

# The Icelandic CrossFit Games Qualifiers

Reykjavik, May 23rd, 2009

## Females

Rank	Name	WOD1 Rounds	WOD2 (time)	Combined Results
1	Annie Mist Þórisdóttir	5	09:53	1
2	Ingunn Lúðvíksdóttir	5	10:07	2
3	Þuríður Guðmundsdóttir	4	11:32	3
4	Kristjana Hildur Gunnarsdóttir	4	11:37	4
5	Kristín Kristjánsdóttir	4	12:19	5
6	Jóna Sigurðardóttir	3	12:45	6
7	Hildur Edda Grétarsdóttir	4	13:13	7
8	María Hreinsdóttir	4	13:30	8
9	Ólöf Sigríður Einarsdóttir	3	15:31	9

Rank	Name	WOD1 Rounds	WOD2 (time)	Combined Results
1	Sveinbjörn Sveinbjörnsson	7	10:05	1
2	Elvar Þór Karlsson	7	10:29	2
3	Ómar Ómar	5	10:57	3
4	Bjarni Skúlason	6	11:20	4
5	Vikar K. Sigurjónsson	5	11:19	5
6	Viðar Ingason	5	11:54	6
7	Halldór Fannar Gíslason	5	12:30	7
8	Gísli Baldur Sveinsson	5	13:13	8
9	Reynir Alfreð Sveinsson	5	13:51	9
10	Árni Þór Jónsson	3	13:42	10
11	Sigurjón Gunnsteinsson	4	14:07	11
12	Daníel Fannar Guðbjartsson	3	13:56	12
13	Daði Jónsson	3	14:05	13
14	Bjartmar Sveinbjörnsson	4	14:31	14
15	Rúnar G. Peters	4	14:41	15
16	Stefán Baldvin Guðjónsson	3	14:48	16
17	Arnar Þorsteinsson	2	15:02	17
18	Davíð Arnar Sverrisson	4	15:45	18
19	Daði Rúnar Pétursson	4	16:18	19
20	Svanur Þór Karlsson	5	16:45	20
21	Bjarni Óli Haraldsson	3	16:34	21
22	Jakob Ásmundsson	3	16:38	22
23	Helgi Skúli Helgason	3	18:38	23

### **WOD1: As many rounds as possible in 12 minutes of:**

5 pullups

10 burpees

15 KB swings, 24 kg males, 16 kg females

20 Double unders

### **WOD2: On time:**

30 Reps deadlift, 100 kg (225 pounds) males, 60 kg (135 pounds) females

Hill run (approx. 650m track that went up a small skiing slope – see picture below)

30 Reps „from ground to overhead“, 50 kg (110 pounds) males, 30 kg (66 pounds) females

Hill run