



Results und Ranking  
TOTAL BEGINNER Cup - Swiss FSA Contest 2024 - 25. Mai CrossFit Bern

TOTAL BEGINNER - Strongman																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead 75s / reps 40/50/60/70kg	Rank	Farmers Walk 2x15m / 90s	80kg	60kg	Rank	PigFlip 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull 90s Bag 45kg/ Prowler	Rank
1	7.5	David	Grossen	CH	117	170kg	1	1 rep @ 60 kg	2.5	36 sec	x		2	20	1	53 sec	1
2	9.5	Nelson	Moser	CH	72	155kg	2	1 rep @ 60 kg	2.5	21 sec	x		1	16	2	61 sec	2
3	13	Yari	Hostettler	CH	87	130kg	3	2 reps @ 60 kg	1	20 sec		x	3	14	3	68 sec	3