

CrossFit Stone

2012 Motor City Open

WOD 1	Justin	6:50
	Jose	8:04
	Angel	8:50
	Dave	10:35
WOD 2	Justin	14:30
	Jose	111 reps
	Angel	105 reps
	Dave	95 reps
WOD 3	Justin	146
	Jose	scratch
	Angel	89
	Dave	95
WOD 4	Justin	160 reps / 205 lbs
	Jose	scratch
	Angel	105 reps / 170 lbs
	Dave	scratch