

## 2010 OC CrossFit Throwdown

| Division | Heat | NAME               | Affl.        | Time  |        |        |      | Points |       | Points  |       | Points    |       | Total Points | W1 Rank | W2 Rank | W1+W2 Rank | W3 Rank | W 1+2+3 Rank | W4 Rank | Total Rank |
|----------|------|--------------------|--------------|-------|--------|--------|------|--------|-------|---------|-------|-----------|-------|--------------|---------|---------|------------|---------|--------------|---------|------------|
|          |      |                    |              | Wod1  | Wod2   | Wod3   | Wod4 | Wod 1  | Wod 2 | Wod 1+2 | Wod 3 | Wod 1+2+3 | Wod 4 |              |         |         |            |         |              |         |            |
| MRX      | 11   | Max Fernandez      | CF South C   | 9:28  | 5:31   | 159    | 586  | 2      | 3     | 5       | 3     | 8         | 1     | 9            | 2       | 3       | 1          | 3       | 1            | 1       | 1          |
| MRX      | 8    | Ronnie Tiesdale    |              | 9:14  | 6:21   | 158    | 556  | 1      | 7     | 8       | 4     | 12        | 4     | 16           | 1       | 7       | 3          | 4       | 2            | 4       | 2          |
| MRX      | 11   | Jonathon Markovich | Primitive CF | 10:26 | 6:41   | 165    | 578  | 6      | 10    | 16      | 1     | 17        | 2     | 19           | 6       | 10      | 6          | 1       | 3            | 2       | 3          |
| MRX      | 11   | Storm Huie         | CF 360       | 9:38  | 6:13   | 150    | 567  | 3      | 6     | 9       | 8     | 17        | 3     | 20           | 3       | 6       | 4          | 8       | 3            | 3       | 4          |
| MRX      | 11   | Gary Baron         | None         | 10:11 | 5:30   | 147    | 543  | 5      | 2     | 7       | 12    | 19        | 6     | 25           | 5       | 2       | 2          | 12      | 6            | 6       | 5          |
| MRX      | 7    | Taylor Smith       | US CF        | 12:09 | 5:29   | 157    | 503  | 12     | 1     | 13      | 5     | 18        | 16    | 34           | 12      | 1       | 5          | 5       | 5            | 16      | 6          |
| MRX      | 11   | Josh Snider        | CF Inferno   | 12:40 | 6:02   | 151    | 518  | 17     | 4     | 21      | 7     | 28        | 9     | 37           | 17      | 4       | 9          | 7       | 7            | 9       | 7          |
| MRX      | 10   | Bryan Wadkins      | Canyon CF    | 11:22 | 6:49   | 148    | 517  | 9      | 11    | 20      | 10    | 30        | 10    | 40           | 9       | 11      | 8          | 10      | 8            | 10      | 8          |
| MRX      | 9    | Michael Ryan       | MaxFit USA   | 13:04 | 6:06   | 148    | 513  | 20     | 5     | 25      | 10    | 35        | 12    | 47           | 20      | 5       | 12         | 10      | 10           | 12      | 9          |
| MRX      | 10   | Paul Gregrow       | CF South C   | 11:25 | 7:17   | 142    | 521  | 10     | 16    | 26      | 15    | 41        | 8     | 49           | 10      | 16      | 13         | 15      | 11           | 8       | 10         |
| MRX      | 9    | Caleb Medley       | CF South C   | 9:55  | 6:56   | 147    | 493  | 4      | 15    | 19      | 12    | 31        | 20    | 51           | 4       | 15      | 7          | 12      | 9            | 20      | 11         |
| MRX      | 11   | Lamarr Smith       | NLP          | 12:55 | 7:38   | 149    | 510  | 18     | 19    | 37      | 9     | 46        | 14    | 60           | 18      | 19      | 17         | 9       | 13           | 14      | 12         |
| MRX      | 11   | Kevin Seiff        | US CF        | 10:40 | 6:53   | 125    | 546  | 7      | 14    | 21      | 36    | 57        | 5     | 62           | 7       | 14      | 9          | 36      | 16           | 5       | 13         |
| MRX      | 10   | Eric Song          | Canyon CF    | 12:00 | 7:30   | 138    | 500  | 11     | 17    | 28      | 17    | 45        | 18    | 63           | 11      | 17      | 14         | 17      | 12           | 18      | 14         |
| MRX      | 11   | Justin Arnest      |              | 13:39 | 6:52   | 136    | 516  | 22     | 13    | 35      | 20    | 55        | 11    | 66           | 22      | 13      | 16         | 20      | 15           | 11      | 15         |
| MRX      | 7    | Andrew Garcia      | NLP          | 10:53 | DNF    | 162    | 513  | 8      | 49    | 57      | 2     | 59        | 12    | 71           | 8       | 49      | 25         | 2       | 17           | 12      | 16         |
| MRX      | 11   | Evan Samuel        | CF 714       | 12:24 | 6:38   | 127    | 495  | 14     | 9     | 23      | 31    | 54        | 19    | 73           | 14      | 9       | 11         | 31      | 14           | 19      | 17         |
| MRX      | 9    | Chadwick Walker    | CF Costa M   | 15:11 | 6:25   | 135    | 530  | 36     | 8     | 44      | 23    | 67        | 7     | 74           | 36      | 8       | 18         | 23      | 18           | 7       | 18         |
| MRX      | 9    | Rob Merto          |              | 13:14 | 6:49   | 118    | 501  | 21     | 11    | 32      | 40    | 72        | 17    | 89           | 21      | 11      | 15         | 40      | 22           | 17      | 19         |
| MRX      | 7    | Gary Moore         | Iron Edge C  | 14:21 | 8:08   | 136    | 474  | 27     | 21    | 48      | 20    | 68        | 22    | 90           | 27      | 21      | 22         | 20      | 19           | 22      | 20         |
| MRX      | 10   | Glenn Doherty      |              | 14:07 | 8:30   | 127    | 509  | 25     | 23    | 48      | 31    | 79        | 15    | 94           | 25      | 23      | 22         | 31      | 25           | 15      | 21         |
| MRX      | 11   | Ron Althouse       | OCCF         | 12:37 | DNF    | 153    | 450  | 15     | 49    | 64      | 6     | 70        | 24    | 94           | 15      | 49      | 28         | 6       | 20           | 24      | 21         |
| MRX      | 9    | Efren Rangel       | CF 360       | 13:45 | 8:43   | 134    | 438  | 23     | 24    | 47      | 24    | 71        | 25    | 96           | 23      | 24      | 21         | 24      | 21           | 25      | 23         |
| MRX      | 10   | Ryan Hoegner       | CF 714       | 13:58 | 8:21   | 127    | 478  | 24     | 22    | 46      | 31    | 77        | 21    | 98           | 24      | 22      | 19         | 31      | 23           | 21      | 24         |
| MRX      | 10   | Jeremiah Purdum    | CF Costa M   | 14:11 | 7:50   | 127    | 464  | 26     | 20    | 46      | 31    | 77        | 23    | 100          | 26      | 20      | 19         | 31      | 23           | 23      | 25         |
| MRX      | 8    | Kris Ulibarri      | NLP          | 13:00 | DNF    | 142    | na   | 19     | 49    | 68      | 15    | 83        | 48    | 131          | 19      | 49      | 31         | 15      | 26           | 48      | 26         |
| MRX      | 10   | Alec Hanson        | CF Costa M   | 12:20 | DNF    | 132    | na   | 13     | 49    | 62      | 25    | 87        | 48    | 135          | 13      | 49      | 27         | 25      | 27           | 48      | 27         |
| MRX      | 11   | Andre Pechong      | OCCF         | 15:09 | 7:32   | 122    | na   | 35     | 18    | 53      | 38    | 91        | 48    | 139          | 35      | 18      | 24         | 38      | 28           | 48      | 28         |
| MRX      | 9    | Mike Cuopman       |              | 12:39 | DNF    | 131    | na   | 16     | 49    | 65      | 27    | 92        | 48    | 140          | 16      | 49      | 30         | 27      | 29           | 48      | 29         |
| MRX      | 11   | Jason Alexander    | CF HB        | 14:33 | DNF    | 138    | na   | 31     | 49    | 80      | 17    | 97        | 48    | 145          | 31      | 49      | 36         | 17      | 30           | 48      | 30         |
| MRX      | 10   | Richard Troung     | CF South C   | 16:46 | 9:04   | 120    | na   | 39     | 25    | 64      | 39    | 103       | 48    | 151          | 39      | 25      | 28         | 39      | 31           | 48      | 31         |
| MRX      | 7    | Hoby Darling       |              | 14:30 | 14:11  | 84     | na   | 29     | 29    | 58      | 46    | 104       | 48    | 152          | 29      | 29      | 26         | 46      | 34           | 48      | 32         |
| MRX      | 10   | Sean Lake          |              | 14:32 | DNF    | 132    | na   | 30     | 49    | 79      | 25    | 104       | 48    | 152          | 30      | 49      | 35         | 25      | 34           | 48      | 32         |
| MRX      | 9    | Mark Wilson        | CF Costa M   | 14:26 | DNF    | 128    | na   | 28     | 49    | 77      | 29    | 106       | 48    | 154          | 28      | 49      | 34         | 29      | 36           | 48      | 34         |
| MRX      | 10   | Andrew Garcia      | Canyon CF    | 17:38 | DNF    | 145    | na   | 43     | 49    | 92      | 14    | 106       | 48    | 154          | 43      | 49      | 43         | 14      | 36           | 48      | 34         |
| MRX      | 10   | Philip Oh          | CF Laguna    | 16:15 | DNF    | 136    | na   | 38     | 49    | 87      | 20    | 107       | 48    | 155          | 38      | 49      | 40         | 20      | 38           | 48      | 36         |
| MRX      | 7    | Joseph Villacorta  | CF Costa M   | 14:59 | DNF    | 130    | na   | 32     | 49    | 81      | 28    | 109       | 48    | 157          | 32      | 49      | 37         | 28      | 39           | 48      | 37         |
| MRX      | 8    | Mike Bilek         | CF South C   | 17:19 | 14:04  | 109    | na   | 41     | 28    | 69      | 43    | 112       | 48    | 160          | 41      | 28      | 32         | 43      | 40           | 48      | 38         |
| MRX      | 8    | Matthew Walrath    |              | 15:01 | DNF    | 127    | na   | 33     | 49    | 82      | 31    | 113       | 48    | 161          | 33      | 49      | 39         | 31      | 41           | 48      | 39         |
| MRX      | 7    | Matt Wright        | CF South C   | 17:50 | 12:15  | 105    | na   | 44     | 26    | 70      | 45    | 115       | 48    | 163          | 44      | 26      | 33         | 45      | 42           | 48      | 40         |
| MRX      | 7    | Ryan Flanagan      | OCCF & Ca    | 17:26 | DNF    | 128    | na   | 42     | 49    | 91      | 29    | 120       | 48    | 168          | 42      | 49      | 42         | 29      | 43           | 48      | 41         |
| MRX      | 11   | Josh Lane          |              | DNF   | DNF    | 137    | na   | 54     | 49    | 103     | 19    | 122       | 48    | 170          | 54      | 49      | 47         | 19      | 44           | 48      | 42         |
| MRX      | 8    | Brian Owen         |              | DNF   | 13:28  | 84     | na   | 54     | 27    | 81      | 46    | 127       | 48    | 175          | 54      | 27      | 37         | 46      | 45           | 48      | 43         |
| MRX      | 7    | Ryan Hunt          | CF Monrovi   | 17:10 | DNF    | 115    | na   | 40     | 49    | 89      | 41    | 130       | 48    | 178          | 40      | 49      | 41         | 41      | 46           | 48      | 44         |
| MRX      | 7    | Homer Maniago      | Canyon CF    | 19:51 | Sub    | 125    | na   | 46     | 49    | 95      | 36    | 131       | 48    | 179          | 46      | 49      | 45         | 36      | 47           | 48      | 45         |
| MRX      | 8    | Kris Buckmaster    | CF Monrovi   | 18:30 | DNF    | 107    | na   | 45     | 49    | 94      | 44    | 138       | 48    | 186          | 45      | 49      | 44         | 44      | 50           | 48      | 46         |
| MRX      | 8    | Matt McLaren       | Iron Edge C  | DNF   | DNF    | 114    | na   | 54     | 49    | 103     | 42    | 145       | 48    | 193          | 54      | 49      | 47         | 42      | 51           | 48      | 47         |
| MRX      | 9    | Adam Acosta        | CF 360       | DNF   | DNF    | DNF    | na   | 54     | 49    | 103     | 48    | 151       | 48    | 199          | 54      | 49      | 47         | 48      | 52           | 48      | 48         |
| MRX      | 7    | Aris Gregorian     | CF Monrovi   | DNF   | DNF    | NoShow | na   | 54     | 49    | 103     | 99    | 202       | 48    | 250          | 54      | 49      | 46         | 99      | 31           | 48      | 49         |
| MRX      | 8    | Jared Wendell      | OCCF         | DNF   | DNF    | NoShow | na   | 54     | 49    | 103     | 99    | 202       | 48    | 250          | 54      | 49      | 47         | 99      | 31           | 48      | 49         |
| MRX      | 9    | Aaron Cole         | CF 714       | 15:01 | NoShow | NoShow | na   | 33     | 99    | 132     | 99    | 231       | 48    | 279          | 33      | 99      | 51         | 99      | 48           | 48      | 51         |
| MRX      | 8    | Spencer Woodward   | Canyon CF    | 15:56 | NoShow | NoShow | na   | 37     | 99    | 136     | 99    | 235       | 48    | 283          | 37      | 99      | 52         | 99      | 49           | 48      | 52         |
| MRX      | 8    | Edward Slane       | CF Brea      | DNF   | NoShow | NoShow | na   | 54     | 99    | 153     | 99    | 252       | 48    | 300          | 54      | 99      | 53         | 99      | 53           | 48      | 53         |
| MRX      | 8    | Jose Gomez         | CF Brea      | DNF   | NoShow | NoShow | na   | 54     | 99    | 153     | 99    | 252       | 48    | 300          | 54      | 99      | 53         | 99      | 53           | 48      | 53         |

| Division | Heat | NAME               | Affl.      | Wod1  | Wod2   | Wod3   | Wod4 | Points | Points | Points  | Points | Points    | Points | Total Points | W1   | W2   | W1+W2 | W3   | W 1+2+3 | W4   | Total |
|----------|------|--------------------|------------|-------|--------|--------|------|--------|--------|---------|--------|-----------|--------|--------------|------|------|-------|------|---------|------|-------|
|          |      |                    |            |       |        |        |      | Wod 1  | Wod 2  | Wod 1+2 | Wod 3  | Wod 1+2+3 | Wod 4  |              | Rank | Rank | Rank  | Rank | Rank    | Rank |       |
| MI       | 6    | Aaron Morales      | CF Inferno | 13:14 | 6:24   | 146    | 468  | 2      | 2      | 4       | 5      | 9         | 2      | 11           | 2    | 2    | 1     | 5    | 1       | 2    | 1*    |
| MI       | 6    | Mike Kosareff      | OCCF       | 13:49 | 7:52   | 155    | 469  | 3      | 5      | 8       | 2      | 10        | 1      | 11           | 3    | 5    | 4     | 2    | 2       | 1    | 2*    |
| MI       | 9    | Al Amato           | CF 714     | 12:02 | 7:42   | 146    | 455  | 1      | 4      | 5       | 5      | 10        | 6      | 16           | 1    | 4    | 2     | 5    | 2       | 6    | 3     |
| MI       | 6    | Don Ricci          | CF LA      | 14:41 | 7:14   | 151    | 445  | 5      | 3      | 8       | 3      | 11        | 7      | 18           | 5    | 3    | 4     | 3    | 4       | 7    | 4     |
| MI       | 6    | Ryan Anderson      | OCCF       | 13:55 | 6:17   | 106    | 464  | 4      | 1      | 5       | 15     | 20        | 4      | 24           | 4    | 1    | 2     | 15   | 6       | 4    | 5     |
| MI       | 6    | Aaron Finigan      |            | 16:10 | 8:12   | 159    | 425  | 9      | 8      | 17      | 1      | 18        | 8      | 26           | 9    | 8    | 8     | 1    | 5       | 8    | 6     |
| MI       | 6    | Michael Walsh      | OCCF       | 15:20 | 8:00   | 128    | 462  | 7      | 7      | 14      | 9      | 23        | 5      | 28           | 7    | 7    | 7     | 9    | 8       | 5    | 7     |
| MI       | 6    | Philip Adkins      | OCCF       | 16:24 | 10:57  | 147    | 465  | 10     | 12     | 22      | 4      | 26        | 3      | 29           | 10   | 12   | 11    | 4    | 9       | 3    | 8     |
| MI       | 6    | Eamom Sylvester    |            | 15:00 | 7:59   | 127    | 418  | 6      | 6      | 12      | 10     | 22        | 9      | 31           | 6    | 6    | 6     | 10   | 7       | 9    | 9     |
| MI       | 6    | Mike Schinn        | OCCF       | 17:27 | 10:10  | 137    | na   | 11     | 10     | 21      | 7      | 28        | 16     | 44           | 11   | 10   | 10    | 7    | 10      | 16   | 10    |
| MI       | 6    | Ted Gray           | CF Laguna  | 15:23 | 9:16   | 122    | na   | 8      | 9      | 17      | 13     | 30        | 16     | 46           | 8    | 9    | 8     | 13   | 11      | 16   | 11    |
| MI       | 5    | Michael Chough     | OCCF       | Sub   | 10:41  | 135    | na   | 21     | 11     | 32      | 8      | 40        | 16     | 56           | 21   | 11   | 13    | 8    | 12      | 16   | 12    |
| MI       | 6    | Ken Granger        | CF South C | 19:05 | DNF    | 116    | na   | 12     | 18     | 30      | 14     | 44        | 16     | 60           | 12   | 18   | 12    | 14   | 13      | 16   | 13    |
| MI       | 5    | Steven Goodman     | NLP        | DNF   | 11:35  | 127    | na   | 21     | 13     | 34      | 10     | 44        | 16     | 60           | 21   | 13   | 14    | 10   | 13      | 16   | 13    |
| MI       | 5    | Rick Paul          | OCCF       | DNF   | Sub    | 123    | na   | 21     | 18     | 39      | 12     | 51        | 16     | 67           | 21   | 18   | 15    | 12   | 15      | 16   | 15    |
| MI       | 5    | Bryce Brown        | None       | DNF   | DNF    | 91     | na   | 21     | 18     | 39      | 16     | 55        | 16     | 71           | 21   | 18   | 15    | 16   | 16      | 16   | 16    |
| MI       | 6    | Josh Brakeffeld    | Canyon CF  | DNF   | DNF    | NoShow | na   | 21     | 18     | 39      | 99     | 138       | 16     | 154          | 21   | 18   | 15    | 99   | 17      | 16   | 17    |
| MI       | 5    | Bert Lyon          | OCCF       | DNF   | Sub    | NoShow | na   | 21     | 18     | 39      | 99     | 138       | 16     | 154          | 21   | 18   | 15    | 99   | 17      | 16   | 17    |
| MI       | 5    | Alan Diaz          | OCCF       | DNF   | NoShow | NoShow | na   | 21     | 99     | 120     | 99     | 219       | 16     | 235          | 21   | 99   | 19    | 99   | 19      | 16   | 19    |
| MI       | 5    | Eric Yang          | CF Brea    | DNF   | NoShow | NoShow | na   | 21     | 99     | 120     | 99     | 219       | 16     | 235          | 21   | 99   | 19    | 99   | 19      | 16   | 19    |
| MI       | 5    | Gilbert Buenrostro | CF Brea    | DNF   | NoShow | NoShow | na   | 21     | 99     | 120     | 99     | 219       | 16     | 235          | 21   | 99   | 19    | 99   | 19      | 16   | 19    |
| MI       | 5    | Julio Menchaca     | CF Brea    | DNF   | NoShow | NoShow | na   | 21     | 99     | 120     | 99     | 219       | 16     | 235          | 21   | 99   | 19    | 99   | 19      | 16   | 19    |
| MM       | 4    | Bryan Leipper      | CF Marina  | 11:57 | 6:45   | 154    | 487  | 1      | 2      | 3       | 2      | 5         | 2      | 7            | 1    | 2    | 1     | 2    | 1       | 2    | 1*    |
| MM       | 5    | Scott Lawrence     | CF Newport | 12:26 | 7:15   | 169    | 502  | 2      | 3      | 5       | 1      | 6         | 1      | 7            | 2    | 3    | 3     | 1    | 2       | 1    | 2*    |
| MM       | 4    | Brian McIntyre     |            | 14:44 | 6:43   | 151    | 468  | 3      | 1      | 4       | 3      | 7         | 3      | 10           | 3    | 1    | 2     | 3    | 3       | 3    | 3     |
| MM       | 4    | Donald Murray      | OCCF       | 15:09 | 7:15   | 116    | 432  | 4      | 3      | 7       | 7      | 14        | 4      | 18           | 4    | 3    | 4     | 7    | 4       | 4    | 4     |
| MM       | 4    | John Mustafa       | CF 360     | 15:45 | 8:52   | 131    | 427  | 5      | 7      | 12      | 4      | 16        | 5      | 21           | 5    | 7    | 5     | 4    | 5       | 5    | 5     |
| MM       | 4    | Michael Asher      | CF Marina  | 16:06 | 10:19  | 112    | na   | 6      | 9      | 15      | 9      | 24        | 13     | 37           | 6    | 9    | 7     | 9    | 6       | 13   | 6     |
| MM       | 4    | Paul Kelly         | CF Marina  | 16:40 | 8:04   | 89     | na   | 7      | 6      | 13      | 13     | 26        | 13     | 39           | 7    | 6    | 6     | 13   | 7       | 13   | 7     |
| MM       | 4    | Ron Gellis         | NLP        | DNF   | 7:50   | 113    | na   | 13     | 5      | 18      | 8      | 26        | 13     | 39           | 13   | 5    | 8     | 8    | 7       | 13   | 7     |
| MM       | 4    | Ray Bandong        | Canyon CF  | DNF   | 12:34  | 117    | na   | 13     | 10     | 23      | 5      | 28        | 13     | 41           | 13   | 10   | 10    | 5    | 9       | 13   | 9     |
| MM       | 4    | Mark Kozakowski    | Canyon CF  | DNF   | 9:45   | 99     | na   | 13     | 8      | 21      | 10     | 31        | 13     | 44           | 13   | 8    | 9     | 10   | 10      | 13   | 10    |
| MM       | 4    | Chip Jewitt        | OCCF       | DNF   | Sub    | 117    | na   | 13     | 13     | 26      | 5      | 31        | 13     | 44           | 13   | 13   | 11    | 5    | 10      | 13   | 10    |
| MM       | 4    | Bob Morgan         |            | DNF   | DNF    | 99     | na   | 13     | 13     | 26      | 10     | 36        | 13     | 49           | 13   | 13   | 12    | 10   | 12      | 13   | 12    |
| MM       | 4    | Jim Gleason        | CF South C | DNF   | DNF    | 99     | na   | 13     | 13     | 26      | 10     | 36        | 13     | 49           | 13   | 13   | 12    | 10   | 12      | 13   | 12    |

| Division | Heat | NAME             | Affil.      | Wod1  | Wod2  | Wod3   | Wod4   | Points |       | Points  |       | Points    |       | Total Points | W1 Rank | W2 Rank | W1+W2 Rank | W3 Rank | W 1+2+3 Rank | W4 Rank | Total Rank |
|----------|------|------------------|-------------|-------|-------|--------|--------|--------|-------|---------|-------|-----------|-------|--------------|---------|---------|------------|---------|--------------|---------|------------|
|          |      |                  |             |       |       |        |        | Wod 1  | Wod 2 | Wod 1+2 | Wod 3 | Wod 1+2+3 | Wod 4 |              |         |         |            |         |              |         |            |
| WRX      | 3    | Kelley Urbani    | CF Balboa   | 11:00 | 7:32  | 120    | 406    | 1      | 1     | 2       | 7     | 9         | 2     | 11           | 1       | 1       | 1          | 7       | 1            | 2       | 1          |
| WRX      | 3    | Janece Katona    | NLP         | 12:31 | 9:03  | 152    | 352    | 5      | 4     | 9       | 2     | 11        | 5     | 16           | 5       | 4       | 3          | 2       | 3            | 5       | 2*         |
| WRX      | 2    | Zionna Munoz     | NLP         | 11:53 | 8:02  | 132    | 324    | 3      | 2     | 5       | 4     | 9         | 7     | 16           | 3       | 2       | 2          | 4       | 1            | 7       | 3*         |
| WRX      | 3    | Sarah Daum       | CF Costa M  | 12:46 | 9:11  | 123    | 382    | 6      | 5     | 11      | 5     | 16        | 3     | 19           | 6       | 5       | 4          | 5       | 4            | 3       | 4          |
| WRX      | 3    | Cyndi Frieling   | Iron Edge C | 12:30 | DNF   | 180    | 424    | 4      | 15    | 19      | 1     | 20        | 1     | 21           | 4       | 15      | 8          | 1       | 5            | 1       | 5          |
| WRX      | 3    | Linda Leipper    | CF Marina   | 11:39 | DNF   | 134    | 371    | 2      | 15    | 17      | 3     | 20        | 4     | 24           | 2       | 15      | 7          | 3       | 5            | 4       | 6          |
| WRX      | 3    | Aly Willier      | US CF       | 18:54 | 8:52  | 111    | 335    | 12     | 3     | 15      | 9     | 24        | 6     | 30           | 12      | 3       | 5          | 9       | 7            | 6       | 7          |
| WRX      | 3    | Robin Bodwin     | CF Newport  | 16:20 | 11:08 | 105    | 322    | 9      | 6     | 15      | 10    | 25        | 8     | 33           | 9       | 6       | 5          | 10      | 8            | 8       | 8          |
| WRX      | 3    | Melisa Nelson    | Canyon CF   | DNF   | 11:47 | 104    | 319    | 15     | 7     | 22      | 11    | 33        | 9     | 42           | 15      | 7       | 9          | 11      | 10           | 9       | 9          |
| WRX      | 3    | Jennifer Norton  | CF 714      | 17:21 | DNF   | 122    | 308    | 10     | 15    | 25      | 6     | 31        | 11    | 42           | 10      | 15      | 12         | 6       | 9            | 11      | 9          |
| WRX      | 3    | Shannon Day      | US CF       | 17:23 | DNF   | 89     | 311    | 11     | 15    | 26      | 12    | 38        | 10    | 48           | 11      | 15      | 13         | 12      | 12           | 10      | 11         |
| WRX      | 2    | Erica Burles     | US CF       | DNF   | DNF   | 113    | 289    | 15     | 15    | 30      | 8     | 38        | 12    | 50           | 15      | 15      | 15         | 8       | 12           | 12      | 12         |
| WRX      | 3    | Kate Hunt        | CF Monrovi  | 16:07 | DNF   | 75     | na     | 8      | 15    | 23      | 14    | 37        | 14    | 51           | 8       | 15      | 11         | 14      | 11           | 14      | 13         |
| WRX      | 2    | Jenae Welch      | CF South C  | 19:28 | DNF   | 77     | na     | 13     | 15    | 28      | 13    | 41        | 14    | 55           | 13      | 15      | 14         | 13      | 14           | 14      | 14         |
| WRX      | 3    | Lenka Urbanova   | NLP         | 14:10 | DNF   | NoShow | na     | 7      | 15    | 22      | 99    | 121       | 14    | 135          | 7       | 15      | 9          | 99      | 15           | 14      | 15         |
| WI       | 3    | Valerie Calhoun  | SSC         | 13:42 | 8:12  | 138    | 323    | 1      | 1     | 2       | 3     | 5         | 4     | 9            | 1       | 1       | 1          | 3       | 1            | 4       | 1          |
| WI       | 2    | Olga Timofeeva   | OCCF        | 18:58 | 12:39 | 147    | 365    | 5      | 4     | 9       | 1     | 10        | 1     | 11           | 5       | 4       | 4          | 1       | 3            | 1       | 2          |
| WI       | 2    | Dawn Ross        | CF Inferno  | 13:43 | 12:00 | 133    | 314    | 2      | 3     | 5       | 4     | 9         | 5     | 14           | 2       | 3       | 2          | 4       | 2            | 5       | 3*         |
| WI       | 1    | Stacey Gregrow   | CF South C  | 18:16 | 10:59 | 124    | 337    | 4      | 2     | 6       | 6     | 12        | 2     | 14           | 4       | 2       | 3          | 6       | 4            | 2       | 4*         |
| WI       | 2    | Sheryl Condon    | OCCF        | 16:39 | Sub   | 143    | 324    | 3      | 14    | 17      | 2     | 19        | 3     | 22           | 3       | 14      | 5          | 2       | 5            | 3       | 5          |
| WI       | 1    | Erica Hanson     | CF Costa M  | DNF   | 13:18 | 119    | 305    | 14     | 6     | 20      | 7     | 27        | 6     | 33           | 14      | 6       | 7          | 7       | 6            | 6       | 6          |
| WI       | 1    | Lindsay Longacre | OCCF        | DNF   | 13:23 | 91     | 294    | 14     | 7     | 21      | 10    | 31        | 7     | 38           | 14      | 7       | 8          | 10      | 9            | 7       | 7          |
| WI       | 1    | Ruth Edwards     | CrossFit 36 | DNF   | 13:05 | 91     | 265    | 14     | 5     | 19      | 10    | 29        | 9     | 38           | 14      | 5       | 6          | 10      | 8            | 9       | 7          |
| WI       | 2    | Sarah Nelson     | CF Monrovi  | DNF   | Sub   | 113    | 283    | 14     | 14    | 28      | 8     | 36        | 8     | 44           | 14      | 14      | 10         | 8       | 10           | 8       | 9          |
| WI       | 2    | Lori Jark        | CF 360      | DNF   | 14:33 | 126    | NoShow | 14     | 8     | 22      | 5     | 27        | 99    | 126          | 14      | 8       | 9          | 5       | 6            | 99      | 10         |
| WI       | 1    | Danielle Maas    | CF Monrovi  | DNF   | Sub   | 107    | na     | 14     | 14    | 28      | 9     | 37        | 14    | 51           | 14      | 14      | 10         | 9       | 11           | 14      | 11         |
| WI       | 1    | Bobbie Eftekar   | CF Costa M  | DNF   | DNF   | NoShow | na     | 14     | 14    | 28      | 99    | 127       | 14    | 141          | 14      | 14      | 10         | 99      | 12           | 14      | 12         |
| WI       | 1    | Lucy Brosche     | CF South C  | DNF   | DNF   | NoShow | na     | 14     | 14    | 28      | 99    | 127       | 14    | 141          | 14      | 14      | 10         | 99      | 12           | 14      | 12         |
| WI       | 1    | Nicolette Mullen | US CF       | DNF   | DNF   | NoShow | na     | 14     | 14    | 28      | 99    | 127       | 14    | 141          | 14      | 14      | 10         | 99      | 12           | 14      | 12         |
| WM       | 1    | Lisa Switzer     | CF 714      | DNF   | 10:36 | 143    | 311    | 1      | 1     | 2       | 1     | 3         | 1     | 4            | 1       | 1       | 1          | 1       | 1            | 1       | 1          |
| WM       | 1    | Carmen Manrique  | CF South C  | DNF   | Sub   | 84     | 262    | 1      | 2     | 3       | 2     | 5         | 2     | 7            | 1       | 2       | 2          | 2       | 2            | 2       | 2          |

\* Tie Break Determined by # of Muscle Ups in 2 min