



EUROPEAN *CUP 2022*

IF3



CHAMPIONSHIP
ITALY 2022



EUROPEAN *CUP 2022*



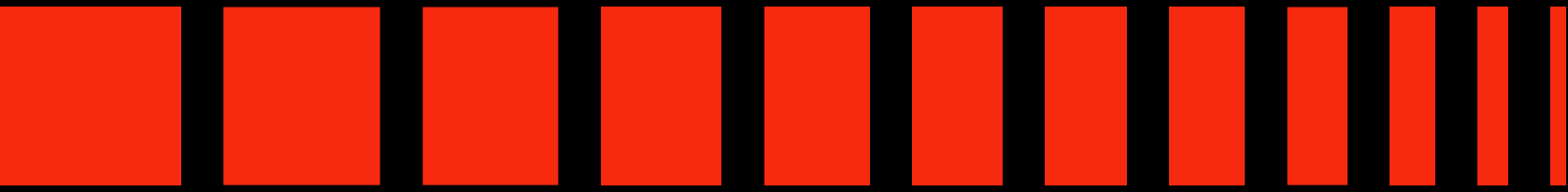
International Functional
Fitness Federation

SOUTHERN
WARRIORS
2 0 2 2

ALL THE DIVISIONS

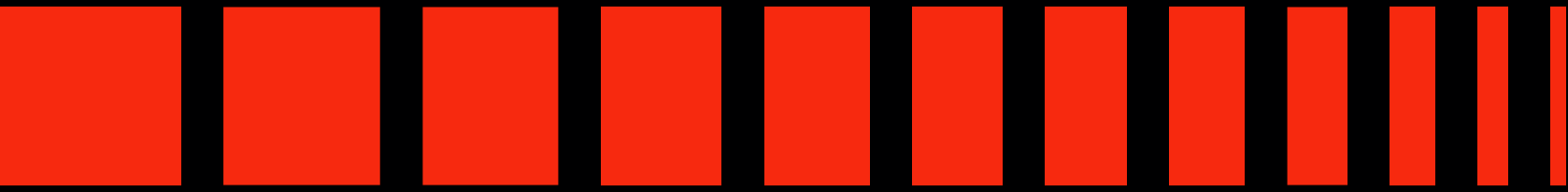
EVENT 1

ENDURANCE



TIMING

- FROM 0:00 TO 23:00 — *TEST 1*
 - FROM 23:00 TO 32:00 — *REST*
 - FROM 32:00 TO 38:00 — *TEST 2*
 - FROM 38:00 TO 46:00 — *REST*
 - FROM 46:00 TO 1:00:00 — *TEST 3*
 - FROM 1:00:00 TO 1:10:00 — *REST*
 - FROM 1:10:00 TO 1:16:00 — *TEST 4*
 - FROM 1:16:00 TO 1:25:00 — *REST*
 - FROM 1:25:00 TO 1:40:00 — *TEST 5*
 - FROM 1:40:00 TO 1:50:00 — *REST*
 - FROM 1:50:00 TO 1:55:00 — *TEST 6*
-



TEST 1

FROM 00:00 TO 23:00
TIME CAP 23 MIN

6000/5000 MT ROW

SCORE IS TIME



FLOW

- The athlete sits on the rower.
At the call of 3,2,1 go the athlete will row for 6k men / 5 k women
- Once the athlete completes the distance he/she runs to the finish line.