



2011- 2018 CF Open Workout Summary

2011	2012	2013	2014	2015	2016	2017	2018
11.1 Double Unders and Snatches AMRAP in 10 min 30 DU, 15 P snatch (75/55)	12.1 Burpees AMRAP in 7 minutes Burpee to 6" target	13.1 Burpee and Increasing snatch Combined 12.1 and 12.2	14.1 Double Unders and Snatches Same as 11.1	15.1 T2B, DL, Snatch AMRAP in 9 min, 15 toes to bar, 10 Deadlifts, 5 snatches (115/75), then 15.1a: 5 min find max clean and jerk	16.1 OH Lunge, Burpees, C2B AMRAP 20 min 25 ft OH Lunge (95/65), 8 Burpees, 25 ft OH Lunge, 8 C2B	17.1 DB p snatch, burpee over box for time or 20 min 10 db p snatch (50/35) 15 burpee box jump 20 db snatch, 15 bb, 30/15, 40/15, 50/15	18.1 T2b, db hang clean and jerk, row, AMRAP 20 min , 8 t2b, 5L/5R db hang c&j (50/35), 12/14 cal row
11.2 Deadlift, push -up, box jump AMRAP in 15 min 9 DL (155/100), 10push ups, 15 box (24/20), 11.3 Squat clean and jerk AMRAP in 5 min S.clean then jk(165/110)	12.2 Increasing snatches AMRAP in 10 min 30 snatches 75/45, 135/75, 165/100, 210/120	13.2 Sh to OH, Deadlift, box jump AMRAP in 10 min 5 s2o (115/75), 10 DL (same), 15 box /step (24/20)	14.2 OHS, C2B Pull up increasing 10 OHS (95/65), 10 C2B 10 OHS (95/65), 10 C2B In 3 minutes, then 12s, 14s... etc	15.2 OHS, C2B Pull up Increasing Same as 14.2	16.2 T2B, DU, Sq cleans Extend by 4 minutes. 25 T2b, 50 DU, 15 Sq clean (135/85). Sq clean reps decrease by 2 reps/round. Weight increase: 135/85, 185/115, 225/145, 275/175, 315/205. 20 min cap	17.2 DB Lunge, T2B, DB Clean, x2 then Lunge, BMU, clean x2 AMRAP 12 min 50' db lunge (50/35) 16 t2b, 8 db p clean (50/35) x2, then 50' lunge, 16 BMU, 8 cleans, x2	18.2 1,2,3 - 10 db squat, bar f burpee, for time, 18.2a max clean before 12 min is up, (50/35)
11.4 Bar facing burpee, OHS, MU AMRAP in 10 min 60 bar facingburp, 30 OHS (120/90), 10 MU	12.3 Box Jump, pushpress, t2b AMRAP in 18 min 15 box (24/20) 12 p. press (115/75), 9 t2b	13.3 Wall Ball, DU, Muscle up Same as 12.4	14.3 Deadlift Box jump 25-20-15-10-DL M:135/185/225/275/ 315/365, W:95/135/155/ 185/205/225, 24/20in box jump, 15 per rnd	15.3 MU, Wall Ball, DU AMRAP in 14 min 7 Muscle ups 50 Wall ball (20/10, 14/9) 100 double unders (very similar to 12.4)	16.3 P. snatch, Bar MU AMRAP 7 min 10 P. Snatches (75/55) 3 Bar Muscle ups	17.3 C2B, Increasing Snatch 6/6 c2b + 95/65 snatch x 3, c2b + 135/95 snatch x3 in 8 min, then 8/4 c2b + 185/155 in 12, etc.to 24 min (265/185)	18.3 DU, OHS, RMU, DBS, BMU 2rnds or 14 min , 100 DU, 20 OHS 115/80, 100 DU, 12 ring MU, 100 DU, 20 db pwr sn 35/55100 DU, 12 BMU
11.5 clean, t2b, wall ball AMRAP in 20 min 5 clean (145/100), 10 t2b, 15 w all ball (20/10, 14/9)	12.4 Wall ball, DU, Muscle up AMRAP 12 min 150 w all ball (21/10, 14/9), 90 double unders, 30 MU	13.4 Clean and jerk t2b asc ladder AMRAP in 7 min C&J (135/95), t2b, 3/3, 6/6 ...Ascen.	14.4 Row, T2b, WB, P clean, MU 60 cal, 50 t2b, 40w b, 30 p.clean (135/95), 20 MU	15.4 HSPU and Cleans AMRAP 8 min 3/3, 6/3, 9/3, 12/6, 15/6... 205/125 cleans	16.4 DL, WB, Row, HSPU AMRAP 13 min 55 DL (225/155) 55 Wall ball (20/14) 55 Calories Row 55 HS Push up	17.4 DL, WB, Row, HSPU AMRAP 13 min Same as 16.4	18.4 Diane+DL&HS 21-15-9 DL (225/155), HSPU, then 21-15-9 DL (315/205) with 50' HS w alk betw een
11.6 C2b, Thruster Asc ladder AMRAP in 7 min Thruster (100/65), c2b, 3/3, 6/6 ...	12.5 C2b, Thruster Asc Ladder Same as 11.6.	13.5 "FranRap" thrusters c2b pull up AMRAP in 4 min, 3+rd=keep going 15 thruster (100/65), 15 c2b pull up	14.5 Thruster, Burp 21-18-15-12-9-6-3 Thruster (96/65) Bar facing burpee	15.5 Row and Thrusters 27-21-15-9 for time Row (Calories) Thruster (95/65)	16.5 Thrusters, Burpees Same as 14.5	17.5 Thruster, DU 10 rounds for time 9 thrusters (95/65) 35 double unders 40min time cap	18.5 thruster c3b, asc. ladder. same as 11.6/12.5

Most Common			Next Most Common	
Gymnastics	Barbell/DB	Mono / High Rep	Gymnastics	Barbell/Db
Chest to Bar (8x) Toes to Bar (8x) Ring Muscle Ups (7x)	Thrusters (95/65) (8x) Snatch (135/75) (7x) Clean/db (135/95) (8x) Deadlift (7x) Heavy-ish Clean (6x)	Double Unders (8x) Wall ball (20lb/14lb) (7x) Burpees (6"/over bar) (7x) Box Jump (24/20) (5x) Row (5x)	Handstand Push Up (4x) Step ups (2x) Bar Muscle Up(3x) Burpee Box Jump (1x) Handstand Walk (1x)	Overhead Squat (4x) Push Press/ light s2o (115/75) (3x) Heavy-ish Jerk (2x) Heavy-ish Snatch (2x) DB power snatch (2x) DB Lunge (1x), DB Squat (1x) DB Clean and jerk (1x)
Other Possible Movements:	Shuttle Run, Pistols, DB Thruster, DB OH Lunge, SDHP, DB Push Press, DB Step ups, Burpee Shuttle Run,			

Scores gathered from the CrossFit Games website (games.crossfit.com)

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2011- 2018 CF Open Workout Summary

TOP 200 COMPETITOR SCORES																							
2011			2012			2013			2014			2015			2016			2017			2018		
WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women
11.1	9:42	12:00	12.1	134	120	13.1	178	190	14.1	396	379	15.1A	217	210	16.1	304	285	17.1	11:07	11:43	18.1	447	386
11.2	205	190	12.2	85	90	13.2	337	345	14.2	271	206	15.1B	335	211	16.2	424	424	17.2	211	192	18.2	4:15	4:40
11.3	5:20	12:35	12.3	420	396	13.3	269	255	14.3	157	161	15.2	326	266	16.3	128	116	17.3	23:55	167	18.2A	356	244
11.4	12:37	5:59	12.4	265	251	13.4	111	101	14.4	229	192	15.3	516	473	16.4	268	254	17.4	280	265	18.3	805	692
11.5	15:06	4:41	12.5	137	118	13.5	159	138	14.5	9:56	10:29	15.4	136	134	16.5	8:53	9:23	17.5	7:18	7:42	18.4	8:29	8:36
11.6												15.5	6:12	7:39							18.5	170	163
WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)
11.1	N/A	N/A	12.1	104	92	13.1	150	150	14.1	300	263	15.1A	160	146	16.1	205	181	17.1	16:15	16:40	18.1	381	300
11.2	N/A	N/A	12.2	60	60	13.2	255	265	14.2	132	80	15.1B	240	145	16.2	240	174	17.2	124	102	18.2	6:21	6:53
11.3	N/A	N/A	12.3	258	234	13.3	242	240	14.3	133	131	15.2	142	87	16.3	90	56	17.3	84	69	18.2A	267	165
11.4	N/A	N/A	12.4	240	215	13.4	75	64	14.4	183	180	15.3	320	4	16.4	193	181	17.4	200	188	18.3	497	337
11.5	N/A	N/A	12.5	87	62	13.5	70	53	14.5	15:02	15:24	15.4	71	51	16.5	13:30	14:00	17.5	12:33	12:54	18.4	112	111
11.6	N/A	N/A										15.5	9:32	11:27							18.5	116	184
WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)
11.1	N/A	N/A	12.1	92	76	13.1	123	125	14.1	257	219	15.1A	146	122	16.1	172	142	17.1	18:20	19:23	18.1	324	263
11.2	N/A	N/A	12.2	48	45	13.2	229	225	14.2	87	36	15.2B	216	126	16.2	169	165	17.2	113	78	18.2	7:08	7:50
11.3	N/A	N/A	12.3	210	159	13.3	221	177	14.3	124	112	15.2	123	64	16.3	76	11	17.3	69	45	18.2A	235	143
11.4	N/A	N/A	12.4	183	136	13.4	65	42	14.4	180	161	15.3	223	796-s	16.4	179	166	17.4	184	172	18.3	426	220
11.5	N/A	N/A	12.5	69	15	13.5	57	37	14.5	17:27	18:28	15.4	50	12	16.5	15:40	16:26	17.5	15:59	16:44	18.4	100	88
11.6	N/A	N/A										15.5	11:16	16:30							18.5	102	88

Scores gathered from the CrossFit Games website (games.crossfit.com)

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2011- 2018 CF Open Workout Summary

TOP 1000 COMPETITOR SCORES																							
2011			2012			2013			2014			2015			2016			2017			2018		
WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women
11.1	N/A	N/A	12.1	125	110	13.1	169	172	14.1	364	348	15.1A	205	188	16.1	279	253	17.1	12:09	13:00	18.1	424	360
11.2	N/A	N/A	12.2	77	79	13.2	316	319	14.2	244	180	15.1B	309	192	16.2	343	342	17.2	192	162	18.2	4:39	5:16
11.3	N/A	N/A	12.3	375	334	13.3	262	247	14.3	150	150	15.2	265	199	16.3	117	102	17.3	166	129	18.2A	333	212
11.4	N/A	N/A	12.4	257	242	13.4	103	91	14.4	203	186	15.3	487	359	16.4	248	222	17.4	258	239	18.3	703	624
11.5	N/A	N/A	12.5	123	102	13.5	140	81	14.5	10:56	11:43	15.4	118	107	16.5	9:52	10:33	17.5	8:09	8:51	18.4	152	142
11.6	N/A	N/A										15.5	6:52	8:32							18.5	155	144
WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)
11.1	N/A	N/A	12.1	80	1	13.1	115	114	14.1	232	185	15.1A	133	102	16.1	169	129	17.1	18:43	222	18.1	315	249
11.2	N/A	N/A	12.2	31	1	13.2	213	203	14.2	80	26	15.1B	215	120	16.2	168	89	17.2	112	78	18.2	7:29	8:24
11.3	N/A	N/A	12.3	164	2	13.3	188	151	14.3	111	102	15.2	112	33	16.3	70	10	17.3	68	43	18.2A	235	140
11.4	N/A	N/A	12.4	137	1	13.4	61	26	14.4	179	150	15.3	167	765-s	16.4	176	165	17.4	181	167	18.3	374	220
11.5	N/A	N/A	12.5	31	3	13.5	51	16	14.5	19:07	21:13	15.4	42	3	16.5	16:30	22:39	17.5	16:21	18:28	18.4	95	68
11.6	N/A	N/A										15.5	12:04	14:52							18.5	98	80
WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)
11.1	N/A	N/A	12.1	27	35	13.1	100	96	14.1	170	104	15.1A	111	206-s	16.1	130	13	17.1	211	168	18.1	274	198
11.2	N/A	N/A	12.2	12	1	13.2	170	1	14.2	35	6	15.1B	185	110-s	16.2	86	29	17.2	81	78	18.2	8:54	10:24
11.3	N/A	N/A	12.3	10	1	13.3	132	1	14.3	98	71	15.2	63	1	16.3	25	10	17.3	45	6	18.2A	205	106
11.4	N/A	N/A	12.4	1	1	13.4	32	1	14.4	158	60	15.3	759-s	559-s	16.4	165	113	17.4	167	148	18.3	221	185
11.5	N/A	N/A	12.5	1	1	13.5	17	1	14.5	25:03	2:00	15.4	4	85-s	16.5	20:43	27:19:00	17.5	23:37	32:21	18.4	68	25
11.6	N/A	N/A										15.5	15:47	12:37-s							18.5	81	51

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2011- 2018 CF Open Workout Summary

TOP 2000 COMPETITOR SCORES																							
2011			2012			2013			2014			2015			2016			2017			2018		
WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women	WOD	Men	Women
11.1	N/A	N/A	12.1	120	104	13.1	164	164	14.1	354	319	15.1A	192	180	16.1	267	235	17.1	14:48	13:52	18.1	408	343
11.2	N/A	N/A	12.2	72	70	13.2	303	303	14.2	202	138	15.1B	300	182	16.2	340	339	17.2	181	141	18.2	4:56	5:40
11.3	N/A	N/A	12.3	349	303	13.3	258	243	14.3	146	144	15.2	249	185	16.3	114	91	17.3	141	105	18.2A	320	202
11.4	N/A	N/A	12.4	253	240	13.4	100	83	14.4	197	183	15.3	475	320	16.4	235	208	17.4	246	218	18.3	691	566
11.5	N/A	N/A	12.5	114	89	13.5	128	75	14.5	11:33	12:28	15.4	108	95	16.5	10:30	11:17	17.5	8:44	9:35	18.4	141	131
11.6	N/A	N/A										15.5	7:18	9:07							18.5	145	132
WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)	WOD	Men (45-49)	Women (45-49)
11.1	N/A	N/A	12.1	1	1	13.1	100	100	14.1	192	126	15.1A	120	25	16.1	147	71	17.1	224	192	18.1	292	219
11.2	N/A	N/A	12.2	1	1	13.2	180	94	14.2	59	10	15.1B	195	95	16.2	158	75	17.2	89	78	18.2	8:13	9:35
11.3	N/A	N/A	12.3	1	1	13.3	143	1	14.3	101	90	15.2	76	10	16.3	50	7	17.3	56	81	18.2A	220	122
11.4	N/A	N/A	12.4	1	1	13.4	39	1	14.4	163	76	15.3	2	620-s	16.4	168	141	17.4	173	163	18.3	228	220
11.5	N/A	N/A	12.5	1	3	13.5	20	1	14.5	23:17	13:29	15.4	21	93-s	16.5	19:00	17:55	17.5	19:17	25:46	18.4	84	34
11.6	N/A	N/A										15.5	14:08	10:48-s							18.5	88	61
WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)
11.1	N/A	N/A	12.1	27	35	13.1	1	1	14.1	90	1	15.1A	56	148-s	16.1	83	195-s	17.1	180	16:10	18.1	244	364
11.2	N/A	N/A	12.2	12	1	13.2	1	1	14.2	1	1	15.1B	145	85-s	16.2	56	256	17.2	78	141	18.2	10:07	90
11.3	N/A	N/A	12.3	10	1	13.3	1	1	14.3	1	1	15.2	137	6	16.3	10	100-s	17.3	43	94	18.2A	177	0
11.4	N/A	N/A	12.4	1	1	13.4	1	1	14.4	1	1	15.3	530-s	362-s	16.4	118	182-s	17.4	156	217	18.3	220	4
11.5	N/A	N/A	12.5	1	1	13.5	2	1	14.5	1:26:39	2:00:00	15.4	80-s	13-s	16.5	7:56	21:58-s	17.5	39:49	10:08	18.4	38	3
11.6	N/A	N/A										15.5	12:59-s	39:48-s							18.5	68	3

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