

WOD: 240 | Modalität: MGW

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| Datum: |
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Ziel: Maximale Runden in 20 Minuten!

Jede Runde besteht aus:

Run 200m

20x Thruster / 25kg Langhantel

20x Box Step-Up 50cm / 25kg Kurzhantel

15x Pull-Up

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| Runde 1 | | | |
| Runde 2 | | | |
| Runde 3 | | | |
| Runde 4 | | | |
| Runde 5 | | | |
| Runde 6 | | | |
| Runde 7 | | | |
| Runde 8 | | | |
| Runde 9 | | | |
| Runde 10 | | | |
| Runde 11 | | | |
| Runde 12 | | | |
| Runde 13 | | | |
| Runde 14 | | | |
| Runde 15 | | | |
| Runde 16 | | | |
| Runde 17 | | | |
| Runde 18 | | | |
| Runde 19 | | | |
| Runde 20 | | | |
| Runde 21 | | | |
| Runde 22 | | | |
| Runde 23 | | | |
| Runde 24 | | | |