

TIMETABLE & HEATS BEACH SHOWDOWN INDOOR FINAL 2025

CHECK YOUR HEATS @ COMPETITION CORNER

TIME	HEAT	FIELD 1 (KINGSBOX AREA)	FIELD 2 (CONCEPT BEACH)	FIELD 3 (ESN BEACH)
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ATHLETE REGISTRATION (08:00 – 10:00)

09:00 – 09:15	1	REGULAR F	TEENS & SCALED M/F	REGULAR M/F 35+ & REGULAR M/F
09:15 – 09:30	2	REGULAR F & REGULAR M 35+	TEENS & SCALED M/F	REGULAR M/F 35+ & REGULAR M/F
09:30 – 09:45	3	REGULAR M 35+	SCALED F/F	ADVANCED M/F & REGULAR M/F
09:45 – 10:00	4	REGULAR M & REGULAR M/M	SCALED F/F	ADVANCED M/F & ADVANCED M/F 35+
10:00 – 10:15	5	REGULAR M/M 35+ & REGULAR M/M	SCALED M	ADVANCED M/F
10:15 – 10:30	6	REGULAR M/M 35+ & REGULAR M/M	SCALED M & SCALED F	ADVANCED M/F & ADVANCED M/M 35+
10:30 – 10:45	7	ADVANCED M	REGULAR F/F 35+ & SCALED F	ADVANCED M/M 35+
10:45 – 11:00	8	ADVANCED M & ADVANCED M/M	REGULAR F/F	ADVANCED F/F
11:00 – 11:15	9	RX M & ADVANCED M/M	REGULAR F/F	RX F & ADVANCED F/F
11:15 – 11:30	10	RX M & ADVANCED M/M	ADVANCED F 35+ & ADVANCED M 35+	RX F & ADVANCED F/F 35+
11:30 – 11:45	11	RX M & ADVANCED M/M	ADVANCED F & ADVANCED M 35+	RX M/F

BREAK (11:45 – 12:15)

12:15 – 12:30	12	TEENS & SCALED M/F	REGULAR M/F 35+ & REGULAR M/F	REGULAR F
12:30 – 12:45	13	TEENS & SCALED M/F	REGULAR M/F 35+ & REGULAR M/F	REGULAR F & REGULAR M 35+
12:45 – 13:00	14	SCALED F/F	ADVANCED M/F & REGULAR M/F	REGULAR M 35+
13:00 – 13:15	15	SCALED F/F	ADVANCED M/F & ADVANCED M/F 35+	REGULAR M & REGULAR M/M
13:15 – 13:30	16	SCALED M	ADVANCED M/F	REGULAR M/M 35+ & REGULAR M/M
13:30 – 13:45	17	SCALED M & SCALED F	ADVANCED M/F & ADVANCED M/M 35+	REGULAR M/M 35+ & REGULAR M/M
13:45 – 14:00	18	REGULAR F/F 35+ & SCALED F	ADVANCED M/M 35+	ADVANCED M
14:00 – 14:15	19	REGULAR F/F	ADVANCED F/F	ADVANCED M & ADVANCED M/M
14:15 – 14:30	20	REGULAR F/F	RX F & ADVANCED F/F	RX M & ADVANCED M/M
14:30 – 14:45	21	ADVANCED F 35+ & ADVANCED M 35+	RX F & ADVANCED F/F 35+	RX M & ADVANCED M/M
14:45 – 15:00	22	ADVANCED F & ADVANCED M 35+	RX M/F	RX M & ADVANCED M/M

BREAK (15:00 – 15:30)

15:30 – 15:45	23	REGULAR M/F 35+ & REGULAR M/F	REGULAR F	TEENS & SCALED M/F
15:45 – 16:00	24	REGULAR M/F 35+ & REGULAR M/F	REGULAR F & REGULAR M 35+	TEENS & SCALED M/F
16:00 – 16:15	25	ADVANCED M/F & REGULAR M/F	REGULAR M 35+	SCALED F/F
16:15 – 16:30	26	ADVANCED M/F & ADVANCED M/F 35+	REGULAR M & REGULAR M/M	SCALED F/F
16:30 – 16:45	27	ADVANCED M/F	REGULAR M/M 35+ & REGULAR M/M	SCALED M
16:45 – 17:00	28	ADVANCED M/F & ADVANCED M/M 35+	REGULAR M/M 35+ & REGULAR M/M	SCALED M & SCALED F
17:00 – 17:15	29	ADVANCED M/M 35+	ADVANCED M	REGULAR F/F 35+ & SCALED F
17:15 – 17:30	30	ADVANCED F/F	ADVANCED M & ADVANCED M/M	REGULAR F/F
17:30 – 17:45	31	RX F & ADVANCED F/F	RX M & ADVANCED M/M	REGULAR F/F
17:45 – 18:00	32	RX F & ADVANCED F/F 35+	RX M & ADVANCED M/M	ADVANCED F 35+ & ADVANCED M 35+
18:00 – 18:15	33	RX M/F	RX M & ADVANCED M/M	ADVANCED F & ADVANCED M 35+

PRICE CEREMONY (18:15 – 18:45)



HEATS WOD 1 "REPS TO THE ROPE" (ROUND 1)

FIELD 1 (KINGSBOX AREA)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
REGULAR F 09:00 – 09:15	1	Nele Kaupp	Annette De Wolf	Inge Van den Boogaert	Paula Kotowski	Carole Merens	Antonia Alexandra	Jennifer Bierlee	Kirsten Meerveld H.	Michelle Bouwmeister	Tabea Köhn
REGULAR F & REGULAR M 35+ 09:15 – 09:30	2	Cathrine Rask Knøs	Lisa Morscheid	Nicole Geschiere	Lisa Donsbach	Melanie Bröckelmann	Nina Schrade Vries	Edward Lub	Gabriel Kyre	Marcel Löffler	Alexander Jorde
REGULAR M 35+ 09:30 – 09:45	3	Christian Effenberger	Keven Langenbach	Valerio Altini	Roy Domen	Riccardo Rachello	Johan Otten	Tom Davito	Tom Schmidt	Barnabás Vikor	Rick Brushuis
REGULAR M & REGULAR M/M 09:45 – 10:00	4	Benjamin Meise	Carlo Menke	Rudi Heinz	Ayden Van Steenlandt	Nicolau Gelabert	Louis Mathieu	Niklas Wagner	Masse statt Klasse	Scrambled Legs	Lagerhaus Jungs
REGULAR M/M 35+ & M/M 10:00 – 10:15	5	The good old Boys	Shots 'n' Snatches	Aladdin	99 Crabs	South Beach	Burpee Brüder	Men in Caramel	Crosshitt	GENERATION WAR	De Grote
REGULAR M/M 35+ & M/M 10:15 – 10:30	6	Team LCRM	WOD Warriors Liebfeld	Grumpy Old Lifters	SandCastle Buddies	TeamMobilis Legends	M&M's	Anti Burpee Social Club	Thank you so mosh	November Gains	Two Dicks, One Brain
ADVANCED M 10:30 – 10:45	7	Moritz Beha	Robin Branderhorst	Marc Arpa	Martijn Neef	Simen Sandlie	Martijn Smit	Markus Fleischmann	Luis Lomas	Tom Hilhorst	Alexandre Arnaud
ADVANCED M & ADVANCED M/M 10:45 – 11:00	8	Wesley van Wijk	Christian Van Doorn	Luc Rerat	Tom Keizer	Stefan van Den Broek	Burpee Brothers	Gerber	Arthletes	RiMa	De kroketjes
RX M & ADVANCED M/M 11:00 – 11:15	9	Teun Verleisdonk	Jasper Heppener	Niels Verhaeren	BART KRAH	Niet te flauw	Abs by bacon	Duo Penotti	De Stalen Pantserbazen	Big players	Team BDB
RX M & ADVANCED M/M 11:15 – 11:30	10	Tom Commandeur	Alessandro Pierri	Laurens Boer	Rick Van Brussel	Debiles press	Die Glücksbärchis	King & Kong	Mamapapa	Met een korreltje zand	Team OG
RX M & ADVANCED M/M 11:30 – 11:45	11	Barney Earl	Ivan Berrevoets	Maxime Loncin	Paulo Villalobos	Powerhouse Pandas	Relentless	Team Walvis	Worst Pace Scenario	Salt & Steel	Team No Shirt

BREAK



HEATS WOD 1 "REPS TO THE ROPE" (ROUND 2)

FIELD 1 (KINGSBOX AREA)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
TEENS & SCALED M/F 12:15 – 12:30	12	Indie Giladie	Freya Stevens	Maud van Kouwen	Charlie Hoogendam	Liza Poortvliet	Helena Güntner	Blood, Sweat and Beer	Team Guilia	Fuchs-Otter Team	Beast Show Down
TEENS & SCALED M/F 12:30 – 12:45	13	Jasmijn Nijkamp	FLEUR VAN KOUWEN	Jason Kasteel	Luke Kunze	Jaimey Van Es	Quinten Wielgaard	Vallende Sterren	NAAR DE BAMI	De Rammers	The Paustians
SCALED F/F 12:45 – 13:00	14	DANOONTJEPOWERRRR!	The Barbell Queens	Hakuna matata	Two of a Kind	Otter & Oyster	Kraeger	The French Toast Mafia	Trouble unders	The Pain Train	Banded chaos
SCALED F/F 13:00 – 13:15	15	Sissies	Panda	Win-Win situatie	2 MiMis in einem Boot	WOD Pack	Team All Pain, No Gain	The Hoodies	Power Cousins	Cheese and Wods	Kabritunan
SCALED M 13:15 – 13:30	16	Pierre Ludwig	Christian Tietz	Alexander Gebes	Deniz Bir	Niels Wurtz	Wesley Tempelaars	Michael De Ruijter	Dennis van Den Brand	Kristoffer Smetazko	Kai Schmidt
SCALED M & SCALED F 13:30 – 13:45	17	Arthur Gerard	Constantin Jorde	Björn Frankenreiter	Peter Achterberg	Melissa Van den Broek	Travis Tokkie	Kim Boots	Nancy Dagga	Nicole Bontekoe	Yvette Van den Boomen
REGULAR F/F 35+ & SCALED F 13:45 – 14:00	18	The Mom Complex	Who dares wins	little monkeys	Mission Slimpossible	Barbellas	Sandy Sorger	Anastasia Scholma	Suzanne Van Gestel	Pernilla Groeneveld	Zarina Rahimbaks
REGULAR F/F 14:00 – 14:15	19	Two (un)broke girls	Squats Your Problem?	Transformers	CrossfitCity Squat Sisters	Mona Lifta's	Sexy Schlexies	Dynamic Duo	The Dumbbell-dore Duo	Team Visser	Weijverilla's
REGULAR F/F 14:15 – 14:30	20	Familie uitje	Tiny champs	Chalk Dirty To Me	Better Naked	Package deal	Sore Sisters	The pink ladies	DOUBLE W	Finding NiMo	Buck Furpees
ADVANCED F 35+ & M 35+ 14:30 – 14:45	21	Anja Wakup	Linda Bryndisardottir	Bibi Bogaert	Laurence Leclair	Angela Gerrits	MANFREDI MANISCALCO	Sun Ra van Kampen	Heiko Weirauch	Christopher Gaida	Edward Phillips
ADVANCED F & M 35+ 14:45 – 15:00	22	Michaela Pavlikova	Pien Smit	Celina Fischer	Mickaël Gruley	David Sapulete	Domenik Bartsch	Aaron Guzik	Matthieu Raynaud	Jens Hanke	Frank Tran

BREAK



HEATS WOD 1 "REPS TO THE ROPE" (ROUND 3)

FIELD 1 (KINGSBOX AREA)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
REGULAR M/F 35+ & M/F 15:30 – 15:45	23	Reds have more fun	Triple Shot	Hakuna Masquata	Tight butts and sweaty nuts	Double J	Émenoy	DomBo 2	Ber-bell& Freek	Beauty and the Beast	Strijders
REGULAR M/F 35+ & M/F 15:45 – 16:00	24	Double Blunders	Gouden Ticket	Monday Monday	99 Problems	99 problems, but the beach ain't one	Flex & Fury	Die zwei Muskeltiere	Ballermann & Ballerina	Bike and Barbell	Beachmupfeln
ADVANCED M/F & REGULAR M/F 16:00 – 16:15	25	Team Fusion	Gofi - kneifen is nich!	Crossfit City To The Beach	Row & Show	Geen idee	Die frechen Pöters	Young & kinda Young	Queen & Jerk	Spread Your Glutes	A Team To Remember
ADVANCED M/F & M/F 35+ 16:15 – 16:30	26	Maulende Myrte und Justin	OnlySjans	Olga en Els	Mein Lieblingsteam	Sero's (G)oud!	Scorpio's	Better Together	Masterminds	Antaios	Als het maar gezellig is
ADVANCED M/F 16:30 – 16:45	27	Gummi-bärchen	Fit Fusion	The Unknown	Love 2 eat	Jacked Unicorns	De sophietjes	De M&M's	Team Crossgym Hoogeveen	Running Club Koblenz	Pocket Rockets
ADVANCED M/F & M/M 35+ 16:45 – 17:00	28	Pasta al ragù	NABO	Safety First!	The Unknown Vol. 2	Boef & Binkie	United by sweat	TJ Titans	Zaans Zweet	Spartan & Sauerkraut	JUNIOR & SENIOR
ADVANCED M/M 35+ 17:00 – 17:15	29	Ugly Dogs	The Crossfit City Aalsmeer LEGENDS	All Pain, No Gain	Dads on fire	Murph Maniacs	Team Tonijn	Dos Knochos	Galactians 6:14	Ogen dicht en gaan!	The Crossfit City Aalsmeer Titans
ADVANCED F/F 17:15 – 17:30	30	Honest power	Snatch me if you can	From Nimma with a bit less love	Turkse Pizza	Massa verplaatst massa	Unkraut vergeht nicht	Local Ladies	Team Field Good	De Leidse Ladies	Rowbots
RX F & ADVANCED F/F 17:30 – 17:45	31	Els Woddema	Ellie Collar	Mirjam Deinum	Eefke Drega	Team B3	We like to Bench	G.I. Jo	Tiny Warriors	Blonde Beasts of Zuyd	Tiny and Quirky
RX F & ADVANCED F/F 35+ 17:45 – 18:00	32	Demi Van der Knaap	Sophie Moes	Marjolijn van Os	Lisa Pronk	Sister Squad - until one cries!	SUN WARRIORS	Mamacitas	Vintage	Advanced für Anfänger	Anne& Renate
RX M/F 18:00 – 18:15	33	CrossFit City Aalsmeer	Moovin' & Groovin'	Jip & Janken	SAFE THE BEST FOR LAST	Sero NoREP	Rock'n Rowdy	Slice of History	2 pizzas y un helao	Team Peach	Fit Fam

PRIZE CEREMONY

HEATS WOD 2 "SANDY SKI RACE" (ROUND 1)

FIELD 2 (CONCEPT BEACH)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
TEENS & SCALED M/F 09:00 – 09:15	1	Indie Giladie	Freya Stevens	Maud van Kouwen	Charlie Hoogendam	Liza Poortvliet	Helena Güntner	Blood, Sweat and Beer	Team Guilia	Fuchs-Otter Team	Beast Show Down
TEENS & SCALED M/F 09:15 – 09:30	2	Jasmijn Nijkamp	FLEUR VAN KOUWEN	Jason Kasteel	Luke Kunze	Jaimey Van Es	Quinten Wielaard	Vallende Sterren	NAAR DE BAMI	De Rammers	The Paustians
SCALED F/F 09:30 – 09:45	3	DANOONTJEPO WERRRRR!	The Barbell Queens	Hakuna matata	Two of a Kind	Otter & Oyster	Kraeger	The French Toast Mafia	Trouble unders	The Pain Train	Banded chaos
SCALED F/F 09:45 – 10:00	4	Sissies	Panda	Win-Win situatie	2 MiMis in einem Boot	WOD Pack	Team All Pain, No Gain	The Hoodies	Power Cousins	Cheese and Wods	Kabritunan
SCALED M 10:00 – 10:15	5	Pierre Ludwig	Christian Tietz	Alexander Gebes	Deniz Bir	Niels Wurtz	Wesley Tempelaars	Michael De Ruijter	Dennis van Den Brand	Kristoffer Smetazko	Kai Schmidt
SCALED M & SCALED F 10:15 – 10:30	6	Arthur Gerard	Constantin Jorde	Björn Frankenreiter	Peter Achterberg	Melissa Van den Broek	Travis Tokkie	Kim Boots	Nancy Dagga	Nicole Bontekoe	Yvette Van den Boomen
REGULAR F/F 35+ & SCALED F 10:30 – 10:45	7	The Mom Complex	Who dares wins	little monkeys	Mission Slimpossible	Barbellas	Sandy Sorger	Anastasia Scholma	Suzanne Van Gestel	Pernilla Groeneveld	Zarina Rahimbaks
REGULAR F/F 10:45 – 11:00	8	Two (un)broke girls	Squats Your Problem?	Transformers	CrossfitCity Squat Sisters	Mona Lifta's	Sexy Schlexies	Dynamic Duo	The Dumbbell-dore Duo	Team Visser	Weijverilla's
REGULAR F/F 11:00 – 11:15	9	Familie uitje	Tiny champs	Chalk Dirty To Me	Better Naked	Package deal	Sore Sisters	The pink ladies	DOUBLE W	Finding NiMo	Buck Furpees
ADVANCED F 35+ & M 35+ 11:15 – 11:30	10	Anja Wakup	Linda Bryndisardottir	Bibi Bogaert	Laurence Leclair	Angela Gerrits	MANFREDI MANISCALCO	Sun Ra van Kampen	Heiko Weirauch	Christopher Gaida	Edward Phillips
ADVANCED F & M 35+ 11:30 – 11:45	11	Michaela Pavlikova	Pien Smit	Celina Fischer	Mickael Gruley	David Sapulete	Domenik Bartsch	Aaron Guzik	Matthieu Raynaud	Jens Hanke	Frank Tran

BREAK

HEATS WOD 2 "SANDY SKI RACE" (ROUND 2)

FIELD 2 (CONCEPT BEACH)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
REGULAR M/F 35+ & M/F 12:15 – 12:30	12	Reds have more fun	Triple Shot	Hakuna Masquata	Tight butts and sweaty nuts	Double J	Émenoy	DomBo 2	Ber-bell&Freek	Beauty and the Beast	Strijders
REGULAR M/F 35+ & M/F 12:30 – 12:45	13	Double Blunders	Gouden Ticket	Monday Monday	99 Problems	99 problems, but the beach ain't one	Flex & Fury	Die zwei Muskeltiere	Ballermann & Ballerina	Bike and Barbell	Beachmupfeln
ADVANCED M/F & REGULAR M/F 12:45 – 13:00	14	Team Fusion	Gofi – kneifen is nich!	Crossfit City To The Beach	Row & Show	Geen idee	Die frechen Pöters	Young & kinda Young	Queen & Jerk	Spread Your Glutes	A Team To Remember
ADVANCED M/F & M/F 35+ 13:00 – 13:15	15	Maulende Myrte und Justin	OnlySjans	Olga en Els	Mein Lieblingsteam	Sero's (G)oud!	Scorpio's	Better Together	Masterminds	Antaios	Als het maar gezellig is
ADVANCED M/F 13:15 – 13:30	16	Gummi-bärchen	Fit Fusion	The Unknown	Love 2 eat	Jacked Unicorns	De sophietjes	De M&M's	Team Crossgym Hoogeveen	Running Club Koblenz	Pocket Rockets
ADVANCED M/F & M/M 35+ 13:30 – 13:45	17	Pasta al ragù	NABO	Safety First!	The Unknown Vol. 2	Boef & Binkie	United by sweat	TJ Titans	Zaans Zweet	Spartan & Sauerkraut	JUNIOR & SENIOR
ADVANCED M/M 35+ 13:45 – 14:0	18	Ugly Dogs	The Crossfit City Aalsmeer LEGENDS	All Pain, No Gain	Dads on fire	Murph Maniacs	Team Tonijn	Dos Knochos	Galactians 6:14	Ogen dicht en gaan!	The Crossfit City Aalsmeer Titans
ADVANCED F/F 14:00 – 14:15	19	Honest power	Snatch me if you can	From Nimma with a bit less love	Turkse Pizza	Massa verplaatst massa	Unkraut vergeht nicht	Local Ladies	Team Field Good	De Leidse Ladies	Rowbots
RX F & ADVANCED F/F 14:15 – 14:30	20	Els Woddema	Ellie Collar	Mirjam Deinum	Eefke Drega	Team B3	We like to Bench	G.I. Jo	Tiny Warriors	Blonde Beasts of Zuyd	Tiny and Quirky
RX F & ADVANCED F/F 35+ 14:30 – 14:45	21	Demi Van der Knaap	Sophie Moes	Marjolijn van Os	Lisa Pronk	Sister Squad – until one cries!	SUN WARRIORS	Mamacitas	Vintage	Advanced für Anfänger	Anne&Renate
RX M/F 14:45 – 15:00	22	CrossFit City Aalsmeer	Moovin' & Groovin'	Jip & Janken	SAFE THE BEST FOR LAST	Sero NoREP	Rock'n Rowdy	Slice of History	2 pizzas y un helao	Team Peach	Fit Fam

BREAK

HEATS WOD 2 "SANDY SKI RACE" (ROUND 3)

FIELD 2 (CONCEPT BEACH)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
REGULAR F 15:30 – 15:45	23	Nele Kaupp	Annette De Wolf	Inge Van den Boogaert	Paula Kotowski	Carole Merens	Antonia Alexandra	Jennifer Bierlee	Kirsten Meerveld H.	Michelle Bouwmeister	Tabea Köhn
REGULAR F & REGULAR M 35+ 15:45 – 16:00	24	Cathrine Rask Knøs	Lisa Morscheid	Nicole Geschiere	Lisa Donsbach	Melanie Bröckelmann	Nina Schra-de Vries	Edward Lub	Gabriel Kyre	Marcel Löffler	Alexander Jorde
REGULAR M 35+ 16:00 – 16:15	25	Christian Effenberger	Keven Langenbach	Valerio Altini	Roy Domen	Riccardo Rachello	Johan Otten	Tom Davito	Tom Schmidt	Barnabás Vikor	Rick Broshuis
REGULAR M & REGULAR M/M 16:15 – 16:30	26	Benjamin Meise	Carlo Menke	Rudi Heinz	Ayden Van Steenlandt	Nicolau Gelabert	Louis Mathieu	Niklas Wagner	Masse statt Klasse	Scrambled Legs	Lagerhaus Jungs
REGULAR M/M 35+ & M/M 16:30 – 16:45	27	The good old Boys	Shots 'n' Snatches	Aladdin	99 Crabs	South Beach	Burpee Brüder	Men in Caramel	Crosshitt	GENERATION WAR	De Grote
REGULAR M/M 35+ & M/M 16:45 – 17:00	28	Team LCRM	WOD Warriors Liebefeld	Grumpy Old Lifters	SandCastle Buddies	TeamMobili Legends	M&M's	Anti Burpee Social Club	Thank you so mosh	November Gains	Two Dicks, One Brain
ADVANCED M 17:00 – 17:15	29	Moritz Beha	Robin Branderhorst	Marc Arpa	Martijn Neef	Simen Sandlie	Martijn Smit	Markus Fleischmann	Luis Lomas	Tom Hilhorst	Alexandre Arnaud
ADVANCED M & ADVANCED M/M 17:15 – 17:30	30	Wesley van Wijk	Christian Van Doorn	Luc Rerat	Tom Keizer	Stefan van Den Broek	Burpee Brothers	Gerber	Arhletes	RiMa	De kroketjes
RX M & ADVANCED M/M 17:30 – 17:45	31	Teun Verleisdonk	Jasper Heppener	Niels Verhaeren	BART KRAH	Niet te flauw	Abs by bacon	Duo Penotti	De Stalen Pantserbazen	Big players	Team BDB
RX M & ADVANCED M/M 17:45 – 18:00	32	Tom Commandeur	Alessandro Pierri	Laurens Boer	Rick Van Brussel	Debiles press	Die Glücksbärchis	King & Kong	Mamapapa	Met een korreltje zand	Team OG
RX M & ADVANCED M/M 18:00 – 18:15	33	Barney Earl	Ivan Berrevoets	Maxime Loncin	Paulo Villalobos	Powerhouse Pandas	Relentless	Team Walvis	Worst Pace Scenario	Salt & Steel	Team No Shirt

PRIZE CEREMONY



HEATS WOD 3 "CERBERUS SANDSTORM TRIAL" (ROUND 1)

FIELD 3 (ESN BEACH)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
REGULAR M/F 35+ & M/F 09:00 – 09:15	1	Reds have more fun	Triple Shot	Hakuna Masquata	Tight butts and sweaty nuts	Double J	Émenoy	DomBo 2	Ber-bell&Freek	Beauty and the Beast	Strijders
REGULAR M/F 35+ & M/F 09:15 – 09:30	2	Double Blunders	Gouden Ticket	Monday Monday	99 Problems	99 problems, but the beach ain't one	Flex & Fury	Die zwei Muskeltiere	Ballermann & Ballerina	Bike and Barbell	Beachmupfeln
ADVANCED M/F & REGULAR M/F 09:30 – 09:45	3	Team Fusion	Gofi – kniefen is nich!	Crossfit City To The Beach	Row & Show	Geen idee	Die frechen Pöters	Young & kinda Young	Queen & Jerk	Spread Your Glutes	A Team To Remember
ADVANCED M/F & M/F 35+ 09:45 – 10:00	4	Maulende Myrte und Justin	OnlySjans	Olga en Els	Mein Lieblingsteam	Sero's (G)oud!	Scorpio's	Better Together	Masterminds	Antaios	Als het maar gezellig is
ADVANCED M/F 10:00 – 10:15	5	Gummi-bärchen	Fit Fusion	The Unknown	Love 2 eat	Jacked Unicorns	De sophietjes	De M&M's	Team Crossgym Hoogeveen	Running Club Koblenz	Pocket Rockets
ADVANCED M/F & M/M 35+ 10:15 – 10:30	6	Pasta al ragù	NABO	Safety First!	The Unknown Vol. 2	Boef & Binkie	United by sweat	TJ Titans	Zaans Zweet	Spartan & Sauerkraut	JUNIOR & SENIOR
ADVANCED M/M 35+ 10:30 – 10:45	7	Ugly Dogs	The Crossfit City Aalsmeer LEGENDS	All Pain, No Gain	Dads on fire	Murph Maniacs	Team Tonijn	Dos Knochos	Galactians 6:14	Ogen dicht en gaan!	The Crossfit City Aalsmeer Titans
ADVANCED F/F 10:45 – 11:00	8	Honest power	Snatch me if you can	From Nimma with a bit less love	Turkse Pizza	Massa verplaatst massa	Unkraut vergeht nicht	Local Ladies	Team Field Good	De Leidse Ladies	Rowbots
RX F & ADVANCED F/F 11:00 – 11:15	9	Els Woddema	Ellie Collar	Mirjam Deinum	Eefke Drega	Team B3	We like to Bench	G.I. Jo	Tiny Warriors	Blonde Beasts of Zuyd	Tiny and Quirky
RX F & ADVANCED F/F 35+ 11:15 – 11:30	10	Demi Van der Knaap	Sophie Moes	Marjolijn van Os	Lisa Prank	Sister Squad – until one cries!	SUN WARRIORS	Mamacitas	Vintage	Advanced für Anfänger	Anne&Renate
RX M/F 11:30 – 11:45	11	CrossFit City Aalsmeer	Moovin' & Groovin'	Jip & Janken	SAFE THE BEST FOR LAST	Sero NoREP	Rock'n Rowdy	Slice of History	2 pizzas y un helao	Team Peach	Fit Fam

BREAK

HEATS WOD 3 "CERBERUS SANDSTORM TRIAL" (ROUND 2)

FIELD 3 (ESN BEACH)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
REGULAR F 12:15 – 12:30	12	Nele Kaupp	Annette De Wolf	Inge Van den Boogaert	Paula Kotowski	Carole Merens	Antonia Alexandra	Jennifer Bierlee	Kirsten Meerveld H.	Michelle Bouwmeister	Tabea Köhn
REGULAR F & REGULAR M 35+ 12:30 – 12:45	13	Cathrine Rask Knøs	Lisa Morscheid	Nicole Geschiere	Lisa Donsbach	Melanie Bröckelmann	Nina Schra-de Vries	Edward Lub	Gabriel Kyre	Marcel Löffler	Alexander Jorde
REGULAR M 35+ 12:45 – 13:00	14	Christian Effenberger	Keven Langenbach	Valerio Altini	Roy Domen	Riccardo Rachello	Johan Otten	Tom Davito	Tom Schmidt	Barnabás Vikor	Rick Broshuis
REGULAR M & REGULAR M/M 13:00 – 13:15	15	Benjamin Meise	Carlo Menke	Rudi Heinz	Ayden Van Steenlandt	Nicolau Gelabert	Louis Mathieu	Niklas Wagner	Masse statt Klasse	Scrambled Legs	Lagerhaus Jungs
REGULAR M/M 35+ & M/M 13:15 – 13:30	16	The good old Boys	Shots 'n' Snatches	Aladdin	99 Crabs	South Beach	Burpee Brüder	Men in Caramel	Crosshitt	GENERATION WAR	De Grote
REGULAR M/M 35+ & M/M 13:30 – 13:45	17	Team LCRM	WOD Warriors Liebfeld	Grumpy Old Lifters	SandCastle Buddies	TeamMobilis Legends	M&M's	Anti Burpee Social Club	Thank you so mosh	November Gains	Two Dicks, One Brain
ADVANCED M 13:45 – 14:00	18	Moritz Beha	Robin Branderhorst	Marc Arpa	Martijn Neef	Simen Sandlie	Martijn Smit	Markus Fleischmann	Luis Lomas	Tom Hilhorst	Alexandre Arnaud
ADVANCED M & ADVANCED M/M 14:00 – 14:15	19	Wesley van Wijk	Christian Van Doorn	Luc Rerat	Tom Keizer	Stefan van Den Broek	Burpee Brothers	Gerber	Arhletes	RiMa	De krokjetjes
RX M & ADVANCED M/M 14:15 – 14:30	20	Teun Verleisdonk	Jasper Heppener	Niels Verhaeren	BART KRAH	Niet te flauw	Abs by bacon	Duo Penotti	De Stalen Pantserbazen	Big players	Team BDB
RX M & ADVANCED M/M 14:30 – 14:45	21	Tom Commandeur	Alessandro Pierri	Laurens Boer	Rick Van Brussel	Debiles press	Die Glücksbärchis	King & Kong	Mamapapa	Met een korreltje zand	Team OG
RX M & ADVANCED M/M 14:45 – 15:00	22	Barney Earl	Ivan Berrevoets	Maxime Loncin	Paulo Villalobos	Powerhouse Pandas	Relentless	Team Walvis	Worst Pace Scenario	Salt & Steel	Team No Shirt

BREAK



HEATS WOD 3 "CERBERUS SANDSTORM TRIAL" (ROUND 3)

FIELD 3 (ESN BEACH)

LANE		1	2	3	4	5	6	7	8	9	10
DIVISION & TIME	HEAT										
TEENS & SCALED M/F 15:30 – 15:45	23	Indie Giladie	Freya Stevens	Maud van Kouwen	Charlie Hoogendam	Liza Poortvliet	Helena Güntner	Blood, Sweat and Beer	Team Guilia	Fuchs-Otter Team	Beast Show Down
TEENS & SCALED M/F 15:45 – 16:00	24	Jasmijn Nijkamp	FLEUR VAN KOUWEN	Jason Kasteel	Luke Kunze	Jaimey Van Es	Quinten Wielaard	Vallende Sterren	NAAR DE BAMI	De Rammers	The Paustians
SCALED F/F 16:00 – 16:15	25	DANOONTJE POWERRRRR!	The Barbell Queens	Hakuna matata	Two of a Kind	Otter & Oyster	Kraeger	The French Toast Mafia	Trouble unders	The Pain Train	Banded chaos
SCALED F/F 16:15 – 16:30	26	Sissies	Panda	Win-Win situatie	2 MiMis in einem Boot	WOD Pack	Team All Pain, No Gain	The Hoodies	Power Cousins	Cheese and Wods	Kabritunan
SCALED M 16:30 – 16:45	27	Pierre Ludwig	Christian Tietz	Alexander Gebes	Deniz Bir	Niels Wurtz	Wesley Tempelaars	Michael De Ruijter	Dennis van Den Brand	Kristoffer Smetazko	Kai Schmidt
SCALED M & SCALED F 16:45 – 17:00	28	Arthur Gerard	Constantin Jorde	Björn Frankenreiter	Peter Achterberg	Melissa Van den Broek	Travis Tokkie	Kim Boots	Nancy Dagga	Nicole Bontekoe	Yvette Van den Boomen
REGULAR F/F 35+ & SCALED F 17:00 – 17:15	29	The Mom Complex	Who dares wins	little monkeys	Mission Slimpossible	Barbellas	Sandy Sorger	Anastasia Scholma	Suzanne Van Gestel	Pernilla Groeneveld	Zarina Rahimbaks
REGULAR F/F 17:15 – 17:30	30	Two (un)broke girls	Squats Your Problem?	Transformers	CrossfitCity Squat Sisters	Mona Lifta's	Sexy Schlexies	Dynamic Duo	The Dumbbell-dore Duo	Team Visser	Weijverilla's
REGULAR F/F 17:30 – 17:45	31	Familie uitje	Tiny champs	Chalk Dirty To Me	Better Naked	Package deal	Sore Sisters	The pink ladies	DOUBLE W	Finding NiMo	Buck Furpees
ADVANCED F 35+ & M 35+ 17:45 – 18:00	32	Anja Wakup	Linda Bryndisardottir	Bibi Bogaert	Laurence Leclair	Angela Gerrits	MANFREDI MANISCALCO	Sun Ra van Kampen	Heiko Weirauch	Christopher Gaida	Edward Phillips
ADVANCED F & M 35+ 18:00 – 18:15	33	Michaela Pavlikova	Pien Smit	Celina Fischer	Mickael Gruley	David Sapulete	Domenik Bartsch	Aaron Guzik	Matthieu Raynaud	Jens Hanke	Frank Tran

PRIZE CEREMONY

