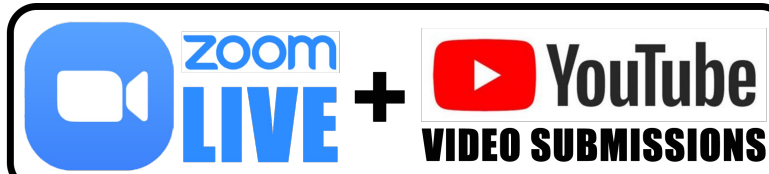


Vancouver Open Kettlebell Sport Competition

April 15th, 2023



ORANGE KETTLEBELL CLUB
VANCOUVER



Competition
results





VANCOUVER OPEN KETTLEBELL SPORT COMPETITION



April 10-15th, 2023

How would you like to attend the event	First and Last Name	Gender	Age division	Club or Organization you are representing	Your Coach First and Last Name	Weight Class (actual)	COMPETITION Weight Class	Kettlebell weight	Event	Event time (duration)	Sport Rank Achieved	Result (reps, points)	Place Finish	Video Link
Video submission	Todd Schweb	Male	OPEN	Swanson Mountain Fitness	Charlie Fornelli	102+kg/ 225+lb Super Heavyweight	OPEN	20kg	BIATHLON	10 minutes	Sport Rank 2	211 points (J 100 rp, Sn 222 rp)	1 Place	https://www.dropbox.com/s/3vkxlt https://www.dropbox.com/s/b52gt
Video submission	Antônio Tullio	Male	OPEN	Kettlebell Pilot	Denis Vasilev	93kg/ 205lb Cruiserweight	OPEN	20kg	BIATHLON	10 minutes	-----	115 points (J 61 rp, Sn 108 rp)	2 Place	https://youtu.be/whkcbsCUSm8
Video submission	Sarah Ierley	Female	OPEN	Pike&Rose Kettlebell Club	Mike Silverman	57kg/ 125lb Flyweight	OPEN	12kg	BIATHLON	10 minutes	Sport Rank 1	160.5 points (J 77rp, Sn 167 rp)	1 Place	https://youtu.be/NSDS0stm9vA https://youtu.be/4VQNSdwwkaYs
LIVE (Instagram)	Denis Vasilev	Male	OPEN	Orange Kettlebell Club	Self	89kg/ 195lb Super Middleweight	OPEN	28kg	LONG CYCLE	10 minutes	CMS	102 reps	1 Place	https://www.instagram.com/tv/CrF
Video submission	David Beall	Male	OPEN	Buncha Jerks Kettlebell Club	Self	102+kg/ 225+lb Super Heavyweight	OPEN	24kg	LONG CYCLE	10 minutes	CMS	98 reps	1 Place	https://youtu.be/Yv56dbdSPI0
Video submission	Ian Clark	Male	OPEN	Self	Denis Vasilev	84kg/ 185lb Middleweight	OPEN	20kg	LONG CYCLE	10 minutes	Sport Rank 1	84 reps	1 Place	https://youtu.be/xgPIg8LSCw
LIVE (Zoom)	Peter Osborne	Male	OPEN	Self	Denis Vasilev	93kg/ 205lb Cruiserweight		20kg	LONG CYCLE	10 minutes	-----	42 reps	2 Place	https://youtu.be/AL2RmPekb4A
Video submission	Corissa Sivorot	Female	OPEN	Team Snatch Attack	Self	74kg/ 165lb Super Lightweight	OPEN	24kg	LONG CYCLE	10 minutes	Master of Sport	49 reps	1 Place	https://youtu.be/oBiOglVpTxQ
Video submission	Maria Melchi	Female	OPEN	Hitnnes	Svetlana Danilux	80kg/ 175lb Welterweight		24kg	LONG CYCLE	5 min	Sport Rank 3	19 reps	2 Place	https://youtu.be/Qfc0S95vtoU
Video submission	Saiko Shima- Kolesar	Female	LEGENDS	Crazy Monkey Kettlebell Club	Alexander Khvostov	52kg/ 115lb Strawweight	OPEN	12kg	LONG CYCLE	10 minutes	CMS	77 reps	1 Place	https://youtu.be/nyMQ-Is3GHw
Video submission	Katie McGill	Female	OPEN	Pike&Rose Kettlebell Club	Mike Silverman	80+kg/ 175+lb Super Welterweight	OPEN	8kg	LONG CYCLE	5 min	Sport Rank 3	43 reps	1 Place	https://vimeo.com/817385000
Video submission	Christian Borghello	Male	OPEN	Only Kettlebell	Self	102kg/ 225lb Heavyweight	OPEN	24kg	SNATCH only	10 minutes	CMS	225 reps	1 Place	https://youtu.be/-rdfbW1hdQ
Video submission	Cole Moore	Male	OPEN	Self	Tiffany Longcor	89kg/ 195lb Super Middleweight		24kg	SNATCH only	10 minutes	Sport Rank 3	86 reps	2 Place	https://youtu.be/jlhHlBv_esM
Video submission	Kathryn Golbeck	Female	LEGENDS	Okanagan Valley Kettlebells	Self	74kg/ 165lb Super Lightweight	OPEN	24kg	SNATCH only	10 minutes	Master of Sport	130 reps	1 Place	https://youtu.be/huDSfB_iuM
Video submission	Lorraine Painchaud	Female	OPEN	Swanson Mountain Fitness	Todd Schweb	70kg/ 155lb Lightweight	OPEN	16kg	SNATCH only	10 minutes	CMS	188 reps	1 Place	https://youtu.be/Q-k7oELI7NQ



https://instagram.com/okci_vancouver

<https://www.kettlebellworld.org>