



# Central Dutch Top 5 Performers



## HANG CLEAN



Kelly Harris 195



Ryann Engholm 185



Dawn Nissen 170



Terri Berger 170



Whitney Taylor 165

## BACK SQUAT



Dawn Nissen 355



Kelly Harris 275



Ryann Engholm 260



Alicia Wisner 250



Miranda Kouba 245

## BENCH PRESS



Jordan Waddell 165



Molly Hansen 155



Dawn Nissen 145



Kelly Harris 140



Anne Legg 140

## VERTICAL JUMP



Dawn Nissen 29.2



Kelly Harris 27.9



Ryann Engholm 27.4



Terri Berger 27.0



Whitney Taylor 26.7

## PRO AGILITY



Kelly Harris 4.40



Trista Leaming 4.53



Alysha Overturf 4.63



Dawn Nissen 4.64



Lacey Ritscher 4.70

## 40 YARD



Dawn Nissen 5.20



Sara Jens 5.37



Justice Weaver 5.38



Terri Berger 5.43



Kelly Harris 5.48

\* All Times Are Electronic

## 10 YARD



Dawn Nissen 1.76



Sara Jens 1.77



Justice Weaver 1.80



Terri Berger 1.82



Kelly Harris 1.84

\* All Times Are Electronic