

# 2011- 2016 CF Open Workout Summary



2011 Open Workouts	2012 Open Workouts	2013 Open Workouts	2014 Open Workouts	2015 Open Workouts	2016 Open Workouts
<b>11.1 Double Unders and Snatches</b> AMRAP in 10 min 30 DU, 10 P snatch (75/55)	<b>12.1 Burpees</b> AMRAP in 7 minutes Burpee to 6" target	<b>13.1 Burpee and Increasing snatch</b> AMRAP in 17 min 40 burp, 30 snatch (75/45), 30 burp, 30 sn (135/75), 20 burp, 30 sn (165/100), 10 burp, max sn (210/120)	<b>14.1 Double Unders and Snatches</b> AMRAP in 10 min 30 DU, 10 P snatch (75/55)	<b>15.1 T2B, DL, Snatch</b> AMRAP in 9 min 15 toes to bar, 10 Deadlifts 5 snatches (115/75)	<b>16.1 OH Lunge, Burpees, C2B</b> AMRAP 20 min 25 ft OH Lunge (95/65), 8 Burpees, 25 ft OH Lunge, 8 C2B
<b>11.2 Deadlift, push-up, box jump</b> AMRAP in 15 min 9 DL (155/100), 10 push ups, 15 box (24/20)	<b>12.2 Increasing snatches</b> AMRAP in 10 min 30 snatches 75/45, 135/75, 165/100, 210/120	<b>13.2 Sh to OH, Deadlift, box jump</b> AMRAP in 10 min 5 s2o (115/75), 10 DL (same), 15 box /step (24/20)	<b>14.2 OHS, C2B Pull up increasing</b> 10 OHS (95/65), 10 C2B 10 OHS (95/65), 10 C2B In 3 minutes, then 12s, 14s... etc	<b>15.2 OHS, C2B Pull up Incr.</b> 10 OHS (95/65), 10 C2B 10 OHS (95/65), 10 C2B In 3 minutes, then 12s, 14s ... etc	<b>16.2 T2B, DU, Sq cleans</b> 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
<b>11.3 Squat clean and jerk</b> AMRAP in 5 min Sq clean then jerk (165/110)	<b>12.3 Box Jump, pushpress, t2b</b> AMRAP in 18 min 15 box (24/20) 12 p. press (115/75), 9 t2b	<b>13.3 Wall Ball, DU, Muscle up</b> AMRAP in 12 min 150 wall ball (20/10, 14/9), 90 double unders, 30 MU	<b>14.3 Deadlift Box jump 25-20-15-10-DL</b> M: 135/185/225/275/315/365 W: 95/135/155/185/205/225 24/20in box jump, 15 per rnd	<b>15.3 MU, Wall Ball, DU</b> AMRAP in 14 min 7 Muscle ups 50 Wall ball (20/10, 14/9) 100 double unders	<b>16.3 P. snatch, Bar MU</b> AMRAP 7 min 10 P. Snatches (75/55) 3 Bar Muscle ups
<b>11.4 Bar facing burpee, OHS, MU</b> AMRAP in 10 min 60 bar facingburp, 30 OHS (120/90), 10 MU	<b>12.4 Wall ball, DU, Muscle up</b> AMRAP 12 min 150 wall ball (21/10, 14/9), 90 double unders, 30 MU	<b>13.4 Clean and jerk t2b asc ladder</b> AMRAP in 7 min C&J (135/95), t2b, 3/3, 6/6 ...Ascen.	<b>14.4 Row, T2b, WB, P clean, MU</b> 60 cal, 50 t2b, 40wb, 30 p.clean (135/95), 20 MU	<b>15.4 HSPU and Cleans</b> AMRAP 8 min 3/3, 6/3, 9/3, 12/6, 15/6... 205/125 cleans	<b>16.4 DL, WB, Row, HSPU</b> AMRAP 13 min 55 DL (225/155) 55 Wall ball (20/14) 55 Calories Row 55 HS Push up
<b>11.5 clean, t2b, wall ball</b> AMRAP in 20 min 5 clean (145/100), 10 t2b, 15 wall ball (20/10, 14/9)	<b>12.5 C2b, Thruster Asc Ladder</b> AMRAP in 7 min Thruster (100/65), c2b, 3/3, 6/6 ... Ascen.	<b>13.5 "FranRap" thrusters c2b pull up</b> AMRAP in 4 min, 3+rds=keep going 15 thruster (100/65), 15 c2b pull up	<b>14.5 Thruster, Burp</b> 21-18-15-12-9-6-3 Thruster (96/65) Bar facing burpee	<b>15.5 Row and Thrusters</b> 27-21-15-9 for time Row (Calories) Thruster (95/65)	<b>16.5 Thrusters, Burpees</b> 21-18-15-12-9-6-3 Thrusters (96/65) Burpees
<b>11.6 C2b, Thruster Asc ladder</b> AMRAP in 7 min Thruster (100/65), c2b, 3/3, 6/6 ...					

Most Common			Next Most Common		
Gymnastics	Barbell	Mono / High Rep	Gymnastics	Barbell	
Chest to Bar (6x) Toes to Bar (6x) Muscle Ups / Bar Muscle Ups (5x)	Snatch (135/75) (6x) Thrusters (95/65) (6x) Clean (135/95) (5x) Deadlift (135/95) (5x) Heavy-ish Clean (5x)	Wall ball (20lb/14lb) (6x) Double Unders (6x) Burpees (6"/over bar) (6x) Box Jump (24/20) (5x) Row (3x)	Step ups (2x)	Overhead Squat (3x) Push Press (115/75) (2x) Heavy-ish Jerk (2x) Heavy-ish Snatch (2x)	

# 2011- 2016 CF Open Workout Summary



## TOP 200 COMPETITOR SCORES

2011			2012			2013			2014			2015			2016		
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
11.2	205	190	12.2	85	90	13.2	337	345	14.2	271	206	15.1B	335	211	16.2	424	424
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
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
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
11.6												15.5	6:12	7:39			
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
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
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
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
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
11.6	N/A	N/A										15.5	9:32	11:27			
WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (50-54)	Women (50-54)	WOD	Men (45-49)	Women (50-54)	WOD	Men (45-49)	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
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
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
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
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
11.6	N/A	N/A										15.5	11:16	13:210			

Scores gathered from the CrossFit Games website ([games.crossfit.com](http://games.crossfit.com))

\*Please note that the older the data is, the less likely it is those scores will represent athletes today.

# 2011- 2016 CF Open Workout Summary



## TOP 1000 COMPETITOR SCORES

2011			2012			2013			2014			2015			2016		
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
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
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
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
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
11.6	N/A	N/A										15.5	6:52	8:32			
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
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
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
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
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
11.6	N/A	N/A										15.5	12:04	14:52			
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
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
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
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
11.5	N/A	N/A	12.5	1	1	13.5	17	1	14.5	25:03	2:00:00	15.4	4	85-s	16.5	20:43	27:19
11.6	N/A	N/A										15.5	15:47	12:37-s			

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# 2011- 2016 CF Open Workout Summary



## TOP 2000 COMPETITOR SCORES

2011			2012			2013			2014			2015			2016		
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
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
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
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
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
11.6	N/A	N/A										15.5	7:18	9:07			
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
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
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
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
11.5	N/A	N/A	12.5	1	3	13.5	20	1	14.5	23:17	37:29	15.4	21	93-s	16.5	19:00	17:55
11.6	N/A	N/A										15.5	14:08	10:48-s			
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
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
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
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
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	31:56	21:58-s
11.6	N/A	N/A										15.5	12:59-s	39:48-s			

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