



# TQ24.2

presented by

VELITES®

FOR TIME  
15 MIN TC  
24.2: Chipper for time

24.2	Reps
40 Pull-ups	40
50 Wall Ball	50
20 Strict HSPU	20
50 Wall Ball	50
20 Kipping HSPU	20
50 Wall Ball	50
10 Ring Muscle-up	10

TIME OR REPS AT 15 MIN: \_\_\_\_\_

VARIATIONS

Elite Team  
- Male: 9kg Wall Ball  
- Female: 6kg Wall Ball

Intermediate Team  
40 Pull-Ups  
50 Wall Ball  
20 Kipping HSPU  
50 Wall Ball  
20 Kipping HSPU  
50 Wall Ball  
10 Bar Muscle-Ups

Submission Deadline is August 12th, 17.59h

- REMEMBER
- You must submit a valid video link of your video with your submission of your score
  - You must make sure that the video can be watched (e.g. copyright issues on YouTube)
  - You must make sure to read the description to be aware of details
  - You must make sure that your video is good enough that your score can be judged

Any athlete with questions, concerns or problems in general should contact [competition@germanthrowdown.de](mailto:competition@germanthrowdown.de).  
Any athlete with questions concerning Circle21 should contact [contact@circle21.app](mailto:contact@circle21.app).