



# Golden Gloves



*It won't be easy, nothing worth while is.*

## February 2020 LEADER BOARD

*Intensity & Velocity over 15km/hr rated highest*

Last update

10:23 AM

2-Mar

Rank	Member	Punch Count	Intensity	Avg. Velocity	Int per punch	Acceleration	Sessions	Avg. Int per session	Top Class
1	Julie DeBeer (Coach Ray)	42300	273250	21.2	6.5	30.5	16	17078	BUTT
2	Jonathan DeBeer (Coach Ray)	36000	270780	22.8	7.5	33.0	17	15928	LIFT
3	Louise.R (Coach Ray)	30634	177600	20.3	5.8	28.6	17	10447	CORE
4	Katie.P (Coach Ray)	16600	66310	16.5	4.0	24.2	12	5526	LIFT
5	Renata.H (Coach Goldy)	8501	48500	16.1	5.7	35.4	5	9700	CORE
6	Fiona.J (Coach Goldy)	7480	41570	18.2	5.6	30.5	6	6928	BUTT
7	Sophia.E (Coach Bowen)	3099	21970	18.7	7.1	37.9	3	7323	HIIT
8	Sara.B (Coach Bowen)	13400	49870	12.3	3.7	30.3	6	8312	CORE
9	Islania.Q (Coach Goldy)	9164	40870	14.9	4.5	29.9	10	4087	CORE
10	Kate.W (Coach Ray)	6429	18420	13.5	2.9	21.2	6	3070	HIIT
11	Paul.R	9664	72900	17.9	7.5	42.1	6	12150	FIGHT CLUB

### 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:**  $INTENSITY/P.COUNT/AVG VELOCITY \times 100 = Acceleration$ . EG:  $17240 / 2235 / 15.3 \times 100 = 50.4$

**Red highlights are ineligible to win either due to but not limited to: Excessive private sessions, Staff member, Low velocity.**

**Nicknames & alias's are welcome for a bit of mystery & fun!!!!**