

PLATTEGROND OBSTACLE RUN

Obstacle Run Alphen



4 KM
8 KM



KEUKEN
warenhuis.nl

KSB duijvelaar pompen

VALENTIJN
OPTICIENS
FORT
ALPHA
OBSTACLE AND SURVIVAL
TRAINING

ZONDAG 7 JUNI

- 1 Great Escape
- 2 Entangled
- 3 Walk on Water
- 4 Bouncing Balls
- 5 Rope Grip Bridge
- 6 Wall of Clans
- 7 Truck Cross
- 8 Buddy Carry
- 9 Shaky Planks
- 10 Dark Crazy Crawl
- 11 Walk on Water
- 12 Walk on Water
- 13 Drophole
- 14 Get Wet
- 15 Heavy Load
- 16 Indian Bridge
- 17 t/m 20 Fort Alpha
- 18 Great Stairs
- 22 Team Wall
- 23 Wheel of Steel
- 24 Ring Swing
- 25 Slackline
- 26 Wheelbarrow Walk
- 27 Swim
- 28 Net Climb
- 29 Getting Tired
- 30 What's Up
- 31 Military Crawl
- 32 Mud Trenches
- 33 Rope Climb
- 34 Get a Grip
- 35 Log Drag
- 36 Monkey Business
- 37 Wall of Clans
- 38 Watergate
- 39 Great Stairs
- 40 Super Climb
- 41 Tire Traverse
- 42 Water Slide