

JEDNOTLIVCI/TEAM

KATEGORIE	FUN MUŽI	FUN ŽENY	SPORT MUŽI	SPORT ŽENY	MIX FUN	MIX SPORT
 RUN (800 m)						
1. ECHO BIKE	2000 m	2000 m	2000 m	2000 m	2000 m	2000 m
 RUN (800 m)						
2. DOUBLE DB CARRY	2× 22,5 kg 150 m (TEAM 2× 150 m)	2× 15 kg 150 m (TEAM 2× 150 m)	2× 30 kg 150 m (TEAM 2× 150 m)	2× 22,5 kg 150 m (TEAM 2× 150 m)	2× 22,5/15 kg 150 m (TEAM SYNCHRO)	2× 30/22,5 kg 150 m (TEAM SYNCHRO)
 RUN (800 m)						
3. DOUBLE KTB DEADLIFT LADDER	1-10 24 kg (TEAM 1-10-10-1)	1-10 16 kg (TEAM 1-10-10-1)	1-10 32 kg (TEAM 1-10-10-1)	1-10 24 kg (TEAM 1-10-10-1)	1-10 16 kg (TEAM 1-10-10-1)	1-10 24 kg (TEAM 1-10-10-1)
 RUN (800 m)						
4. SKI ERG	1000 m (dumper 7)	1000 m (dumper 5)	1000 m (dumper 7)	1000 m (dumper 5)	1000 m (dumper 6)	1000 m (dumper 6)
 RUN (800 m)						
5. WALL BALLS	100× (6 kg)	100× (4 kg)	100× (9 kg)	100× (6 kg)	100× (M: 6 kg) (Ž: 4 kg)	100× (M: 9 kg) (Ž: 6 kg)
 RUN (800 m)						
6. SANDBAG LUNGES	80 m (20 kg)	80 m (10 kg)	80 m (30 kg)	80 m (20 kg)	80 m (10 kg)	80 m (20 kg)
 RUN (800 m)						
7. ROW	1000 m (dumper 7)	1000 m (dumper 5)	1000 m (dumper 7)	1000 m (dumper 5)	1000 m (dumper 6)	1000 m (dumper 6)
 RUN (800 m)						
8. SLED PUSH BURPEE	4× 2 m + 10 Burpees 8 m 160 kg	4× 2 m + 10 Burpees 8 m 120 kg	4× 2 m + 10 Burpees 8 m 200 kg	4× 2 m + 10 Burpees 8 m 160 kg	4× 4 m + 10 Burpees 16 m 140 kg	4× 4 m + 10 Burpees 16 m 180 kg