

# LONDON SUMMER '23

## INTERMEDIATE WOMEN

### INTERMEDIATE WOMEN SATURDAY GAME DAY - POOL 1

Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	HEAT #	ROUND 2	WORKOUT 2	HEAT #	ROUND 3	WORKOUT 3	HEAT #	ROUND 4	WORKOUT 4	HEAT #	ROUND 4B	WORKOUT 4B
1	5	50 SHADES OF SLAY	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
2	5	ALL CHEER, NO IDEA	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
3	5	BAD BITCHES SLAY	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
4	5	CROSSFIT COLCHESTER	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
5	5	BARBELLAS	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
6	5	Lift and Let Die	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
7	5	SISU ECHO	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
8	5	NEWWAVE PINK	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
9	5	BURPEES AND BEVS	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW
10	5	CF HABITAT	10.34	QUICKSAND	4	12.13	SUMMER RUSH	5	14.59	DIVIDE & CONQUER	4	16.38	LIFT OFF	5	16.59	SIDESHOW





# LONDON SUMMER '23

## INTERMEDIATE WOMEN

INTERMEDIATE WOMEN SATURDAY GAME DAY - POOL 2												
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 3B (HEAT)	WORKOUT 3B	ROUND 4	WORKOUT 4
1	1	We Had To Change Our Name	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
2	1	4 blondes 1 Norseman	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
3	1	Here for a good time	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
4	1	Take #2	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
5	1	FFH F.L.A.S.H	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
6	1	SISU BRAVO	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
7	1	FLOWER POWER SNATCH	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
8	1	Salute The Glutes	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
9	1	GASSED UP LIFTERS	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
10	1	GYMNASIUM CLAPHAM	9.10.	SUMMER RUSH	11.10.	QUICKSAND	13.35	LIFT OFF	13.56 (2)	SIDESHOW	15.35	DIVIDE & CONQUER
11	2	HARRIET MCGUFFIE	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
12	2	FFH FEM	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
13	2	HOLY FIT	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
14	2	HONEY BEES	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
15	2	JESS	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
16	2	THE ULTIMATE YOU	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
17	2	Lunges & lol	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
18	2	MADE IN EDINBURGH	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
19	2	MATHAN GIRLS	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
20	2	MISFITS & LADY BITS	9.31	SUMMER RUSH	11.31	QUICKSAND	13.56	LIFT OFF	14.17 (3)	SIDESHOW	15.56	DIVIDE & CONQUER
21	3	MOTION GC4LIFE	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
22	3	BARBABES	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
23	3	NEWWAVE RED	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
24	3	Not FastJust Furious	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
25	3	OH MY QUAD	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
26	3	Weight for me	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
27	3	ORIGIN GIRLS	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
28	3	PROTEIN POWDER GIRLS	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
29	3	REDLINE	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
30	3	SE LADIES	9.52	SUMMER RUSH	11.52	QUICKSAND	14.17	LIFT OFF	14.38 (4)	SIDESHOW	16.17	DIVIDE & CONQUER
31	4	Beast Mode Babes	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
32	4	VAUXHALL WARRIORS	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
33	4	ONE MORE REP	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
34	4	Sweaty kings	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
35	4	STRONGHER THAN 2022	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
36	4	TALISMAN TITANS 1	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
37	4	Team Skillen	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
38	4	THE APEX BRAVES	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
39	4	BFG GALS	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
40	4	THE WEIGHTING GAME	10.13	SUMMER RUSH	12.13	QUICKSAND	14.38	LIFT OFF	14.59 (5)	SIDESHOW	16.38	DIVIDE & CONQUER
41	5	Then there were 5	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
42	5	TOOTING TRY HARD	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
43	5	TRAINING SPACE GIRLS	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
44	5	Vauxhall Angels	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
45	5	SISU ZULU	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
46	5	Buck Furpees	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
47	5	WILDEST CLEANS	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
48	5	YOUNG AND BREATHLESS	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
49	5	YOUR PACE OR MINE	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER
50	5	CROSSFIT ESSEX	10.34	SUMMER RUSH	12.34	QUICKSAND	14.59	LIFT OFF	15.20 (6)	SIDESHOW	16.59	DIVIDE & CONQUER

