
















CrossFit® SiD Community Cup | Heat Summary (Macro View)

Total heats: 15 | Total competitors: 147

Location	Workout	Heat		Divisions in this heat	Occupied Lanes	Start Time	End Time	Transition
Arena 1	Event 4	Heat 1		Team	9 of 10	09:16	09:28	
Arena 1	Event 4	Heat 2		Team	10 of 10	09:32	09:44	00:04:00
Arena 1	Event 4	Heat 3		Team	10 of 10	09:48	10:00	00:04:00
Arena 1	Event 4	Heat 4		Team	10 of 10	10:04	10:16	00:04:00
Arena 1	Event 4	Heat 5		Team	10 of 10	10:20	10:32	00:04:00
Arena 2	Event 5	Heat 1		Team	9 of 10	11:20	11:34	00:48:00
Arena 2	Event 5	Heat 2		Team	10 of 10	11:38	11:52	00:04:00
Arena 2	Event 5	Heat 3		Team	10 of 10	11:56	12:10	00:04:00
Arena 2	Event 5	Heat 4		Team	10 of 10	12:14	12:28	00:04:00
Arena 2	Event 5	Heat 5		Team	10 of 10	12:32	12:46	00:04:00
Arena 2	Event 6	Heat 1		Team	9 of 10	15:43	15:58	02:57:00
Arena 2	Event 6	Heat 2		Team	10 of 10	16:02	16:07	00:04:00
Arena 2	Event 6	Heat 3		Team	10 of 10	16:21	16:26	00:14:00
Arena 2	Event 6	Heat 4		Team	10 of 10	16:40	16:45	00:14:00
Arena 2	Event 6	Heat 5		Team	10 of 10	16:59	17:04	00:14:00

PLEASE INFORM SCORING OF ANY COMPETITORS THAT HAVE WITHDRAWN OR DID NOT SHOW



Lane	Athlete	Time
1	AMICA CROSSFIT SHOREDITCH	09:16
2	DUCHY CROSSFIT	09:16
3	WITHAM ROGUES	09:16
4	KNACKERED KNEES AND LIFTING SLEEVES	09:16
5	PYB	09:16
6	WITHAM OUTLAWS	09:16
7	CROSSFIT MAYFLOWER	09:16
8	CROSSFIT RAYLEIGH	09:16
9	SECOND CITY CROSSFIT	09:16
10	- EMPTY LANE -	

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Lane	Athlete	Time
1	CROSSFIT ROTHERHAM CFR RED	09:32
2	CROSSFIT THANET	09:32
3	TALISMAN RHINOS	09:32
4	LEGION CROSSFIT MAIDENHEAD	09:32
5	CF CIRENCESTER	09:32
6	CROSSFIT WESTCOUNTRY	09:32
7	CROSSFIT 1864	09:32
8	UNIT15 CROSSFIT	09:32
9	CROSSFIT FFH	09:32
10	TWO TAILS CROSSFIT	09:32

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CrossFit® SiD Community Cup | Heat 3 from 09:48 to 10:00

Event 4 on Arena 1

Lane	Athlete	Time
1	CROSSFIT GLASGOW	09:48
2	CROSSFIT JESSHEIM VIKINGS	09:48
3	FLUFFY BUT FIT	09:48
4	CROSSFIT READING	09:48
5	CIRQUE DE SORE LEGS	09:48
6	MOTION	09:48
7	GYMNASIUM	09:48
8	TWO TAILS CROSSFIT WITHAM	09:48
9	FORTITUDE FITNESS LONDON	09:48
10	CROSSFIT SURBITON	09:48

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CrossFit® SiD Community Cup | Heat 4 from 10:04 to 10:16

Event 4 on Arena 1

Lane	Athlete	Time
1	TEAM FEARNAUGHT	10:04
2	CROSSFIT AYLESBURY	10:04
3	SHAPESMITHS	10:04
4	THE PHOENIX & THE WICK	10:04
5	CROSSFIT FAREHAM	10:04
6	CROSSFIT CAMBERLEY	10:04
7	CROSSFIT 13	10:04
8	CROSSFIT WITHAM	10:04
9	TEAM DEVIANT	10:04
10	CROSSFIT SWINDON SILVERBACKS	10:04

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CrossFit® SiD Community Cup | Heat 5 from 10:20 to 10:32

Event 4 on Arena 1

Lane	Athlete	Time
1	CROSSFIT HEATHROW	10:20
2	CROSSFIT DIREWOLF	10:20
3	CROSSFIT CM2	10:20
4	DAILY GRIND	10:20
5	BATTLE CANCER / RED PILL	10:20
6	THE BRIDGE	10:20
7	JOLLY SAILOR	10:20
8	TEAM SQCF	10:20
9	THE WICK CROSSFIT	10:20
10	CROSSFIT BATH	10:20

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Lane	Athlete	Time
1	AMICA CROSSFIT SHOREDITCH	11:20
2	DUCHY CROSSFIT	11:20
3	WITHAM ROGUES	11:20
4	KNACKERED KNEES AND LIFTING SLEEVES	11:20
5	PYB	11:20
6	WITHAM OUTLAWS	11:20
7	CROSSFIT MAYFLOWER	11:20
8	CROSSFIT RAYLEIGH	11:20
9	SECOND CITY CROSSFIT	11:20
10	- EMPTY LANE -	

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Lane	Athlete	Time
1	CROSSFIT ROTHERHAM CFR RED	11:38
2	CROSSFIT THANET	11:38
3	TALISMAN RHINOS	11:38
4	LEGION CROSSFIT MAIDENHEAD	11:38
5	CF CIRENCESTER	11:38
6	CROSSFIT WESTCOUNTRY	11:38
7	CROSSFIT 1864	11:38
8	UNIT15 CROSSFIT	11:38
9	CROSSFIT FFH	11:38
10	TWO TAILS CROSSFIT	11:38

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CrossFit® SiD Community Cup | Heat 3 from 11:56 to 12:10

Event 5 on Arena 2

Lane	Athlete	Time
1	CROSSFIT GLASGOW	11:56
2	CROSSFIT JESSHEIM VIKINGS	11:56
3	FLUFFY BUT FIT	11:56
4	CROSSFIT READING	11:56
5	CIRQUE DE SORE LEGS	11:56
6	MOTION	11:56
7	GYMNASIUM	11:56
8	TWO TAILS CROSSFIT WITHAM	11:56
9	FORTITUDE FITNESS LONDON	11:56
10	CROSSFIT SURBITON	11:56

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Lane	Athlete	Time
1	TEAM FEARNAUGHT	12:14
2	CROSSFIT AYLESBURY	12:14
3	SHAPESMITHS	12:14
4	THE PHOENIX & THE WICK	12:14
5	CROSSFIT FAREHAM	12:14
6	CROSSFIT CAMBERLEY	12:14
7	CROSSFIT 13	12:14
8	CROSSFIT WITHAM	12:14
9	TEAM DEVIANT	12:14
10	CROSSFIT SWINDON SILVERBACKS	12:14

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CrossFit® SiD Community Cup | Heat 5 from 12:32 to 12:46

Event 5 on Arena 2

Lane	Athlete	Time
1	CROSSFIT HEATHROW	12:32
2	CROSSFIT DIREWOLF	12:32
3	CROSSFIT CM2	12:32
4	DAILY GRIND	12:32
5	BATTLE CANCER / RED PILL	12:32
6	THE BRIDGE	12:32
7	JOLLY SAILOR	12:32
8	TEAM SQCF	12:32
9	THE WICK CROSSFIT	12:32
10	CROSSFIT BATH	12:32

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Lane	Athlete	Time
1	AMICA CROSSFIT SHOREDITCH	15:43
2	DUCHY CROSSFIT	15:43
3	WITHAM ROGUES	15:43
4	KNACKERED KNEES AND LIFTING SLEEVES	15:43
5	PYB	15:43
6	WITHAM OUTLAWS	15:43
7	CROSSFIT MAYFLOWER	15:43
8	CROSSFIT RAYLEIGH	15:43
9	SECOND CITY CROSSFIT	15:43
10	- EMPTY LANE -	

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Lane	Athlete	Time
1	CROSSFIT ROTHERHAM CFR RED	16:02
2	CROSSFIT THANET	16:02
3	TALISMAN RHINOS	16:02
4	LEGION CROSSFIT MAIDENHEAD	16:02
5	CF CIRENCESTER	16:02
6	CROSSFIT WESTCOUNTRY	16:02
7	CROSSFIT 1864	16:02
8	UNIT15 CROSSFIT	16:02
9	CROSSFIT FFH	16:02
10	TWO TAILS CROSSFIT	16:02

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CrossFit® SiD Community Cup | Heat 3 from 16:21 to 16:26

Event 6 on Arena 2

Lane	Athlete	Time
1	CROSSFIT GLASGOW	16:21
2	CROSSFIT JESSHEIM VIKINGS	16:21
3	FLUFFY BUT FIT	16:21
4	CROSSFIT READING	16:21
5	CIRQUE DE SORE LEGS	16:21
6	MOTION	16:21
7	GYMNASIUM	16:21
8	TWO TAILS CROSSFIT WITHAM	16:21
9	FORTITUDE FITNESS LONDON	16:21
10	CROSSFIT SURBITON	16:21

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Lane	Athlete	Time
1	TEAM FEARNAUGHT	16:40
2	CROSSFIT AYLESBURY	16:40
3	SHAPESMITHS	16:40
4	THE PHOENIX & THE WICK	16:40
5	CROSSFIT FAREHAM	16:40
6	CROSSFIT CAMBERLEY	16:40
7	CROSSFIT 13	16:40
8	CROSSFIT WITHAM	16:40
9	TEAM DEVIANT	16:40
10	CROSSFIT SWINDON SILVERBACKS	16:40

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CrossFit® SiD Community Cup | Heat 5 from 16:59 to 17:04

Event 6 on Arena 2

Lane	Athlete	Time
1	CROSSFIT HEATHROW	16:59
2	CROSSFIT DIREWOLF	16:59
3	CROSSFIT CM2	16:59
4	DAILY GRIND	16:59
5	BATTLE CANCER / RED PILL	16:59
6	THE BRIDGE	16:59
7	JOLLY SAILOR	16:59
8	TEAM SQCF	16:59
9	THE WICK CROSSFIT	16:59
10	CROSSFIT BATH	16:59

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