



Golden Gloves

If you want something you've never had - do something you've never done.

NOVEMBER 2019 LEADER BOARD

Intensity & Velocity over 15km/hr rated highest

Last update	2-Dec	9:55 AM
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Rank	Member	Punch Count	Intensity	Avg. Velocity	Int per punch	Acceleration	Sessions	Top Class
1	Jo Kerlogue	49900	317340	17.9	6.4	35.5	23	CORE
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								

GG RULES:

1. Email scores every 7 days during competition: paul@ttfkickboxing.com
2. 5k intensity penalty per late day (*no hiding scores*).
3. Fair mix of classes & private sessions accepted.
4. Class routines must be followed (no extra punches).
5. Velocity over 15km ph AVG by months end.
6. No walkover winners under 200k int. Following rules, **Highest Intensity wins.**

Acceleration Formula: INTENSITY/P.COUNT/AVG VELOCITY X 100 = Acceleration. EG: 17240 / 2235 / 15.3 X 100 = 50.4