

Team name	Division	Category	Crossfit box / gym name	WOD 1 - TOTAL REPS	TIE BREAK SCORE	RANKING WOD 1	WOD 2 - TOTAL TIME	TIE BREAK TIME	RANKING WOD 2	SUB SCORE	SUB RANKING	WOD 3A - TOTAL REPS	WOD 3A - RANKING	WOD 3B - TOTAL REPS	WOD 3B - TIE-BREAK SCORE	WOD 3B - RANKING	WOD 3 SCORE	RANKING WOD 3	FINAL SCORE	FINAL RANKING
Dumble&Dwars	Prep	Mix Buddy Team	Ultimate fit	396	13:05.00	2	0:12:47	0:06:25	1	3	1	204	1	89	57	2	3	1	4	1
Team #noexcuses	Prep	Mix Buddy Team	Crossbox #noexcuses	452	14:05.00	1	0:18:57	0:09:20	4	5	2	169	2	88	50	3	5	2	7	2
Arjos	Prep	Mix Buddy Team	Crossfit Ridderkerk	384	14:21.00	4	0:18:00	0:08:55	2	6	3	128	6	97	49	1	7	3	9	3
UniDream	Prep	Mix Buddy Team	Crossfit Immaculate	283	14:20.00	6	0:19:42	0:10:02	5	11	6	142	3	83	36	4	7	3	14	4
The Wolfpack	Prep	Mix Buddy Team	Crossfit Gouda	388	14:14.00	3	0:21:12	0:09:43	7	10	4	137	5	79	41	6	11	5	15	5
Team Duo	Prep	Mix Buddy Team	crossfit7kamp	282	14:24.00	7	0:18:44	0:09:10	3	10	4	123	7	82	43	5	12	6	16	6
Kettlehell	Prep	Mix Buddy Team	Crossfit Sneek	249	14:07.00	8	0:20:47	0:10:43	6	14	8	139	4	65	36	8	12	6	20	7
#HappyLife	Prep	Mix Buddy Team	Crossbox #NOEXCUSES	287	13:38.00	5	0:29:50	0:14:32	8	13	7	119	8	66	37	7	15	8	21	8

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The Leftovers	Main	Mix Buddy Team	CrossFit Limes	324	13:45:03	2	0:15:31	0:07:24	1	3	1	143	5	81	45	3	8	3	6	1
Joris en de draak	Main	Mix Buddy Team	#Noexcuses	356	13:47:00	1	0:19:55	0:09:29	9	10	3	164	1	75	42	6	7	2	12	2
OVJB	Main	Mix Buddy Team	Crossfit 7kamp	290	13:53:00	3	0:17:14	0:16:28	2	5	2	148	4	66	39	11	15	8	13	3
Knabbel & Barbell	Main	Mix Buddy Team	Crossfit Sneek	264	15:00:00	5	0:19:18	0:09:42	7	12	6	149	3	85	50	2	5	1	13	4
ANWBeest stelletje	Main	Mix Buddy Team	Crossfit Gouda	236	14:53:00	8	0:17:48	0:08:56	3	11	4	143	5	80	47	4	9	4	15	5
Cobra Kai	Main	Mix Buddy Team	Meggafit	254	13:50:00	7	0:17:58	0:09:08	4	11	4	129	10	87	47	1	11	6	17	6
Team 3K Vodka	Main	Mix Buddy Team	Crossfit 7kamp	229	12:59:00	10	0:19:04	0:09:52	6	16	8	155	2	72	41	7	9	4	20	7
the shorties	Main	Mix Buddy Team	Pack Mentality CrossFit	267	14:55:00	4	0:19:56	0:09:18	10	14	7	129	10	72	41	7	17	9	23	8
Big butt and the gaynuss	Main	Mix Buddy Team	Crossfit Sneek	225	12:35:00	11	0:18:58	0:09:14	5	16	8	140	7	64	36	12	19	11	27	9
Woezel en Dip	Main	Mix Buddy Team	#NoExcuses	NO SCORE	---	12	0:19:48	0:09:45	8	20	11	140	7	76	42	5	12	7	27	10
Jip en janneke	Main	Mix Buddy Team	Crossfit immaculate	231	14:58:00	9	0:21:40	0:09:50	11	20	11	137	9	71	47	9	18	10	30	11
Team Liften	Main	Mix Buddy Team	Crossfit 7kamp	255	13:53:00	6	0:23:54	0:10:52	12	18	10	111	12	70	41	10	22	12	30	12

1+1+2 = 4 points  
2+2+1 = 5 points  
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Nynke en Seth	Master	Mix Buddy Team	Cf Franeker	395	14:06.00	1	0:14:33	0:07:03	1	2	1	132	3	74	41	1	4	2	4	1
horror stories	Master	Mix Buddy Team	Crossfit Franeker	284	14:08.00	2	0:16:12	0:07:23	2	4	2	157	2	71	34	3	5	3	7	2
Forsa Wayabá	Master	Mix Buddy Team	Gouda	220	12:53.00	3	0:17:03	0:08:39	3	6	3	158	1	71	38	2	3	1	7	3

1+1+2 = 4 points  
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The B team	Top	Mix Buddy Team	Zaanforce	260	13:22.00	1	0:15:36	0:07:22	2	3	1	158	1	67	37	3	4	1	4	1
Tough & Tasty	Top	Mix Buddy Team	Crossfit Limes	227	12:27.00	5	0:14:36	0:07:06	1	6	2	138	3	82	46	1	4	1	7	2
bonnie and clyde	Top	Mix Buddy Team	Crossfit Numansdorp	250	14:07.00	2	0:16:24	0:07:54	4	6	2	138	3	64	37	5	8	4	10	3
Booty & Her Beast	Top	Mix Buddy Team	Pack Mentality CrossFit Leiderdorp	222	13:25.00	6	0:17:36	0:08:35	5	11	6	145	2	80	45	2	4	1	12	4
Sweat&sweaty	Top	Mix Buddy Team	Crossfit 7kamp	248	14:26.00	3	0:15:39	0:07:33	3	6	2	NO SCORE	7	NO SCORE	---	7	14	7	13	5
Beauty and the beast	Top	Mix Buddy Team	CrossFit7kamp	231	14:53:00	4	0:17:58	0:16:23	6	10	5	136	5	67	27	3	8	4	14	6
Maar da was nie	Top	Mix Buddy Team	Pack Mentality Crossfit	185	13:43.00	7	0:23:04	0:10:50	7	14	7	102	6	58	33	6	12	6	20	7