



Categoría	Heat	Warmup	Wod 1 Stage Crestanevada	Wod 2 Stage AMIX	Warmup	Wod 3 Stage AMIX	Wod 4 Stage Crestanevada	Warmup	WOD 5 Stage Crestanevada
ESCALADO FEMENINO	1	8.20h	9,00h	9,30h	14.00h	14,40h	15,03h		
ESCALADO FEMENINO	2	8,37h	9,17h	9,47h	14,13h	14,53h	15,16h	17,40h	18,30h
ESCALADO FEMENINO	3	8,54h	9,34h	10,04h	14,26h	15,06h	15,29h		
ESCALADO MIXTO	4	9,11h	9,51h	10,21h	14,39h	15,19h	15,42h		
ESCALADO MIXTO	5	9,28h	10,08h	10,38h	14,52h	15,32h	15,55h	17,57h	18,47h
ESCALADO MIXTO	6	9,45h	10,25h	10,55h	15,05h	15,45h	16,08h		
ESCALADO MASCULINO	7	10,02h	10,42h	11,12h	15,18h	15,58h	16,21h		
ESCALADO MASCULINO	8	10,19h	10,59h	11,29h	15,31h	16,11h	16,34h	18,14h	19,04h
ESCALADO MASCULINO	9	10,36h	11,16h	11,46h	15,44h	16,24h	16,47h		
MASTER MIXTO	10	10,53h	11,33h	12,03h	15,57h	16,37h	17,00h	18,31h	19,21h
MASTER MASCULINO	11	11,10h	11,50h	12,20h	16.10h	16,50h	17,13h	18,48h	19,38h
RX FEMENINO	12	11,27h	12,07h	12,37h	16,23h	17,03h	17,26h	19,05h	19,55h
RX MIXTO	13	11,44h	12,24h	12,54h	16,36h	17,16h	17,39h	19,22h	20,12
RX MASCULINO	14	12,01h	12,41h	13,11h	16,49h	17,29h	17,52h		
RX MASCULINO	15	12,18h	12,58h	13,28h	17,02h	17,42h	18,05h	19,39h	20,29h