

# Colorado Open Results For Flex Gym Competitors

## Saturday's Workouts

	1000 Meter Run	1 Rep Max Clean & Jerk	5 Rounds 21 Thrusters @ 75lbs 21 Double Unders
Kevin M.	3:21	215 lbs	11:18
Alex E.	3:10	205 lbs	12:45
Tito R.	3:12	265 lbs	14:30
Thomas D.	3:32	205 lbs	13:45
Jimmy H.	3:46	245 lbs	17:15
Andy E.	3:16	175 lbs	15:00
Mark K.	3:28	175 lbs	18:25
Joe D.	3:37	180 lbs	19:00
Tyler K.	4:18	175 lbs	20:15

	1000 Meter Run	1 Rep Max Clean & Jerk	5 Rounds 21 Thrusters @ 55lbs 21 Double Unders
Lambo S.	4:21	130 lbs	15:10
Abbie M.	4:36	125 lbs	18:25

## Sundays Final Event

5 Rounds 9 Pull Ups 9 SDLHP @ 95lbs 9 Burpees 9 Power Snatch @ 95lbs
14:56
12:37
14:37
14:07
18:02
22:48
19:15
19:02
20:20

5 Rounds 9 Pull Ups 9 SDLHP @ 65lbs 9 Burpees 9 Power Snatch @ 65lbs
16:09
19:28