

CHECK YOUR HEATS @ COMPETITION CORNER

TIMETABLE SUNDAY FEB 25TH

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

HEATS WOD 1 "BEACHCRAWL" (ROUND 1)

SUNDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
Advanced M 45+ & Triplets Advanced M/M/F 09:30 – 09:45	1	Carel Kuijper	Sun Ra van Kampen	Patrick van Loon	Manfredi Maniscalco	Unglaublich Untauglich	Unreal Masters	Where we first met + Rinse	Wildpack Safari
Advanced M 45+ & Triplets Advanced M/M/F 09:45 – 10:00	2	Gregory Kuiper	David Cives	Edward Phillips	Niels van Gaal	Tiegelbabes	Three decades strong	Triple Pajai	TriHarder Fun Squad (X)
Advanced M 18+ & Triplets Advanced M/M/F 10:00 – 10:15	3	Jefrey Warmerdam	Nico Zencominierski	Jaro Hartsuiker	Jan Jaap Jonker	The Bulls	The Couple and The third Wheel	The Forged Triplet	The Germans
Advanced M 18+ & Triplets Advanced M/M/F 10:15 – 10:30	4	Jasper Heppener	Michael Baumert	Dennis Joza	Donovan Geel	TEAM ECHT NOG STERKER	Team ECHT STERK	Team Team	The 8 Team
Advanced M 18+ & Triplets Advanced M/M/F 10:30 – 10:45	5	Theo Lottmann	Dennis Schwarz	Andrej Stotland	Dennis Jansen	MAD-SOS	Niet verzuren	Queen & Jerks 2.0	RELENTLESS
Advanced M 18+ & Triplets Advanced M/M/F 10:45 – 11:00	6	Olaf Kreis	Apostolos Skerletidis	Bart Arentsen	Robin Eylering	Guardians of the Schalk	Kaptein Iglo en z'n vissticks	Kies maar gewoon een naam,..	Los chiquititos
Advanced M 18+ & Triplets Advanced M/M/F 11:00 – 11:15	7	Loannis Theofanidis	Fidel Barrios	Sitse Oomen	Bart Wolfs	Fürst-Pückler-Eis	Gemesys	GOOD TIMES	Good Times at the Beach
Advanced M 18+ & Triplets Advanced M/M/F 11:15 – 11:30	8	Sam Plompen	Felix Badziong	Julius Keur	Philippe Massaar	Die drei Lachmuskeln	Eisenschmiede	Flex Force	FunFitters
BREAK									

HEATS WOD 1 "BEACHCRAWL" (ROUND 2)

SUNDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
Advanced F 18+ & Triplets Advanced F/F/M 12:15 – 12:30	9	Marion Annabrunner	Hanneke Deurloo	Lara Tilleke	Dionne Timmermans	Triple Trouble	Who's ex is next?	WOD are we eating	WOD's Happening CFLwd
Advanced F 18+ & Triplets Advanced F/F/M 12:30 – 12:45	10	Lisa Pronk	Michelle Krühler	Leonie Scholz	Serina Weber	'stout'e puppies	Monkey Thunder Squat	Tougher than the rest	Triple 20
Advanced F 18+ & Triplets Advanced F/F/M 12:45 – 13:00	11	Sacha Van Essen	Dehydys Pimentel	Naomi Van der Ploeg	Melanie Kruppa	Rolf's Dragons	Snel, Sterk & Sappig	Team Het Leefstijlhuis	The Avengers
Advanced F 18+ & Triplets Advanced F/F/M 13:00 – 13:15	12	Demi Van der Knaap	Elisavet Slismanidi	Ineke van der Wolde	Noemi Damwerth	Lahm und Herzlich	MNM	Myrte, Mandy & Bora	princess and the two bodyguards
Advanced M 35+ & Triplets Advanced F/F/M 13:15 – 13:30	13	Robert Van de Giesen	Jordi De Bolster	Mike Weber	Oliver Novakov	Gymmende Gorilla's	Jeroen's Dragons	Never met before	JUST4FUN
Advanced M 35+ & Triplets Advanced F/F/M 13:30 – 13:45	14	Willem Muizelaar	Christopher Wennrich	Julien Vandichel	Markus Schwan	Drei and Error	drop tops'n 'crop tops	Finally (X)	From Nimma with love
Advanced M 35+ & Triplets Advanced F/F/M 13:45 – 14:00	15	Tim Visser	Koen Wildenberg	Mauri Mangarelli	Jan Martin Spreitzenbarth	De (groente) kroketjes	Lotti Karotti und Lühni	Die Lauchmelder	Djym triolets (X)
Advanced M 35+ & Triplets Advanced F/F/M 14:00 – 14:15	16	Mirko Sturm	Lukáš Šipka	Eric Terhorst	Kevin Bender	Beach Bombers	Buitenhout Bandits	Buns and Guns	Cheese-to-Bars
BREAK									



HEATS WOD 1 "BEACHCRAWL" (ROUND 3)

SUNDAY: FIELD 1

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
Advanced F 35+ 15:00 – 15:15	17	Marissa Breedijk	Verena Waschulewski	Babette Giel	Kiki Van Der Linden	X	X	X	X
Triplets Advanced M/M/F 15:15 – 15:30	18	X	X	X	X	Care Bears	Chalk dirty to me!	Coached by Jelle, Marie, Fran, Felix en Lieze!	Crossfit City Aalsmeer
Triplets Advanced M/M/F 15:30 – 15:45	19	X	X	X	X	X	3 Engel für Lea	Baywatch Boys & Girl	Beach Babes Aalsmeer
Triplets Elite F/F/M 15:45 – 16:00	20	X	X	X	3e Wiel	Beach biceps brigade	CFLWD	Team Herox	Team LVL-UP
Elite M 35+ & Elite F 18+ 16:00 – 16:15	21	Tim Koning	Andor Molter	Robin Geens	Bas Huygen	Lavinia Vendel (X)	Marjolijn Van Os	Ilse Tromp	Vanessa Schnitzler
Elite M 18+ & Triplets Elite M/M/F 16:15 – 16:30	22	Brecht Put	Tim Hönecke	Aaron Curto	Dominik Wellenhofer	Team IJzersterk	TEAM TIMGYM	Trainersuitje	UnScared
Elite M 18+ & Triplets Elite M/M/F 16:30 – 16:45	23	Kaj Jeziorski	Kevin Wolicki	Kai Ruhe	Artur Knak	Team Hunebed	Lean & Jerks	Rooskapje & de Wolven	TEAM CFL
Triplets Elite M/M/F 16:45 – 17:00	24	Manuel Bezucha (X)	First time together	Kettlebell Swinger	Berserker	Boyle & Boys	CrossFit Hoofddorp	De Poezenparade	Dumb Shit
PRICE CEREMONY									

HEATS WOD 2 "SANDSKIING 2.0" (ROUND 1)

SUNDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
Advanced F 18+ & Triplets Advanced F/F/M 09:30 – 09:45	1	Marion Annabrunner	Hanneke Deurloo	Lara Tilleke	Dionne Timmermans	Triple Trouble	Who's ex is next?	WOD are we eating	WOD's Happening CFLwd
Advanced F 18+ & Triplets Advanced F/F/M 09:45 – 10:00	2	Lisa Pronk	Michelle Krühler	Leonie Scholz	Serina Weber	'stout'e puppies	Monkey Thunder Squat	Tougher than the rest	Triple 20
Advanced F 18+ & Triplets Advanced F/F/M 10:00 – 10:15	3	Sacha Van Essen	Dehydys Pimentel	Naomi Van der Ploeg	Melanie Kruppa	Rolf's Dragons	Snel, Sterk & Sappig	Team Het Leefstijlhuis	The Avengers
Advanced F 18+ & Triplets Advanced F/F/M 10:15 – 10:30	4	Demi Van der Knaap	Elisavet Slismanidi	Ineke van der Wolde	Noemi Damwerth	Lahm und Herzlich	MNM	Myrte, Mandy & Bora	princess and the two bodyguards
Advanced M 35+ & Triplets Advanced F/F/M 10:30 – 10:45	5	Robert Van de Giesen	Jordi De Bolster	Mike Weber	Oliver Novakov	Gymmende Gorilla's	Jeroen's Dragons	Never met before	JUST4FUN
Advanced M 35+ & Triplets Advanced F/F/M 10:45 – 11:00	6	Willem Muizelaar	Christopher Wennrich	Julien Vandichel	Markus Schwan	Drei and Error	drop tops'n 'crop tops	Finally (X)	From Nimma with love
Advanced M 35+ & Triplets Advanced F/F/M 11:00 – 11:15	7	Tim Visser	Koen Wildenberg	Mauri Mangarelli	Jan Martin Spreitzenbarth	De (groente) kroketjes	Lotti Karotti und Lühni	Die Lauchmelder	Djym triolets (X)
Advanced M 35+ & Triplets Advanced F/F/M 11:15 – 11:30	8	Mirko Sturm	Lukáš Šipka	Eric Terhorst	Kevin Bender	Beach Bombers	Buitenhout Bandits	Buns and Guns	Cheese-to-Bars
BREAK									

HEATS WOD 2 "SANDSKIING 2.0" (ROUND 2)

SUNDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
Advanced F 35+ 12:15 – 12:30	9	Marissa Breedijk	Verena Waschulewski	Babette Giel	Kiki Van Der Linden	X	X	X	X
Triplets Advanced M/M/F 12:30 – 12:45	10	X	X	X	X	Care Bears	Chalk dirty to me!	Coached by Jelle, Marie, Fran, Felix en Lieze!	Crossfit City Aalsmeer
Triplets Advanced M/M/F 12:45 – 13:00	11	X	X	X	X	X	3 Engel für Lea	Baywatch Boys & Girl	Beach Babes Aalsmeer
Triplets Elite F/F/M 13:00 – 13:15	12	X	X	X	3e Wiel	Beach biceps brigade	CFLWD	Team Herox	Team LVL-UP
Elite M 35+ & Elite F 18+ 13:15 – 13:30	13	Tim Koning	Andor Molter	Robin Geens	Bas Huygen	Lavinia Vendel (X)	Marjolijn Van Os	Ilse Tromp	Vanessa Schnitzler
Elite M 18+ & Triplets Elite M/M/F 13:30 – 13:45	14	Brecht Put	Tim Hönecke	Aaron Curto	Dominik Wellenhofer	Team IJzersterk	TEAM TIMGYM	Trainersuitje	UnScared
Elite M 18+ & Triplets Elite M/M/F 13:45 – 14:00	15	Kaj Jeziorski	Kevin Wolicki	Kai Ruhe	Artur Knak	Team Hunebed	Lean & Jerks	Rooskapje & de Wolven	TEAM CFL
Triplets Elite M/M/F 14:00 – 14:15	16	Manuel Bezucha (X)	First time together	Kettlebell Swinger	Berserker	Boyle & Boys	CrossFit Hoofddorp	De Poezenparade	Dumb Shit
BREAK									

HEATS WOD 2 "SANDSKIING 2.0" (ROUND 3)

SUNDAY: FIELD 2

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
Advanced M 45+ & Triplets Advanced M/M/F 15:00 – 15:15	17	Carel Kuijper	Sun Ra van Kampen	Patrick van Loon	Manfredi Maniscalco	Unglaublich Untauglich	Unreal Masters	Where we first met + Rinse	Wildpack Safari
Advanced M 45+ & Triplets Advanced M/M/F 15:15 – 15:30	18	Gregory Kuiper	David Cives	Edward Phillips	Niels van Gaal	Tiegelbabes	Three decades strong	Triple Pajai	TriHarder Fun Squad (X)
Advanced M 18+ & Triplets Advanced M/M/F 15:30 – 15:45	19	Jefrey Warmerdam	Nico Zencominierski	Jaro Hartsuiker	Jan Jaap Jonker	The Bulls	The Couple and The third Wheel	The Forged Triplet	The Germans
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Advanced M 18+ & Triplets Advanced M/M/F 16:00 – 16:15	21	Theo Lottmann	Dennis Schwarz	Andrej Stotland	Dennis Jansen	MAD-SOS	Niet verzuren	Queen & Jerks 2.0	RELENTLESS
Advanced M 18+ & Triplets Advanced M/M/F 16:15 – 16:30	22	Olaf Kreis	Apostolos Skerletidis	Bart Arentsen	Robin Eylering	Guardians of the Schalk	Kaptein Iglo en z'n vissticks	Kies maar gewoon een naam..	Los chiquitos
Advanced M 18+ & Triplets Advanced M/M/F 16:30 – 16:45	23	Loannis Theofanidis	Fidel Barrios	Sitse Oomen	Bart Wolfs	Fürst-Pückler-Eis	Gemesys	GOOD TIMES	Good Times at the Beach
Advanced M 18+ & Triplets Advanced M/M/F 16:45 – 17:00	24	Sam Plompen	Felix Badziong	Julius Keur	Philippe Massaar	Die drei Lachmuskeln	Eisenschmiede	Flex Force	FunFitters
PRICE CEREMONY									

HEATS WOD 3 "KINGSBOX" (ROUND 1)

SUNDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
Advanced F 35+ 09:30 – 09:45	1	Marissa Breedijk	Verena Waschulewski	Babette Giel	Kiki Van Der Linden	X	X	X	X
Triplets Advanced M/M/F 09:45 – 10:00	2	X	X	X	X	Care Bears	Chalk dirty to me!	Coached by Jelle, Marie, Fran, Felix en Lieze!	Crossfit City Aalsmeer
Triplets Advanced M/M/F 10:00 – 10:15	3	X	X	X	X	X	3 Engel für Lea	Baywatch Boys & Girl	Beach Babes Aalsmeer
Triplets Elite F/F/M 10:15 – 10:30	4	X	X	X	3e Wiel	Beach biceps brigade	CFLWD	Team Herox	Team LVL-UP
Elite M 35+ & Elite F 18+ 10:30 – 10:45	5	Tim Koning	Andor Molter	Robin Geens	Bas Huygen	Lavinia Vendel (X)	Marjolijn Van Os	Ilse Tromp	Vanessa Schnitzler
Elite M 18+ & Triplets Elite M/M/F 10:45 – 11:00	6	Brecht Put	Tim Hönecke	Aaron Curto	Dominik Wellenhofer	Team IJzersterk	TEAM TIMGYM	Trainersuitje	UnScared
Elite M 18+ & Triplets Elite M/M/F 11:00 – 11:15	7	Kaj Jeziorski	Kevin Wolicki	Kai Ruhe	Artur Knak	Team Hunebed	Lean & Jerks	Rooskapje & de Wolven	TEAM CFL
Triplets Elite M/M/F 11:15 – 11:30	8	Manuel Bezucha (X)	First time together	Kettlebell Swinger	Berserker	Boyle & Boys	CrossFit Hoofddorp	De Poezenparade	Dumb Shit
BREAK									



HEATS WOD 3 "KINGSBOX" (ROUND 2)

SUNDAY: FIELD 3

LINE		1	2	3	4	5	6	7	8
DIVISION & TIME	HEAT								
Advanced M 45+ & Triplets Advanced M/M/F 12:15 – 12:30	9	Carel Kuijper	Sun Ra van Kampen	Patrick van Loon	Manfredi Maniscalco	Unglaublich Untauglich	Unreal Masters	Where we first met + Rinse	Wildpack Safari
Advanced M 45+ & Triplets Advanced M/M/F 12:30 – 12:45	10	Gregory Kuiper	David Cives	Edward Phillips	Niels van Gaal	Tiegelbabes	Three decades strong	Triple Pajai	TriHarder Fun Squad (X)
Advanced M 18+ & Triplets Advanced M/M/F 12:45 – 13:00	11	Jefrey Warmerdam	Nico Zencominierski	Jaro Hartsuiker	Jan Jaap Jonker	The Bulls	The Couple and The third Wheel	The Forged Triplet	The Germans
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Advanced M 18+ & Triplets Advanced M/M/F 13:30 – 13:45	14	Olaf Kreis	Apostolos Skerletidis	Bart Arentsen	Robin Eylering	Guardians of the Schälk	Kaptein Iglo en z'n vissticks	Kies maar gewoon een naam,..	Los chiquititos
Advanced M 18+ & Triplets Advanced M/M/F 13:45 – 14:00	15	Loannis Theofanidis	Fidel Barrios	Sitse Oomen	Bart Wolfs	Fürst-Pückler-Eis	Gemesys	GOOD TIMES	Good Times at the Beach
Advanced M 18+ & Triplets Advanced M/M/F 14:00 – 14:15	16	Sam Plompen	Felix Badziong	Julius Keur	Philippe Massaar	Die drei Lachmuskeln	Eisenschmiede	Flex Force	FunFitters
BREAK									

HEATS WOD 3 "KINGSBOX" (ROUND 3)

SUNDAY: FIELD 3

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DIVISION & TIME	HEAT								
Advanced F 18+ & Triplets Advanced F/F/M 15:00 – 15:15	17	Marion Annabrunner	Hanneke Deurloo	Lara Tilleke	Dionne Timmermans	Triple Trouble	Who's ex is next?	WOD are we eating	WOD's Happening CFLwd
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Advanced M 35+ & Triplets Advanced F/F/M 16:45 – 17:00	24	Mirko Sturm	Lukáš Šipka	Eric Terhorst	Kevin Bender	Beach Bombers	Buitenhout Bandits	Buns and Guns	Cheese-to-Bars
PRICE CEREMONY									

