

LONDON SUMMER '23

ELITE MIXED

ELITE MIXED SATURDAY GAME DAY

Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4	ROUND 4B (HEAT)	WORKOUT 4B
1	1	BENCHES AND WENCHES	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
2	1	CFV	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
3	1	CJC GAINS	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
4	1	21 15 CALL 999	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
5	1	CLUB SENDWICH!	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
6	1	MARCHON TRAINING	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
7	1	Pic n Mix	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
8	1	Berry Bandits	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
9	1	CYBILS HOUSE	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
10	1	DIVAS AND DUDES	9.10.	QUICKSAND	11.10.	SUMMER RUSH	13.35	DIVIDE & CONQUER	15.35	LIFT OFF	15.56 (2)	SIDESHOW
11	2	GYMNASIUM	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
12	2	HELP!	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
13	2	TEAM INOV-8	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
14	2	CROSSFIT HEATHROW A	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
15	2	IN2 ELITE-ISH	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
16	2	KETTLEBELLEND	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
17	2	MARCHON LDN	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
18	2	TEAM LSKD	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
19	2	TEAM WIT	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
20	2	NOCCO FOCUS	9.31	QUICKSAND	11.31	SUMMER RUSH	13.56	DIVIDE & CONQUER	15.56	LIFT OFF	16.17 (3)	SIDESHOW
21	3	RH10FIT	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
22	3	HIVE	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
23	3	NOCCO BCAA	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
24	3	Coco Crushers	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
25	3	TEAM SHORT AND TALL	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
26	3	CROSSFIT WEYSIDE	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
27	3	TEAM "RYAN"	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
28	3	TEAM PHIZZ	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
29	3	WET WITH SWEAT	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW
30	3	WOD R WE DOIN	9.52	QUICKSAND	11.52	SUMMER RUSH	14.17	DIVIDE & CONQUER	16.17	LIFT OFF	16.38 (4)	SIDESHOW

