

TIMETABLE SATURDAY FEB 24<sup>TH</sup>

TIME	HEAT	FIELD 1 (BEACH)	FIELD 2 (CONCEPT)	FIELD 3 (KINGSBOX)
<b>ATHLETE REGISTRATION (08:30 – 10:30)</b>				
09:30 – 09:45	1	Scaled F 18+ & 35+	Teens	Regular Triplets F/F/M
09:45 – 10:00	2	Scaled F 18+ & 35+	Teens & Scaled M 35+	Regular Triplets F/F/M
10:00 – 10:15	3	Scaled F 18+ & 35+	Scaled M 35+	Regular Triplets F/F/M
10:15 – 10:30	4	Scaled F 18+ & 35+	Scaled M 18+	Regular Triplets F/F/M
10:30 – 10:45	5	Regular M 18+ & 35+	Regular F 35+	Regular Triplets F/F/M
10:45 – 11:00	6	Regular M 18+ & 35+	Regular F 35+	Regular Triplets M/M/F
11:00 – 11:15	7	Regular M 18+ & 35+	Regular F 18+	Regular Triplets M/M/F
11:15 – 11:30	8	Regular M 18+ & 35+	Regular F 18+	Regular Triplets M/M/F
<b>BREAK</b>				
12:15 – 12:30	9	Teens	Regular Triplets F/F/M	Scaled F 18+ & 35+
12:30 – 12:45	10	Teens & Scaled M 35+	Regular Triplets F/F/M	Scaled F 18+ & 35+
12:45 – 13:00	11	Scaled M 35+	Regular Triplets F/F/M	Scaled F 18+ & 35+
13:00 – 13:15	12	Scaled M 18+	Regular Triplets F/F/M	Scaled F 18+ & 35+
13:15 – 13:30	13	Regular F 35+	Regular Triplets F/F/M	Regular M 18+ & 35+
13:30 – 13:45	14	Regular F 35+	Regular Triplets M/M/F	Regular M 18+ & 35+
13:45 – 14:00	15	Regular F 18+	Regular Triplets M/M/F	Regular M 18+ & 35+
14:00 – 14:15	16	Regular F 18+	Regular Triplets M/M/F	Regular M 18+ & 35+
<b>BREAK</b>				
15:00 – 15:15	17	Regular Triplets F/F/M	Scaled F 18+ & 35+	Teens
15:15 – 15:30	18	Regular Triplets F/F/M	Scaled F 18+ & 35+	Teens & Scaled M 35+
15:30 – 15:45	19	Regular Triplets F/F/M	Scaled F 18+ & 35+	Scaled M 35+
15:45 – 16:00	20	Regular Triplets F/F/M	Scaled F 18+ & 35+	Scaled M 18+
16:00 – 16:15	21	Regular Triplets F/F/M	Regular M 18+ & 35+	Regular F 35+
16:15 – 16:30	22	Regular Triplets M/M/F	Regular M 18+ & 35+	Regular F 35+
16:30 – 16:45	23	Regular Triplets M/M/F	Regular M 18+ & 35+	Regular F 18+
16:45 – 17:00	24	Regular Triplets M/M/F	Regular M 18+ & 35+	Regular F 18+
<b>PRICE CEREMONY (17:30)</b>				

# HEATS WOD 1 "BEACHCRAWL" (ROUND 1)

# SATURDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
SCALED F 18+ & SCALED F 35+ 09:30 – 09:45	1	Lieke Buurman	Alishya Heere	Lisa Vandenberghe	Lea-Sophie Schneider (X)	Melissa Van den Broek	Linda Stein	Bianca Smalheer	Sina Nägel
SCALED F 18+ & SCALED F 35+ 09:45 – 10:00	2	Saskia Feierabend	Charlotte Houwerzijl	Noelle Bentlage	Pauline Van Langeveld	Arya Molter	Vanessa Hasenau	Iris Van de Vel	Monika Fellhauer
SCALED F 18+ & SCALED F 35+ 10:00 – 10:15	3	Alexane Wasnaire	Jennifer Bierlee	Daphne Van der Scheun	Kirsten Meerveld Hoppenbrouwer	Jenifer Kurtz	Kirsten Oosterhoff	Siri Nouws (X)	Nina Weber
SCALED F 18+ & SCALED F 35+ 10:15 – 10:30	4	Loes Eggink	Theresa Büning	Delayne Dechant	Kristin Jäger	Lisanne de Jonge	Christina Puckert	Danny Dechant	Sindy Haake
REGULAR M 18+ & REGULAR M 35+ 10:30 – 10:45	5	Pepijn Lagerberg	Kris Baluch	Alex Darby	Stephan Weißhaar	Heiko Weirauch	Markus Mölders	Stefan Smalheer	Dennis Van der Hulst
REGULAR M 18+ & REGULAR M 35+ 10:45 – 11:00	6	Kevin Götze	Alan Javier Velasquez Socorro	Jan Grüning	X	Stijn Adams	Patrick Oehring	Waldemar Janzen	Nick Lommers
REGULAR M 18+ & REGULAR M 35+ 11:00 – 11:15	7	Alexander Herbrecht	Yannick Wickenkamp	Buchholz Steffen	X	Ewout Timmerman	Michael Jäger	Wouter Heutmekers	Cas Van Niel
REGULAR M 18+ & REGULAR M 35+ 11:15 – 11:30	8	Alexander Jäger	Rudi Heinz	Sjoerd Verlaan	Giuliano Clemente	Damian Czaykowski	Ayrthon Michelotti	Johan Linker	Kevin Peeters
BREAK									

## HEATS WOD 1 "BEACHCRAWL" (ROUND 2)

## SATURDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
TEENS 12:15 – 12:30	9	Luuk Van Weede	Ties Kuijper	Lars Van Weede	Jasmijn Nijkamp	Fleur Van Kouwen	Indie Giladie (X)	Maud Van Kouwen	Sofie Tromp
TEENS & SCALED M 35+ 12:30 – 12:45	10	Thijn De Bie	Flip Ran	Dex Stolk	X	Ulli Buschler	Dominik Schuurmann	Des Beijloos	Claudio Schneeberger (X)
SCALED M 35+ 12:45 – 13:00	11	Timo Cleton	Ralph Blied	Hannes Verschuere	Pieter Van der Zee	Michel De Nobel	Wijnand Kas	Salvatore Chiaramonte	Marcel Freeze
SCALED M 18+ 13:00 – 13:15	12	Fenno Den Boef	Oliver Scholz	Merwin Bierlee	Jochem Warmenhoven	Jaap-jan Van Hoorn	Melvin Van der Borgt	Tim Van De Hoef	Ramon Veerhoek
REGULAR F 35+ 13:15 – 13:30	13	Anita Ndreu	Simone Stamberg	Sandra Listing	Linda Warmenhoven	Femke Hubers-Meulepas	Bianca Schaftenaar	Laurence Leclair	Laura Jonker
REGULAR F 35+ 13:30 – 13:45	14	Sabrina Zumbuehl	Nadine Röttgers	Christel Van de Kamp	Jessica Grote	Stefanie Weißhaar	Alline Leonhardi	Annelieke Acda	Corry van Winkel
REGULAR F 18+ 13:45 – 14:00	15	Nienke Jansen	Annette De Wolf	Kelly Wolters	Julia Liegmann	Michèle Tobler	Nicole Rikken	Charlotte De Romijn	Annemarie Visser
REGULAR F 18+ 14:00 – 14:15	16	Larissa Groenwold	Boxmutti Ilchmann (X)	Anna-Maria Neher	Berber Bergsma (X)	Marie Kanj	Natasja Verschuieren	Friederike Buchholz	Karliën Van den Bosschelle
BREAK									

## HEATS WOD 1 "BEACHCRAWL" (ROUND 3)

SATURDAY: FIELD 1

LINE		1	2	3	4	5	6
DIVISION & TIME	HEAT						
REGULAR TRIPLETS F/F/M 15:00 – 15:15	17	til one cries!	Uprise	WES, TES en MARJO	Wod now Wine later	WOD now, WINE later	X
REGULAR TRIPLETS F/F/M 15:15 – 15:30	18	O.G. TRIPLETS	Salt, Pepper & Cumin	Scrambled Legs	Spanish Light Machine	Team Gebakken Lucht	X
REGULAR TRIPLETS F/F/M 15:30 – 15:45	19	Glennies Angels	Meet The Parents	Meet us at the Bar	Muscle Maniacs	No beach bodies	The Good, the Bad and the Ugly
REGULAR TRIPLETS F/F/M 15:45 – 16:00	20	Die drei Musketiere	Die Schönen und das Biest	Dobis Dreier	Fondue fighters	Geen idee	De Dolle Stieren
REGULAR TRIPLETS F/F/M 16:00 – 16:15	21	Ace of Spades	Arie's sharks tu tu du du	Buck Furpees	De Zwolsche Balletjes	Die 3 Muskeltiere	Don't Judge the Rowbots
REGULAR TRIPLETS M/M/F 16:15 – 16:30	22	It only hurts when I breathe	Last minute masters	Masters of Crossfit Meppel	Muy Fuertes	Queen and jerks	X
REGULAR TRIPLETS M/M/F 16:30 – 16:45	23	Clean & Snurk	Crossifanten	Flotter Dreier	Greenhorns	X	X
REGULAR TRIPLETS M/M/F 16:45 – 17:00	24	Antaios	Backs vereenigt	BAM!!	Beards and Butts	X	X
PRICE CEREMONY							

## HEATS WOD 2 "SANDSKIING 2.0" (ROUND 1)

## SATURDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
TEENS 09:30 – 09:45	1	Luuk Van Weede	Ties Kuijper	Lars Van Weede	Jasmijn Nijkamp	Fleur Van Kouwen	Indie Giladie (X)	Maud Van Kouwen	Sofie Tromp
TEENS & SCALED M 35+ 09:45 – 10:00	2	Thijn De Bie	Flip Ran	Dex Stolk	X	Ulli Buschler	Dominik Schuurmann	Des Beijloos	Claudio Schneeberger (X)
SCALED M 35+ 10:00 – 10:15	3	Timo Cleton	Ralph Blik	Hannes Verschuere	Pieter Van der Zee	Michel De Nobel	Wijnand Kas	Salvatore Chiaramonte	Marcel Freeze
SCALED M 18+ 10:15 – 10:30	4	Fenno Den Boef	Oliver Scholz	Merwin Bierlee	Jochem Warmenhoven	Jaap-jan Van Hoorn	Melvin Van der Borgt	Tim Van De Hoef	Ramon Veerhoek
REGULAR F 35+ 10:30 – 10:45	5	Anita Ndreu	Simone Stamberg	Sandra Listing	Linda Warmenhoven	Femke Hubers-Meulepas	Bianca Schaftenaar	Laurence Leclair	Laura Jonker
REGULAR F 35+ 10:45 – 11:00	6	Sabrina Zumbuehl	Nadine Röttgers	Christel Van de Kamp	Jessica Grote	Stefanie Weißhaar	Alline Leonhardi	Annelieke Acda	Corry van Winkel
REGULAR F 18+ 11:00 – 11:15	7	Nienke Jansen	Annette De Wolf	Kelly Wolters	Julia Liegmann	Michèle Tobler	Nicole Rikken	Charlotte De Romijn	Annemarie Visser
REGULAR F 18+ 11:15 – 11:30	8	Larissa Groenwold	Boxmutti Ilchmann (X)	Anna-Maria Neher	Berber Bergsma (X)	Marie Kanj	Natasja Verschueren	Friederike Buchholz	Karliën Van den Bosschelle
BREAK									

## HEATS WOD 2 "SANDSKIING 2.0" (ROUND 2)

SATURDAY: FIELD 2

LINE		1	2	3	4	5	6
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>						
REGULAR TRIPLETS F/F/M 12:15 – 12:30	9	til one cries!	Uprise	WES, TES en MARJO	Wod now Wine later	WOD now, WINE later	X
REGULAR TRIPLETS F/F/M 12:30 – 12:45	10	O.G. TRIPLETS	Salt, Pepper & Cumin	Scrambled Legs	Spanish Light Machine	Team Gebakken Lucht	X
REGULAR TRIPLETS F/F/M 12:45 – 13:00	11	Glennies Angels	Meet The Parents	Meet us at the Bar	Muscle Maniacs	No beach bodies	The Good, the Bad and the Ugly
REGULAR TRIPLETS F/F/M 13:00 – 13:15	12	Die drei Musketiere	Die Schönen und das Biest	Dobis Dreier	Fondue fighters	Geen idee	De Dolle Stieren
REGULAR TRIPLETS F/F/M 13:15 – 13:30	13	Ace of Spades	Arie's sharks tu tu du du	Buck Furpees	De Zwolsche Balletjes	Die 3 Muskeltiere	Don't Judge the Rowbots
REGULAR TRIPLETS M/M/F 13:30 – 13:45	14	It only hurts when I breathe	Last minute masters	Masters of Crossfit Meppel	Muy Fuertes	Queen and jerks	X
REGULAR TRIPLETS M/M/F 13:45 – 14:00	15	Clean & Snurk	Crossifanten	Flotter Dreier	Greenhorns	X	X
REGULAR TRIPLETS M/M/F 14:00 – 14:15	16	Antaios	Backs vereenigt	BAM!!	Beards and Butts	X	X
BREAK							

## HEATS WOD 2 "SANDSKIING 2.0" (ROUND 3)

## SATURDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>								
SCALED F 18+ & SCALED F 35+ 15:00 – 15:15	17	Lieke Buurman	Alishya Heere	Lisa Vandenberghe	Lea-Sophie Schneider (X)	Melissa Van den Broek	Linda Stein	Bianca Smalheer	Sina Nägel
SCALED F 18+ & SCALED F 35+ 15:15 – 15:30	18	Saskia Feierabend	Charlotte Houwerzijl	Noelle Bentlage	Pauline Van Langeveld	Arya Molter	Vanessa Hasenau	Iris Van de Vel	Monika Fellhauer
SCALED F 18+ & SCALED F 35+ 15:30 – 15:45	19	Alexane Wasnaire	Jennifer Bierlee	Daphne Van der Scheun	Kirsten Meerveld Hoppenbrouwer	Jenifer Kurtz	Kirsten Oosterhoff	Siri Nouws (X)	Nina Weber
SCALED F 18+ & SCALED F 35+ 15:45 – 16:00	20	Loes Eggink	Theresa Büning	Delayne Dechant	Kristin Jäger	Lisanne de Jonge	Christina Puckert	Danny Dechant	Sindy Haake
REGULAR M 18+ & REGULAR M 35+ 16:00 – 16:15	21	Pepijn Lagerberg	Kris Baluch	Alex Darby	Stephan Weißhaar	Heiko Weirauch	Markus Mölders	Stefan Smalheer	Dennis Van der Hulst
REGULAR M 18+ & REGULAR M 35+ 16:15 – 16:30	22	Kevin Götze	Alan Javier Velasquez Socorro	Jan Grüning	X	Stijn Adams	Patrick Oehring	Waldemar Janzen	Nick Lommers
REGULAR M 18+ & REGULAR M 35+ 16:30 – 16:45	23	Alexander Herbrecht	Yannick Wickenkamp	Buchholz Steffen	X	Ewout Timmerman	Michael Jäger	Wouter Heutmekers	Cas Van Niel
REGULAR M 18+ & REGULAR M 35+ 16:45 – 17:00	24	Alexander Jäger	Rudi Heinz	Sjoerd Verlaan	Giuliano Clemente	Damian Czaykowski	Ayrthon Michelotti	Johan Linker	Kevin Peeters
<b>PRICE CEREMONY</b>									

## HEATS WOD 3 "KINGSBOX" (ROUND 1)

SATURDAY: FIELD 3

LINE		1	2	3	4	5	6
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>						
REGULAR TRIPLETS F/F/M 09:30 – 09:45	1	til one cries!	Uprise	WES, TES en MARJO	Wod now Wine later	WOD now, WINE later	X
REGULAR TRIPLETS F/F/M 09:45 – 10:00	2	O.G. TRIPLETS	Salt, Pepper & Cumin	Scrambled Legs	Spanish Light Machine	Team Gebakken Lucht	X
REGULAR TRIPLETS F/F/M 10:00 – 10:15	3	Glennies Angels	Meet The Parents	Meet us at the Bar	Muscle Maniacs	No beach bodies	The Good, the Bad and the Ugly
REGULAR TRIPLETS F/F/M 10:15 – 10:30	4	Die drei Musketiere	Die Schönen und das Biest	Dobis Dreier	Fondue fighters	Geen idee	De Dolle Stieren
REGULAR TRIPLETS F/F/M 10:30 – 10:45	5	Ace of Spades	Arie's sharks tu tu du du	Buck Furpees	De Zwolsche Balletjes	Die 3 Muskeltiere	Don't Judge the Rowbots
REGULAR TRIPLETS M/M/F 10:45 – 11:00	6	It only hurts when I breathe	Last minute masters	Masters of Crossfit Meppel	Muy Fuertes	Queen and jerks	X
REGULAR TRIPLETS M/M/F 11:00 – 11:15	7	Clean & Snurk	Crossifanten	Flotter Dreier	Greenhorns	X	X
REGULAR TRIPLETS M/M/F 11:15 – 11:30	8	Antaios	Backs vereenigt	BAM!!	Beards and Butts	X	X
BREAK							



## HEATS WOD 3 "KINGSBOX" (ROUND 2)

SATURDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>								
SCALED F 18+ & SCALED F 35+ 12:15 – 12:30	9	Lieke Buurman	Alishya Heere	Lisa Vandenberghe	Lea-Sophie Schneider (X)	Melissa Van den Broek	Linda Stein	Bianca Smalheer	Sina Nägel
SCALED F 18+ & SCALED F 35+ 12:30 – 12:45	10	Saskia Feierabend	Charlotte Houwerzijl	Noelle Bentlage	Pauline Van Langeveld	Arya Molter	Vanessa Hasenau	Iris Van de Vel	Monika Fellhauer
SCALED F 18+ & SCALED F 35+ 12:45 – 13:00	11	Alexane Wasnaire	Jennifer Bierlee	Daphne Van der Scheun	Kirsten Meerveld Hoppenbrouwer	Jenifer Kurtz	Kirsten Oosterhoff	Siri Nouws (X)	Nina Weber
SCALED F 18+ & SCALED F 35+ 13:00 – 13:15	12	Loes Eggink	Theresa Büning	Delayne Dechant	Kristin Jäger	Lisanne de Jonge	Christina Puckert	Danny Dechant	Sindy Haake
REGULAR M 18+ & REGULAR M 35+ 13:15 – 13:30	13	Pepijn Lagerberg	Kris Baluch	Alex Darby	Stephan Weißhaar	Heiko Weirauch	Markus Mölders	Stefan Smalheer	Dennis Van der Hulst
REGULAR M 18+ & REGULAR M 35+ 13:30 – 13:45	14	Kevin Götze	Alan Javier Velasquez Socorro	Jan Grüning	X	Stijn Adams	Patrick Oehring	Waldemar Janzen	Nick Lommers
REGULAR M 18+ & REGULAR M 35+ 13:45 – 14:00	15	Alexander Herbrecht	Yannick Wickenkamp	Buchholz Steffen	X	Ewout Timmerman	Michael Jäger	Wouter Heutmekers	Cas Van Niel
REGULAR M 18+ & REGULAR M 35+ 14:00 – 14:15	16	Alexander Jäger	Rudi Heinz	Sjoerd Verlaan	Giuliano Clemente	Damian Czaykowski	Ayrthon Michelotti	Johan Linker	Kevin Peeters
<b>BREAK</b>									

## HEATS WOD 3 "KINGSBOX" (ROUND 3)

**SATURDAY: FIELD 3**

LINE		1	2	3	4	5	6	7	8
<b>DIVISION &amp; TIME</b>	<b>HEAT</b>								
TEENS 15:00 – 15:15	17	Luuk Van Weede	Ties Kuijper	Lars Van Weede	Jasmijn Nijkamp	Fleur Van Kouwen	Indie Giladie (X)	Maud Van Kouwen	Sofie Tromp
TEENS & SCALED M 35+ 15:15 – 15:30	18	Thijn De Bie	Flip Ran	Dex Stolk	X	Ulli Buschler	Dominik Schuurmann	Des Beijloos	Claudio Schneeberger (X)
SCALED M 35+ 15:30 – 15:45	19	Timo Cleton	Ralph Blik	Hannes Verschuere	Pieter Van der Zee	Michel De Nobel	Wijnand Kas	Salvatore Chiaramonte	Marcel Freeze
SCALED M 18+ 15:45 – 16:00	20	Fenno Den Boef	Oliver Scholz	Merwin Bierlee	Jochem Warmenhoven	Jaap-jan Van Hoorn	Melvin Van der Borgt	Tim Van De Hoef	Ramon Veerhoek
REGULAR F 35+ 16:00 – 16:15	21	Anita Ndreu	Simone Stamberg	Sandra Listing	Linda Warmenhoven	Femke Hubers-Meulepas	Bianca Schaftenaar	Laurence Leclair	Laura Jonker
REGULAR F 35+ 16:15 – 16:30	22	Sabrina Zumbuehl	Nadine Röttgers	Christel Van de Kamp	Jessica Grote	Stefanie Weißhaar	Alline Leonhardi	Annelieke Acda	Corry van Winkel
REGULAR F 18+ 16:30 – 16:45	23	Nienke Jansen	Annette De Wolf	Kelly Wolters	Julia Liegmann	Michèle Tobler	Nicole Rikken	Charlotte De Romijn	Annemarie Visser
REGULAR F 18+ 16:45 – 17:00	24	Larissa Groenwold	Boxmutti Ilchmann (X)	Anna-Maria Neher	Berber Bergsma (X)	Marie Kanj	Natasja Verschueren	Friederike Buchholz	Karliën Van den Bosschelle
<b>PRICE CEREMONY</b>									