	9:25	6	5:44	1	20:46	7	19.5	2
Marcy Epperson	Female	Scaled	190	9	4:37	6.5	7:55	1	5:52	2	18:18	2	20.5	3
Tara Rall	Female	Scaled	280	8	4:31	5	8:14	2	7:05	5	17:27	1	21	4
Dana Kalipolites	Female	Scaled	320	6	4:08	2	9:11	4	7:36	7	20:07	5	24	5
Patty Witkowsky	Female	Scaled	370	4	4:37	6.5	12:21	7	6:20	3	19:19	4	24.5	6
Heather Martin	Female	Scaled	305	7	5:33	9	8:56	3	6:21	4	18:31	3	26	7
Breanna Lancaster	Female	Scaled	420	2.5	4:29	4		10		10		10	36.5	8
Lauren olsen	Female	Scaled	340	5	4:47	8		10		10		10	43	9
Taylor Gillespie	Male	Rx	895	1	3:21	1	6:01	1	7:58	3	19:18	3	9	1
Brian VanIwarden	Male	Rx	730	2	3:40	3	6:09	2	6:29	2	15:29	2	11	2
Tyler Lancaster	Male	Rx	715	3	4:00	4	6:44	4	5:44	1	14:53	1	13	3
Nolan Martin	Male	Rx	660	4	3:30	2	6:26	3	8:41	4	20:06	4	17	4
Scott Witkowsky	Male	Scaled	595	1	3:43	1	9:36	1	9:34	1	21:01	1	5	1