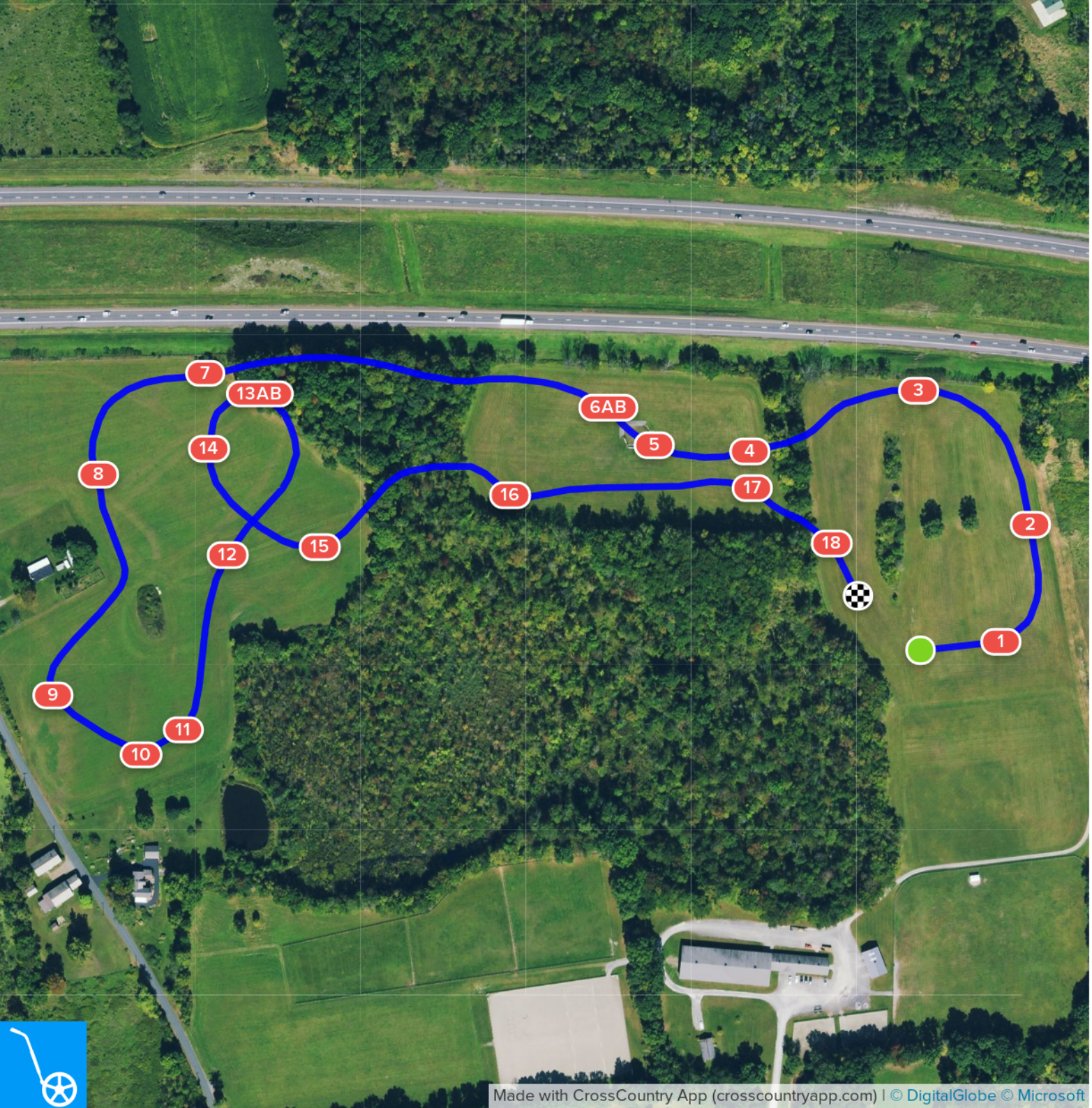

Larkin Hill July 2020 Training

Efforts: 20	**Opt. Time:** 4m 40s
Distance: 2100 m	**Time Limit:** 9m 20s
Speed: 450 m/min	

1 Split Cedar
2 Palisade
3 Red Gate
4 Arch Table
5 Power Pole
6AB Two Mushrooms
7 Bales and Rails
8 Lumber Stack
9 Grey Feeder Table
10 Brush Coop
11 Corner
12 New Table
13AB Log Box to step
14 Pine Planks
15 Barrels
16 Trakhener
17 Beams
18 Dbl Bench