

Team Lissom

Date	Birdshit			James			Fisty Cymbals		
	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points
11	20905	30	5	26650	0	5	20017	0	4
12	26053	31	6	27502	0	5	15611	120	7
13	16550	31	4	35010	0	7	15035	150	8
14	12767	121	6	35113	0	7	20458	90	7
15	7215	95	4	30104	0	6	10402	210	9
16	5222	0	1	5546	0	1	25457	30	6
17	20097	0	4	35014	0	7	11301	60	4
18	55422	0	22	65000	0	26	25072	270	28
19	6222	0	1	5014	0	1	19969	0	3
20	15784	0	3	10227	0	2	25903	60	7
21	8698	10	1	32215	0	6	10488	0	2
22	21229	32	5	30199	0	6	15438	90	6
23	7578	0	1	10289	0	2	15372	60	5
24	147	0	0	10067	0	2	25255	150	10
25	29688	0	5	7819	0	1	5299	0	1
26	5126	0	1	25250	0	5	15507	150	8
27	15669	31	4	21598	0	4	11589	60	4
28	11202	0	2	20000	0	4	17544	90	6
1	21474	40	5	15000	0	3	15050	60	5
2	5535	0	1	15000	60	5	20721	0	4
3	51676	94	26	15000	180	18	25474	330	32
4	15403	0	3			0	16663	30	4
5	12386	32	3	15000	60	5	15162	0	3
6	11096	31	3	25000		5	20358	90	7
7	5315	0	1	10000	60	4	15173	30	4
8	6857	30	2	15000		3	21981	120	8
9	6249	33	2	15000	60	5	20005	0	4
10	15558	0	3	20000		4	20535	30	5
Donuts			1			1			0
Total	437123	641	124	577617	420	149	496839	2280	201
Rank	3	5	3	1	9	2	2	1	1
High	55422	121	26	65000	180	26	25903	330	32
Rank	2	5	2	1	4	2	5	1	1

Team 2

Date	Bambi			Skid Row			Omega		
	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points
11	12642	60	3	5005	180	6	4701	45	1
12	10117	0	2	8440	150	5	5170	90	4
13	10179		2	17265		3		60	0
14	9156		1	9573		1	7300		1
15	1614	0	0	7696		1			0
16	2700		0	12509		2	5891		1
17	2384		0	13771		2	10700		2
18	10798		2	26,213		5			0
19	11,888	60	4	10,100		2			0
20	8,776	60	3			0			0
21	773		0			0	6,900	60	3
22	15,523	30	4	5,000		1			0
23	7,938		1			0	7,700	105	4
24	5,635		1			0	6,200	90	4
25	17,974	150	8		150	5	5,500	30	2
26	8,746		1			0			0
27	8,974		1	5,000		1			0
28	10,737		2			0	5,000		1
1	18,518	60	5	10,736		2	5,000	120	5
2	10,356		2	5,549		1			0
3	16,418		6	30,000		12	10,000	30	6
4	26,101	210	24	10,007	210	18	5,000	90	8
5	6,887		1	6,431		1	1,785		0
6	3,543		0	10,027		2		60	2
7	15,177	30	4	5,318		1			0
8	21,290	60	6	10,294		2			0
9	10,265		2	6595	0	1			0
10	15,018		3	7266	90	4	5000		1
Donuts			5			6			13
Total	300127	720	88	222795	780	78	91847	780	45
Rank	5	4	4	10	2	5	12	2	10
High	26,101	210	24	30,000	210	18	10700	120	8
Rank	4	2	4	3	2	5	13	6	8

Mystery Fruit

Date	Fruitbox			Parrot			Pope		
	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points
11	2887	0	0	12996	35	3	12,050		2
12	9480		1	10958		2	5,983		1
13	9690		1	13720	45	3	5,859		1
14	5721		1	6442		1	11,603		2
15	15731		3	10101		2	5,747		1
16	6645		1	10787		2	9,351	30	2
17	4330		0	15130		3	10,565	30	3
18	8391		1	20120		4	9,826		1
19	7834		1	5682		1	5,372		1
20	9956		1	6392		1	7,266		1
21	5612		1	3774	40	1	4,775		0
22	8479		1	3121	40	1	6,209		1
23	16218		3	15521		3	8,003		1
24	12216		2	13970	30	3	9,288	45	2
25	9699		1	5796		1	3,594		0
26	11263		2	7013		1	6,882		1
27	8052		1	13352	30	3	7,172		1
28	10079		2	7710		1	9,243		1
1	11600		2	15101		3	7,784		1
2	11600		2	10097		2	8,525		1
3	10069		4	15273		6	22,795	45	10
4	3500		0	5317		1	10,943		2
5	13500		2	10915		2	8,024		1
6	8100		2	21342		8	20,416		8
7	7687		1	6117		1	13,903		2
8	2000		0	11043		2	11,231		2
9	8800		1	12983		2	13,255		2
10	10000		2	6731	0	1	8024		1
Donuts			4			0			2
Total	249139	0	39	297504	220	64	263,688	150	52
Rank	8	12	12	6	10	6	7	11	9
High	16218	0	4	21342	45	8	22,795	45	10
Rank	11	12	2	9	10	8	6	10	6

Lady's Troubles

Date	Tampon			Hardon			Paps		
	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points
11	5254	0	1	7219	0	1	10477	91	5
12	5825		1	5837		1	13624		2
13	13000	40	3	15109	68	5	6018		1
14		35	1	16762		3	5444		1
15		10	0	10290	17	2	5597		1
16	5000		1	4852	5	0	7354		1
17			0	9168		1	6638		1
18	5000		1	5693		1	20625	30	5
19			0	7220	22	2	13412	100	10
20			0	6500	60	3			0
21			0	6430	30	2			0
22			0	2890	20	0			0
23			0	8447	60	3	6012	40	2
24			0	6394	50	2	6638	4	1
25			0	5190	40	2		90	3
26			0	495		0	10055		2
27			0	4420	30	1	5051		1
28			0	8116		1	10227	60	4
1		30	1	7355		1	12664	60	4
2			0	6937		1	16600		3
3		60	4	10104		4	15108		6
4		60	2	10104		2			0
5		30	1	5000		1			0
6		45	1	3953		0	5229		1
7		70	2	5113		1	5264		1
8		120	4	2734	60	2	6892		1
9			0	2049	65	2	22345		4
10		60	2	10805		0	17562		0
Donuts			14			5			6
Total	34079	560	25	195186	527	44	228836	475	60
Rank	13	6	13	11	7	11	9	8	8
High	13000	120	4	16762	68	5	22345	100	10
Rank	12	6	12	10	9	11	7	8	6

Geisha

Cumulative

Date	?			?			Spanner		
	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points
12			0			0	12062		2
13			0			0	9537		1
14			0			0	11186		2
15			0			0	22051		4
16			0			0	21069		4
17			0			0	13375		2
18			0			0	10004		2
19			0			0	12054		2
20			0			0	14506		2
21			0			0	18847		3
22			0			0	7981		1
23			0			0	20196		4
24			0			0	10631		2
25			0			0	3611		0
26			0			0	9748		1
27			0			0	10013		2
28			0			0	13145		2
1			0			0	15692		3
2			0			0	10273		2
3			0			0	16682		6
4			0			0	7268		1
5			0			0	11783		2
6			0			0	13759		2
7			0			0	15031		3
8			0			0	12023		2
9			0			0	15004		3
10			0			0	10566		2
Donuts			28			28			1
Total	0	0	0	0	0	0	359467	0	64
Rank							4	12	6
High							22051	0	6
Rank							8	12	10

Date	Team Lissom			Team 2			Mystery Fruit			Lady's Troubles			Geishas			Bashers			
	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points	Steps	Minutes	Points	
11	67572	30	14	22348	285	10	27933	35	5	22950	91	7	11370	0	2	6	152173	441	38
12	136738	181	32	46075	525	21	54354	35	9	48236	91	11	23432	0	4	12	306835	832	77
13	203333	362	51	73519	585	26	83623	80	14	82363	199	20	32969	0	5	15	475807	1226	116
14	271671	573	71	99548	585	29	107389	80	18	104569	234	25	44155	0	7	21	627332	1472	150
15	319392	878	90	108858	585	30	138968	80	24	120456	261	28	66206	0	11	33	753880	1804	183
16	355617	908	98	129958	585	33	165751	110	29	137662	266	30	87275	0	15	45	876263	1869	205
17	422029	968	113	156813	585	37	195776	140	35	153468	266	32	100650	0	17	51	1028736	1959	234
18	567523	1238	189	193,824	585	44	234113	140	41	184786	296	39	110654	0	19	57	1,290,900	2259	332
19	598728	1238	194	215,812	645	50	253001	140	44	205418	418	51	122708	0	21	63	1,395,667	2441	360
20	650642	1298	206	224,588	705	53	276615	140	47	211918	478	54	137214	0	23	69	1,500,977	2621	383
21	702043	1308	215	232,261	765	56	290776	180	49	218348	508	56	156061	0	26	78	1,599,489	2761	402
22	768909	1430	232	252,784	795	61	308585	220	52	221238	528	56	164042	0	27	81	1,715,558	2973	428
23	802148	1490	240	268,422	900	66	348327	220	59	235697	628	61	184238	0	31	93	1,838,832	3238	457
24	837617	1640	252	280,257	990	71	383801	295	68	248729	682	64	194869	0	33	99	1,945,273	3507	486
25	880423	1640	259	303,731	1320	86	402890	295	68	253919	812	69	198480	0	33	99	2,039,443	4067	515
26	928306	1790	273	312,477	1320	87	428048	295	72	264469	812	71	208228	0	34	102	2,139,928	4217	537
27	975162	1881	285	326,451	1320	89	456624	325	77	273940	842	73	218241	0	36	108	2,250,588	4498	560
28	1023908	1971	297	342,188	1320	92	483656	325	81	292283	902	78	231386	0	38	114	2,373,421	4818	586
1	1075432	2071	310	376,442	1500	104	518141	325	87	312302	992	84	247078	0	41	123	2,529,395	4888	628
2	1116688	2131	320	382,347	1500	107	548363	325	92	335639	992	88	257351	0	43	129	2,650,588	4948	650
3	1208838	2735	396	448,765	1530	131	596500	370	112	361051	1052	102	274033	0	49	147	2,889,187	5687	790
4	1240604	2765	403	489,873	2040	181	616260	370	115	371155	1112	106	281301	0	50	150	2,999,493	6287	855
5	1283452	2857	414	504,976	2040	183	648699	370	120	376155	1142	108	293084	0	52	156	3,106,366	6408	877
6	1339906	2978	429	518,546	2100	187	698557	370	138	385337	1187	110	306843	0	54	162	3,249,189	6635	918
7	1370394	3068	438	539,041	2130	192	726264	370	142	395714	1257	114	321874	0	57	171	3,353,287	6825	943
8	1414232	3218	451	570,625	2190	200	750538	370	146	405340	1437	121	333897	0	59	177	3,474,632	7215	977
9	1455486	3311	462	587,495	2190	203	785578	370	151	429734	1502	127	348901	0	62	186	3,607,182	7373	1005
10	1511579	3341	474	614,769	2280	211	810331	370	155	458101	1562	129	359467	0	64	192	3,754,247	7553	1033

Totals

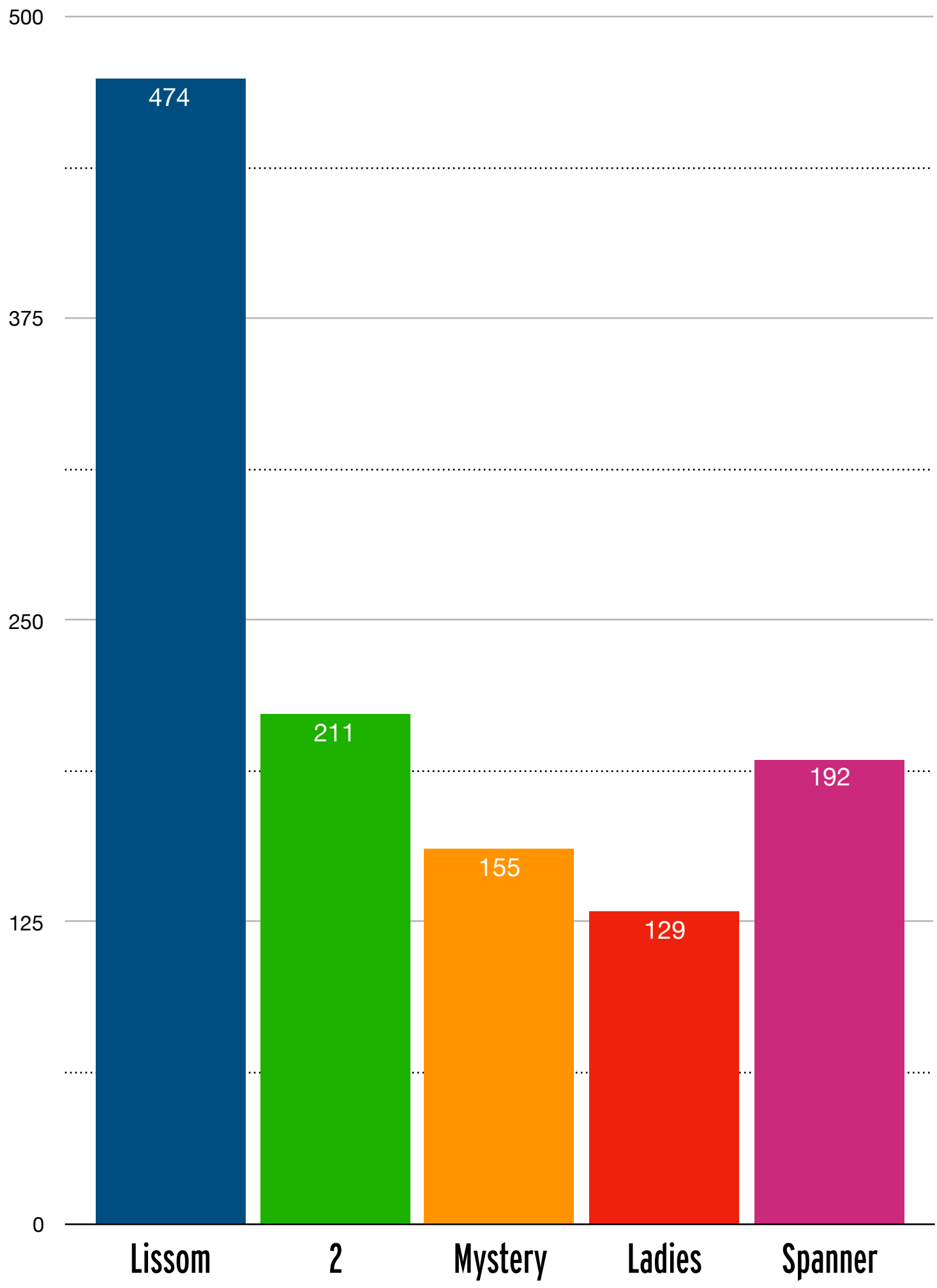
	Team Lissom			Team 2			Mystery Fruit			Lady's Troubles			Spanner
	Birdshit	James	Fisty Cymbals	Bambi	Skid Row	Omega	Fruitbox	Parrot	Pope	Tampon	Hardon	Paps	
Steps	437123	577617	496839	300127	222795	91847	249139	297504	263,688	34079	195186	228836	359467
Minutes	641	420	2280	720	780	780	0	220	150	560	527	475	0
Points	124	149	201	88	78	45	39	64	52	25	44	60	64
Most Steps	55422	65000	25903	26,101	30,000	10700	16218	21342	22,795	13000	16762	22345	22051
Most Minutes	121	180	330	210	210	120	0	45	45	120	68	100	0
Most Points	26	26	32	24	18	8	4	8	10	4	5	10	6

Parameters

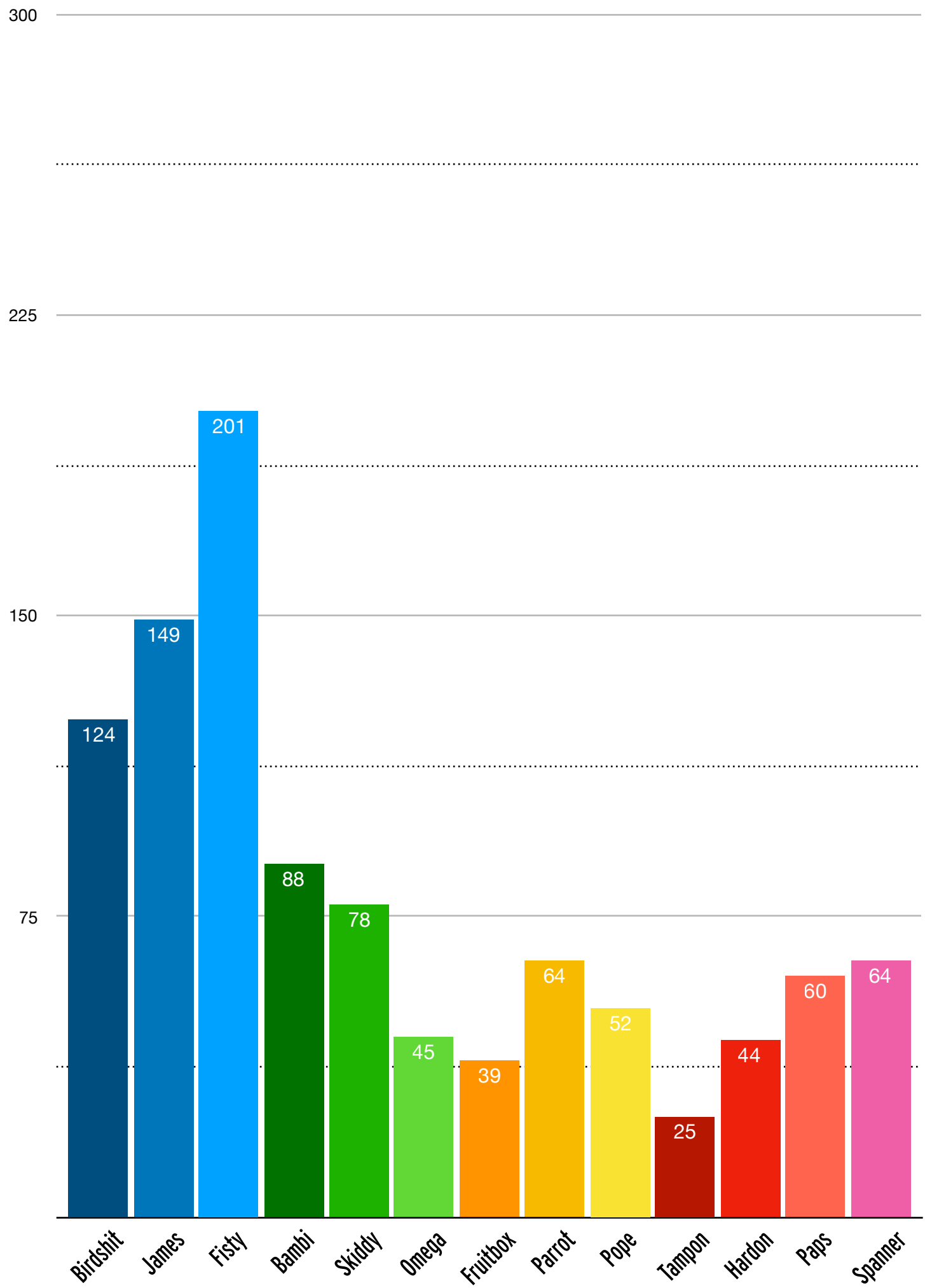
Steps per point	5000
Minutes per point	30

Individual

Date	Birdshit	James	Fisty Cymbals	Bambi	Skid Row	Omega	Fruitbox	Parrot	Pope	Tampon	Hardon	Paps	Spanner
11	5	5	4	3	6	1	0	3	2	1	1	5	2
12	11	10	11	5	11	5	1	5	3	2	2	7	4
13	15	17	19	7	14	5	2	8	4	5	7	8	5
14	21	24	26	8	15	6	3	9	6	6	10	9	7
15	25	30	35	8	16	6	6	11	7	6	12	10	11
16	26	31	41	8	18	7	7	13	9	7	12	11	15
17	30	38	45	8	20	9	7	16	12	7	13	12	17
18	52	64	73	10	25	9	8	20	13	8	14	17	19
19	53	65	78	14	27	9	9	21	14	8	16	27	21
20	56	67	83	17	27	9	10	22	15	8	19	27	23
21	57	73	85	17	27	12	11	23	15	8	21	27	26
22	62	79	91	21	28	12	12	24	16	8	21	27	27
23	63	81	96	22	28	16	15	27	17	8	24	29	31
24	63	83	106	23	28	20	17	30	19	8	26	30	33
25	68	84	107	31	33	22	18	31	19	8	28	33	33
26	69	89	115	32	33	22	20	32	20	8	28	35	34
27	73	93	119	33	34	22	21	35	21	8	29	36	36
28	75	97	125	35	34	23	23	36	22	8	30	40	38
1	80	100	130	40	36	28	25	39	23	9	31	44	41
2	81	105	134	42	37	28	27	41	24	9	32	47	43
3	107	123	166	48	49	34	31	47	34	13	36	53	49
4	110	123	170	72	67	42	31	48	36	15	38	53	50
5	113	128	173	73	68	42	33	50	37	16	39	53	52
6	116	133	180	73	70	44	35	58	45	17	39	54	54
7	117	137	184	77	71	44	36	59	47	19	40	55	57
8	119	140	192	83	73	44	36	61	49	23	42	56	59
9	121	145	196	85	74	44	37	63	51	23	44	60	62
10	124	149	201	88	78	45	39	64	52	25	44	60	64

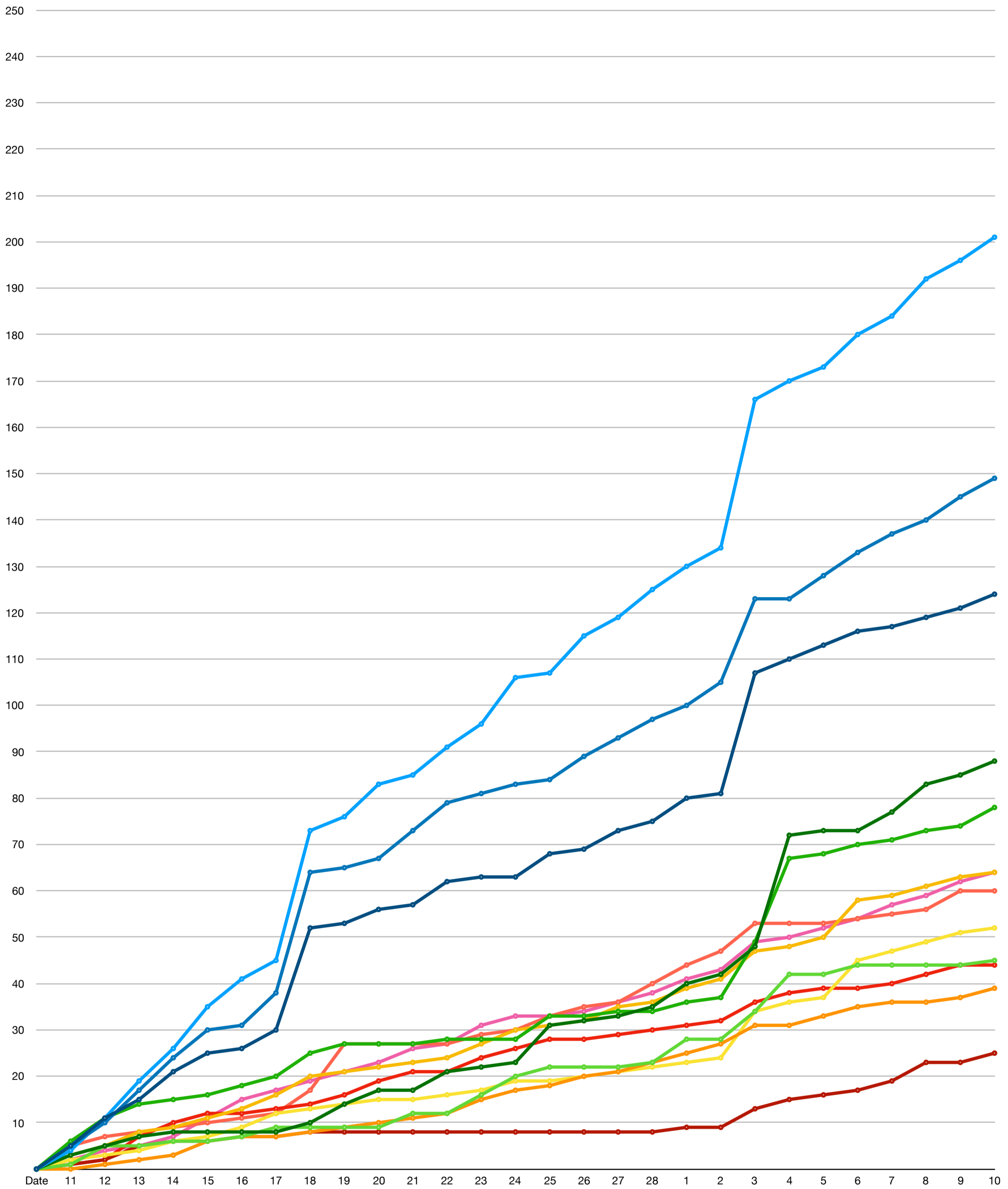


10



10

Individual Points



- Birdshit
- Bambi
- Fruitbox
- Tampon
- Spanner
- James
- Skid Row
- Parrot
- Hardon
- Fisty Cymbals
- Omega
- Pope
- Paps

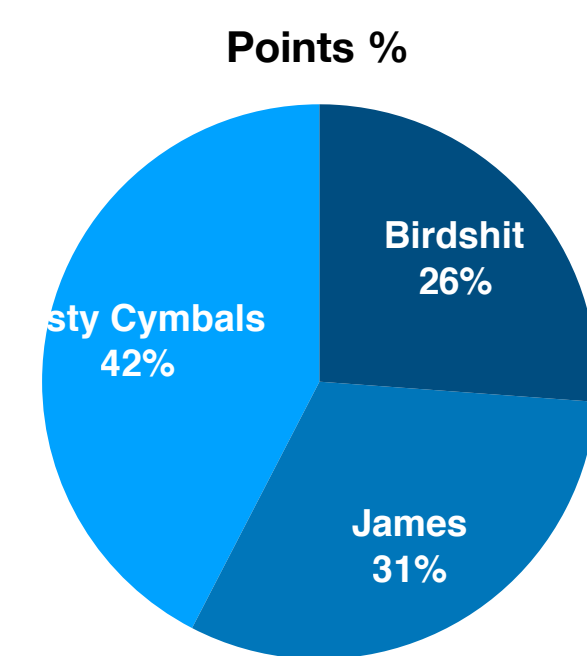
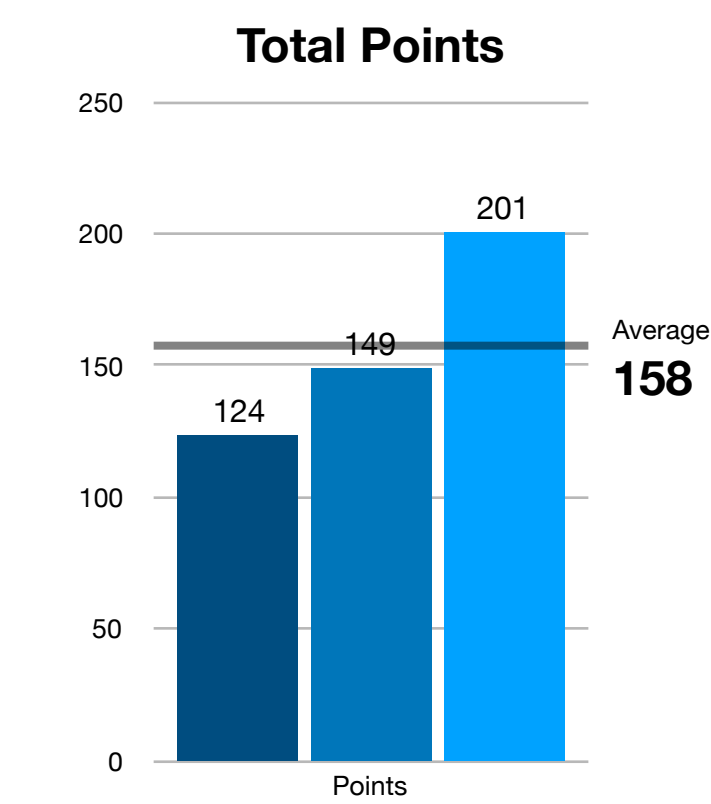
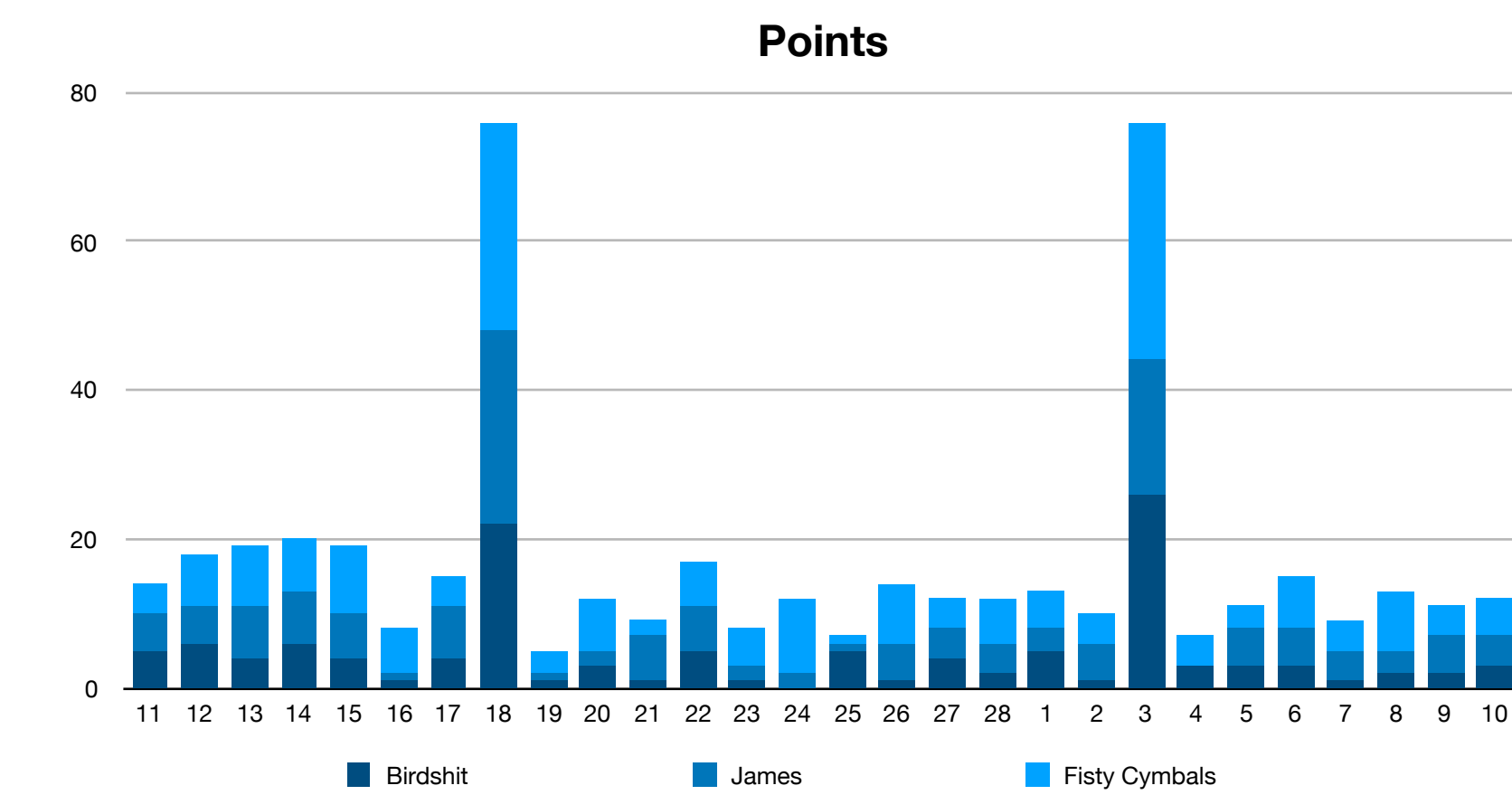
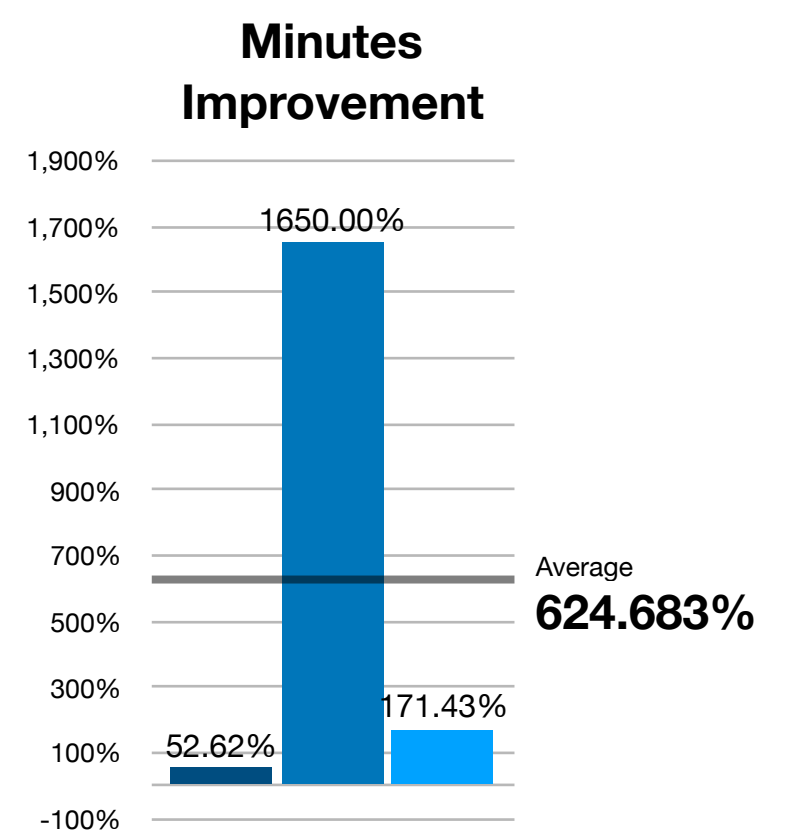
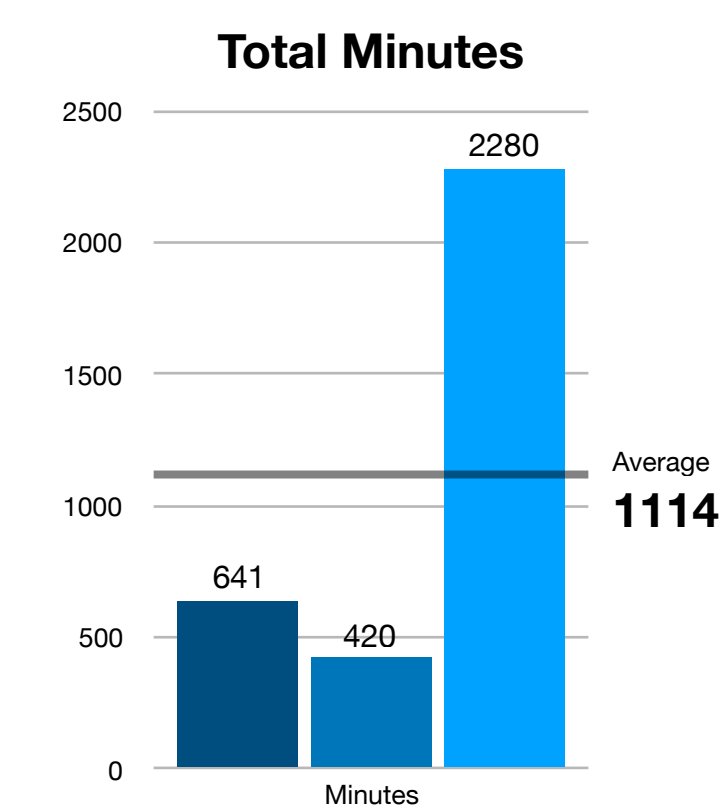
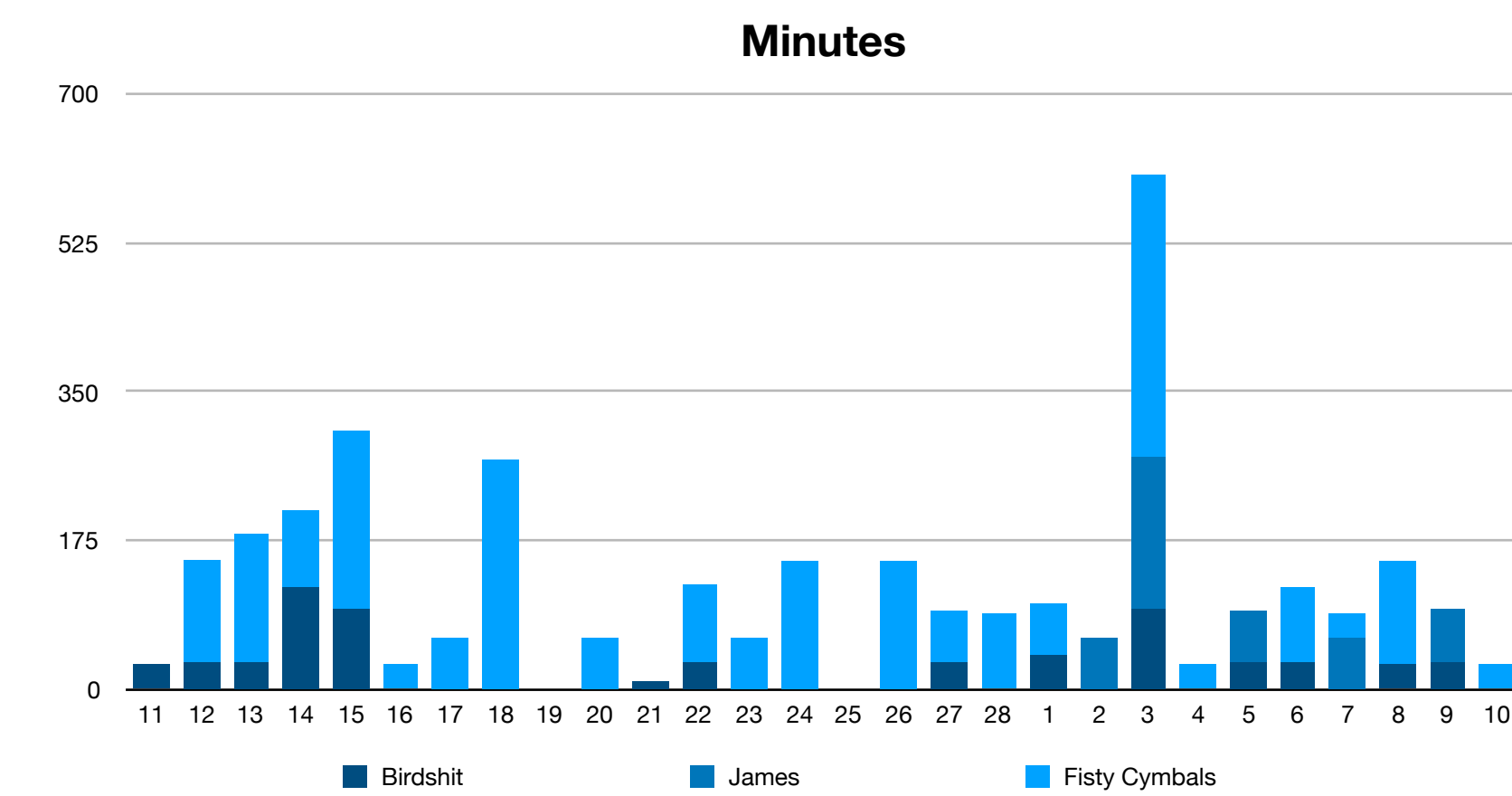
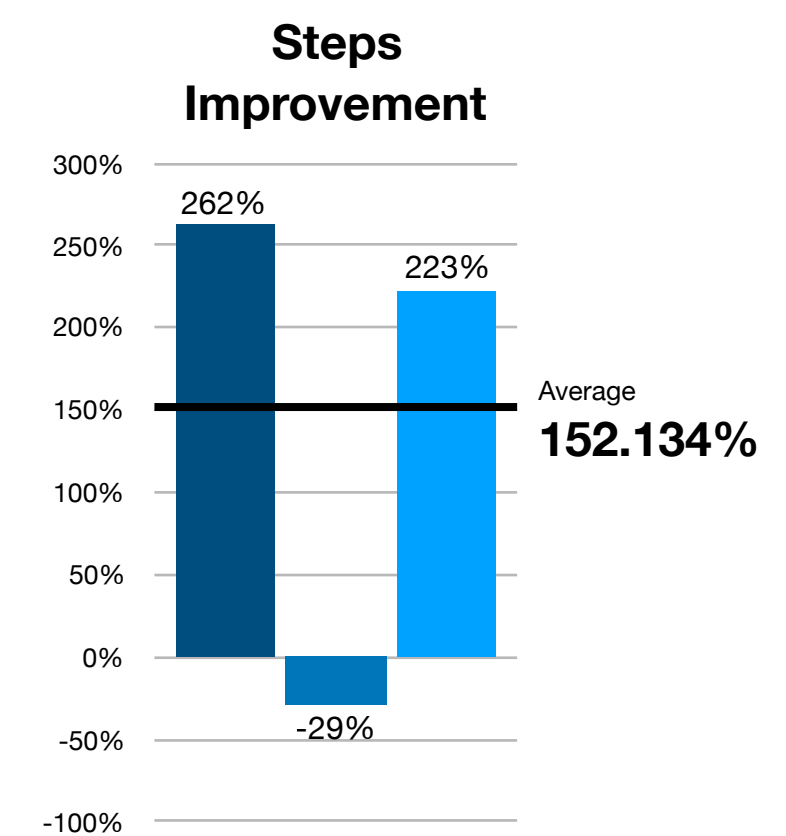
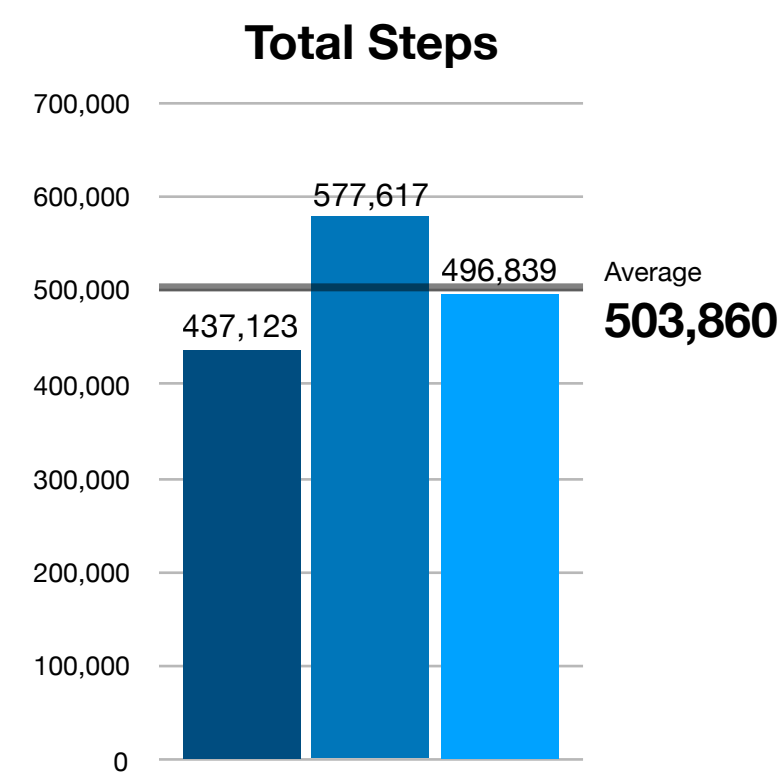
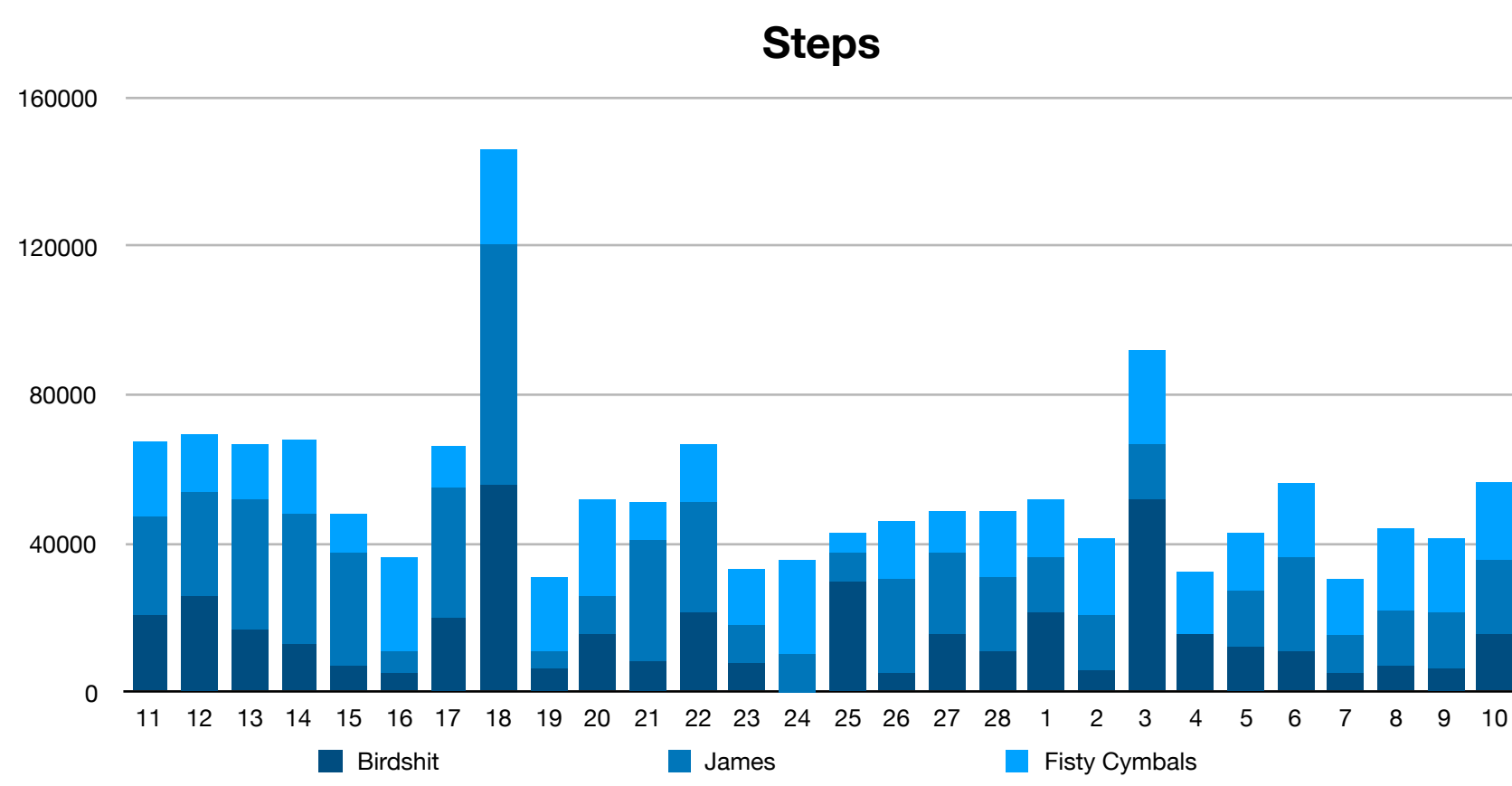
Team Lissom

Averages

	Birdshit			James			Fisty Cymbals		
	Steps	Minutes	kg	Steps	Minutes	kg	Steps	Minutes	kg
Pregame	4307	15	108.9	30000	1	101	5500	30	85
Challenge	15612	23	109	21393	18	101	17744	81	85
Gain	262%	53%	0%	-29%	1650%	0%	223%	171%	0%

Totals

	Birdshit	James	Fisty Cymbals	Team
Steps	437,123	577,617	496,839	1,511,579
Minutes	641	420	2280	3341
Points	124	149	201	474



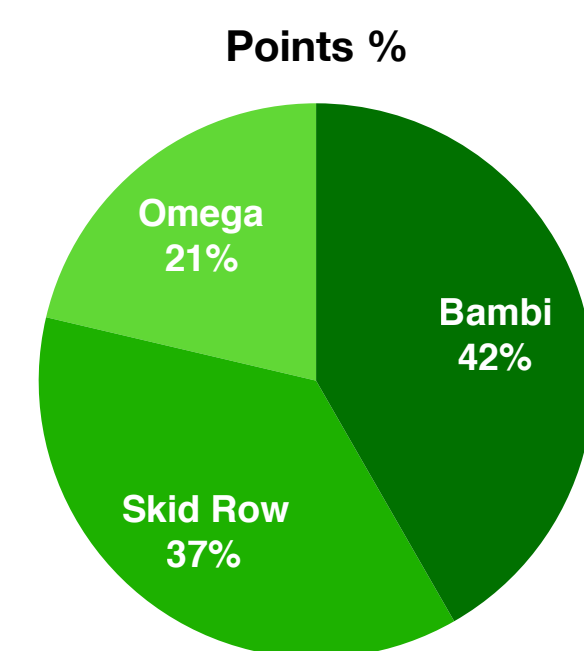
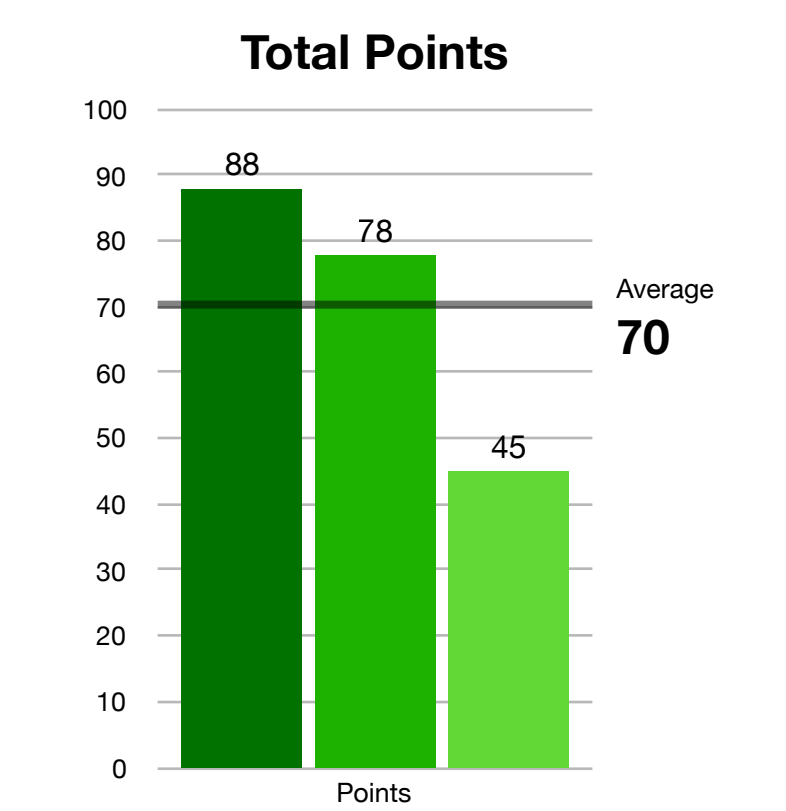
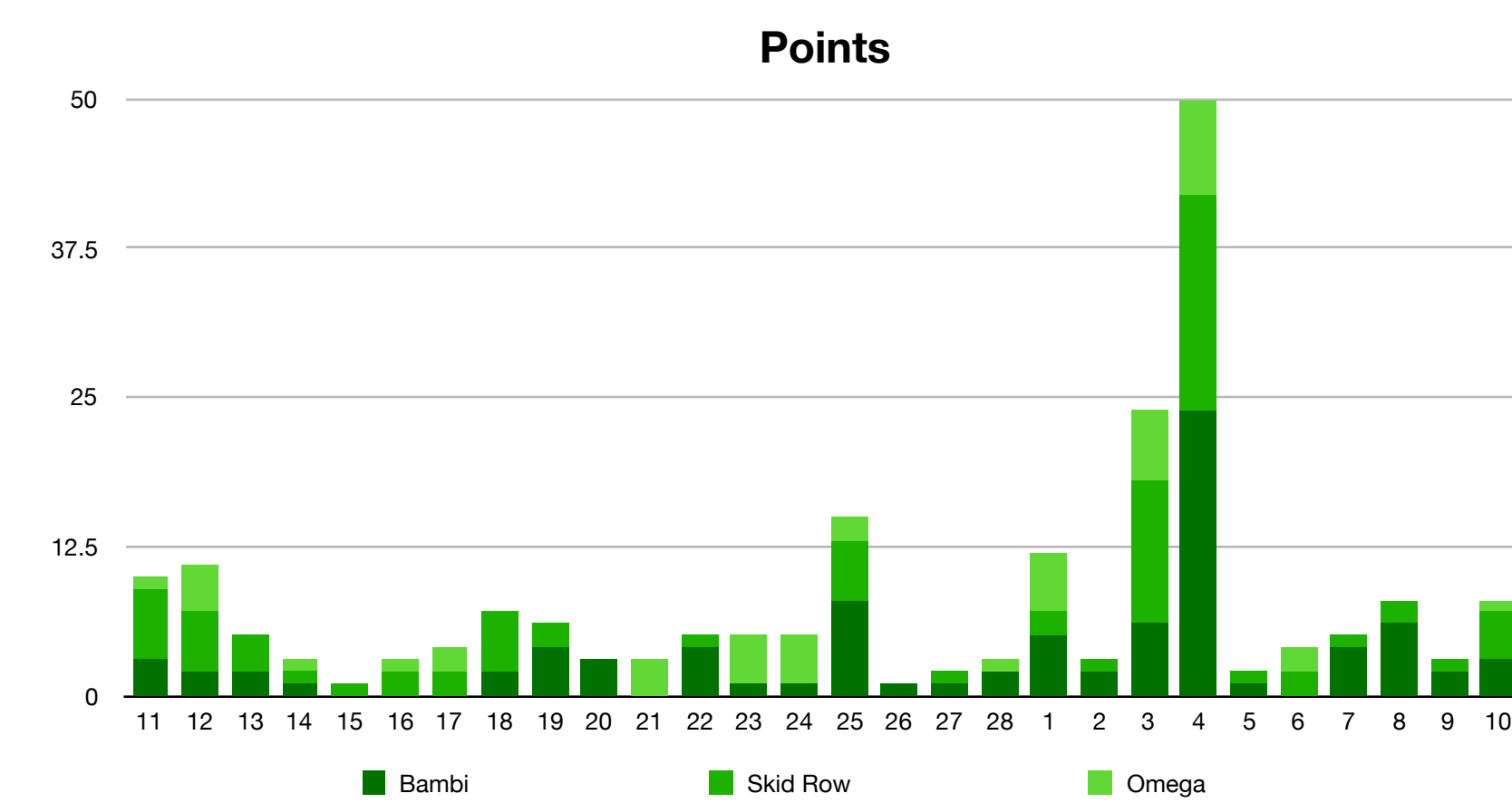
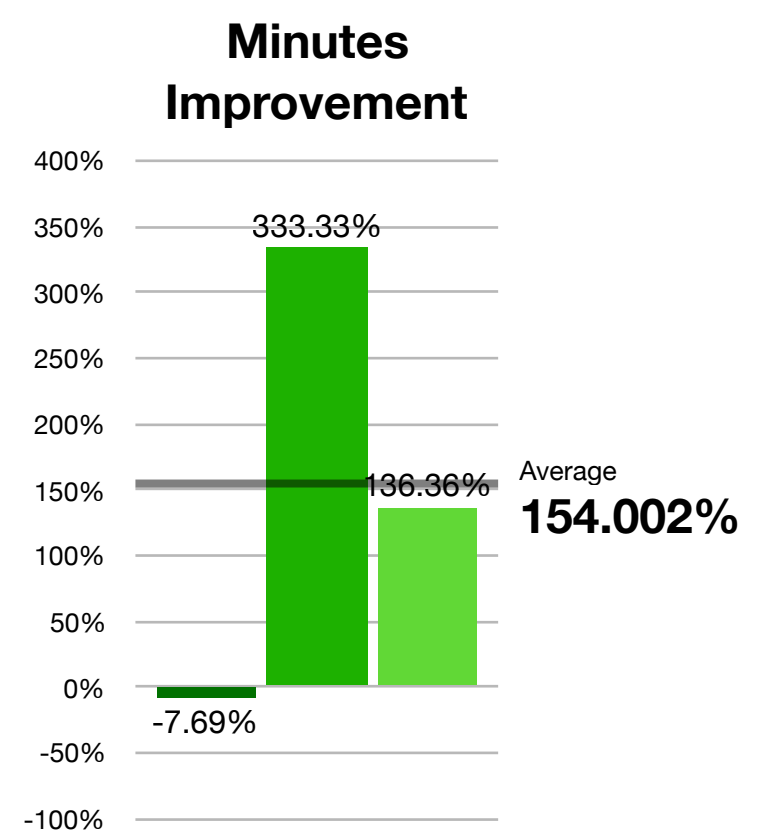
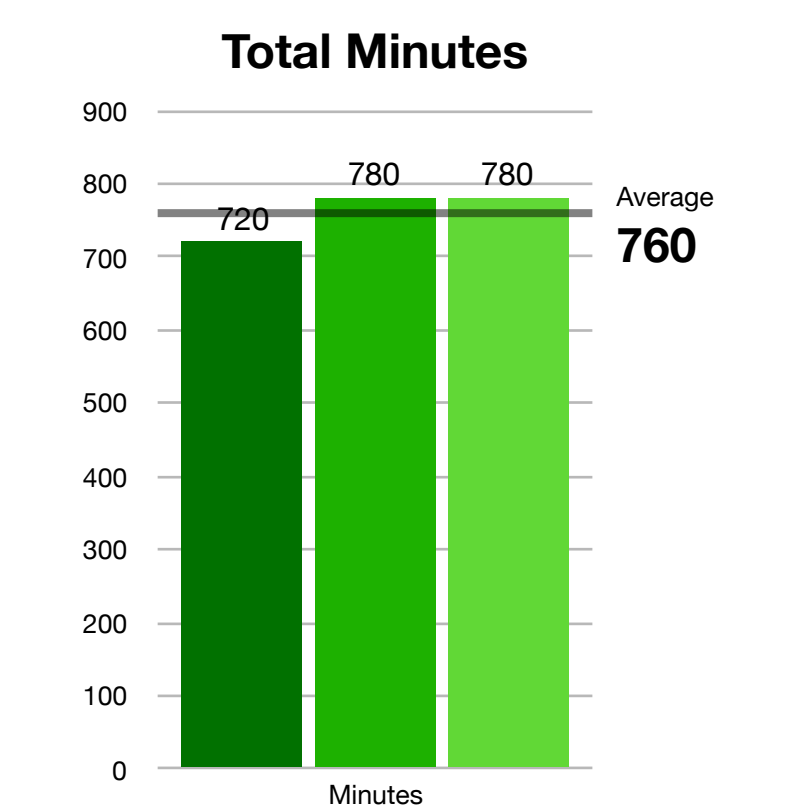
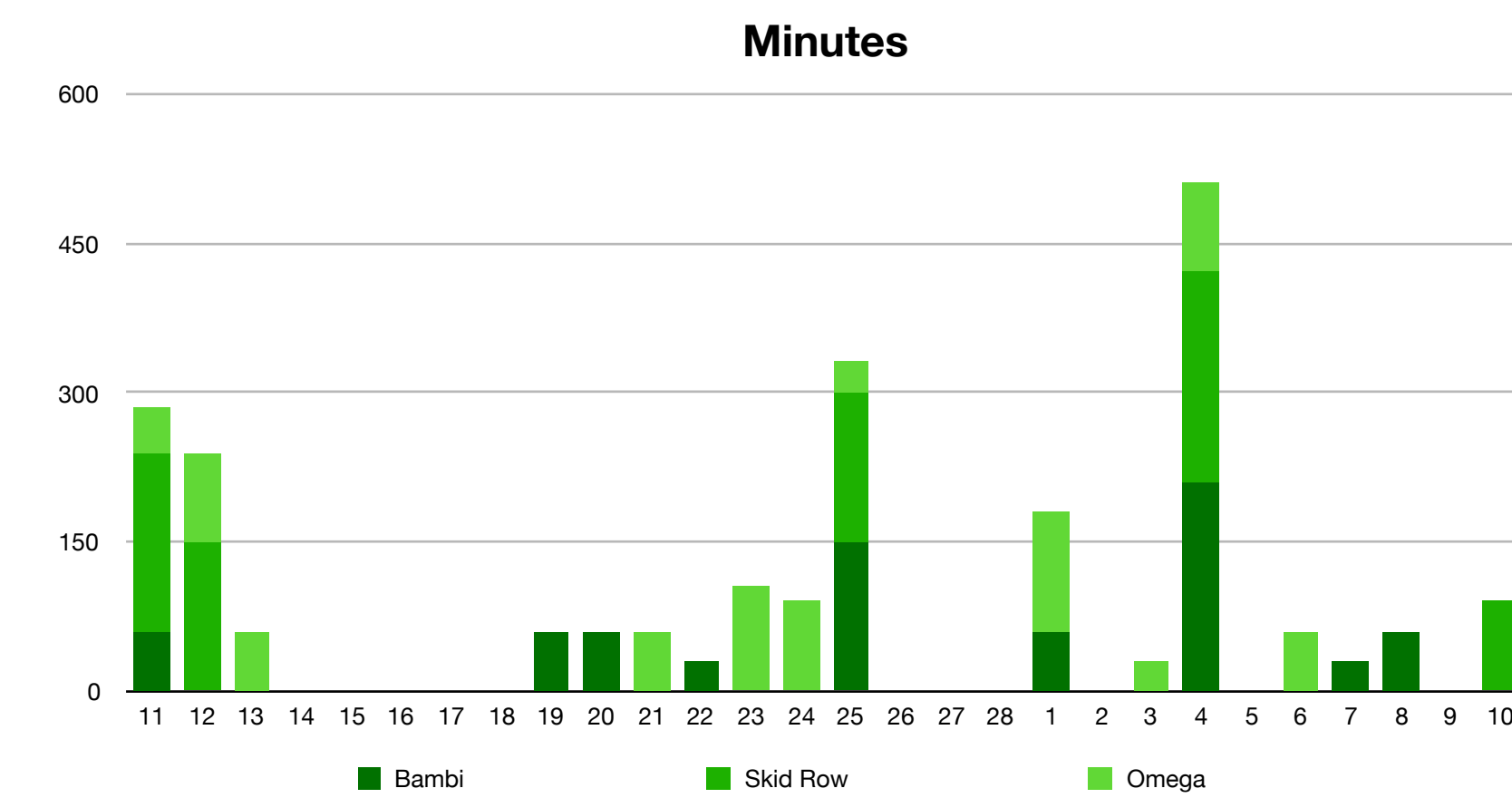
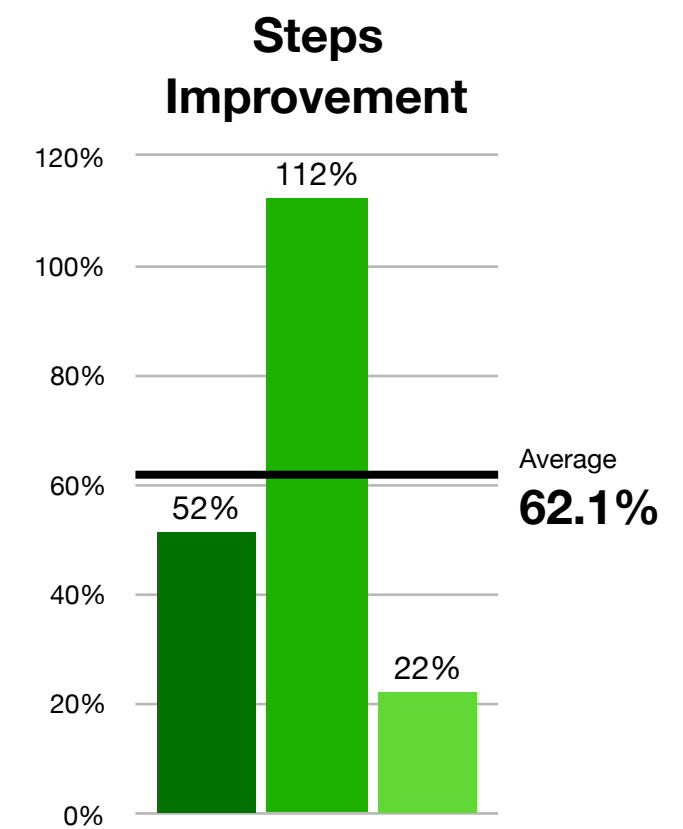
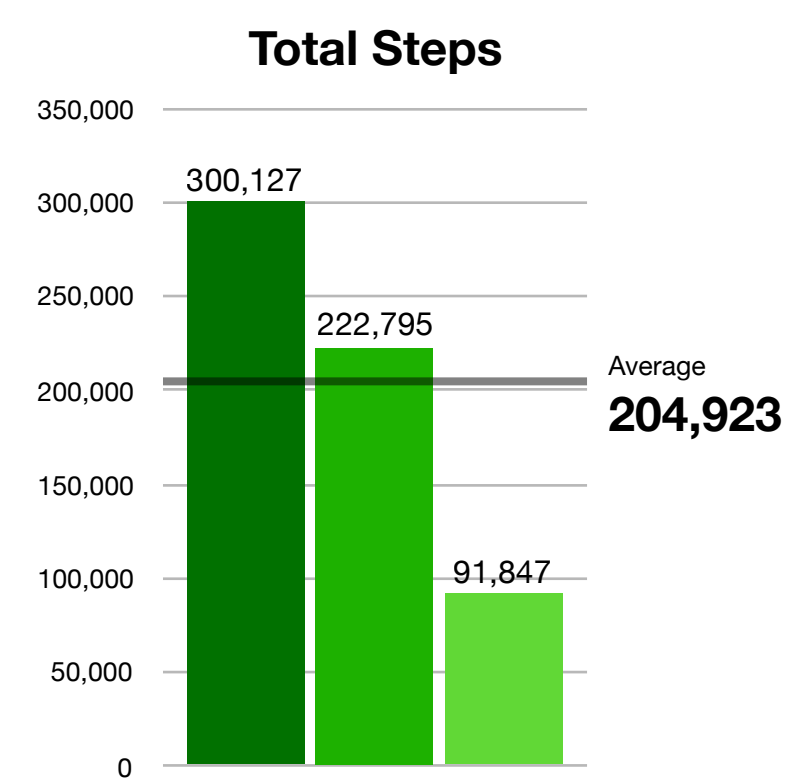
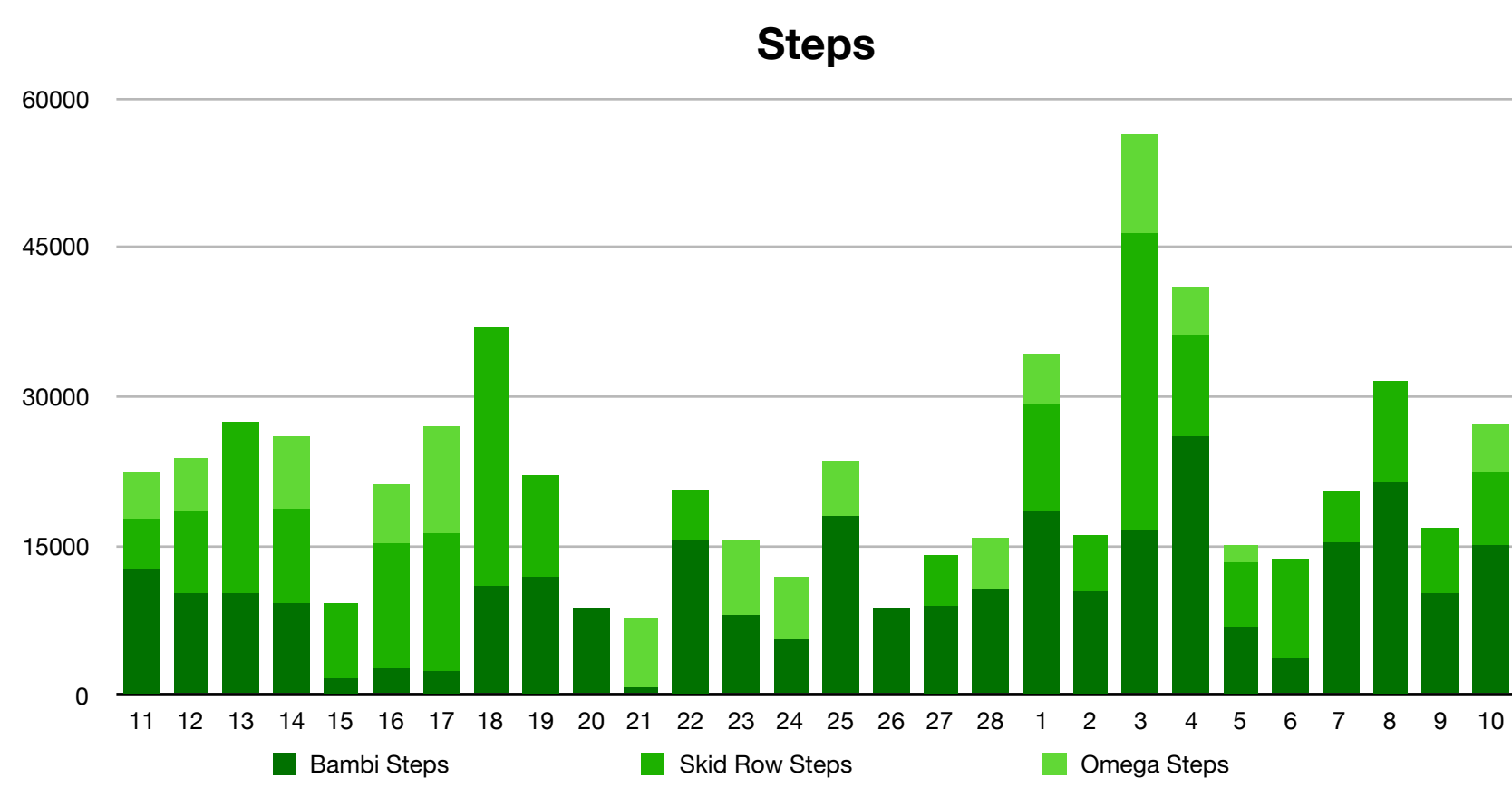
Team 2

Averages

	Bambi			Skid Row			Omega		
	Steps	Minutes	kg	Steps	Minutes	kg	Steps	Minutes	kg
Pregame	7068	78	85	5000	30	95	5000	30	91.45
Challenge	10719	72	85	10609	130	95	6123	71	91
Gain	52%	-8%	0%	112%	333%	0%	22%	136%	0%

Totals

	Bambi	Skid Row	Omega	Team
Steps	300,127	222,795	91,847	614,769
Minutes	720	780	780	2280
Points	88	78	45	211



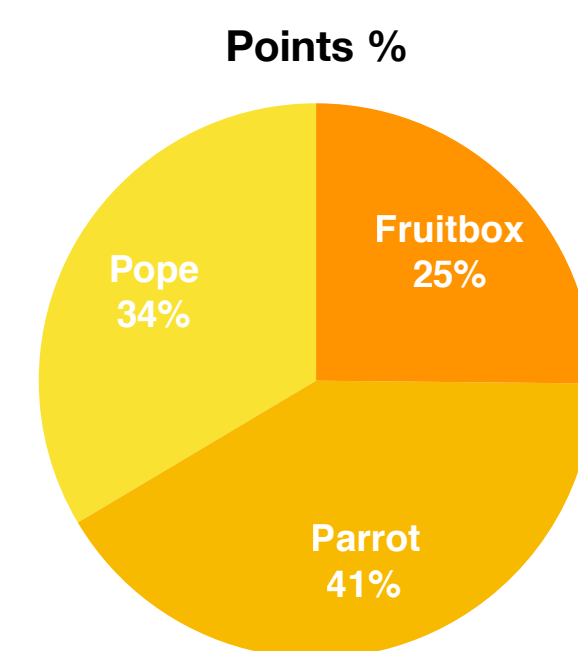
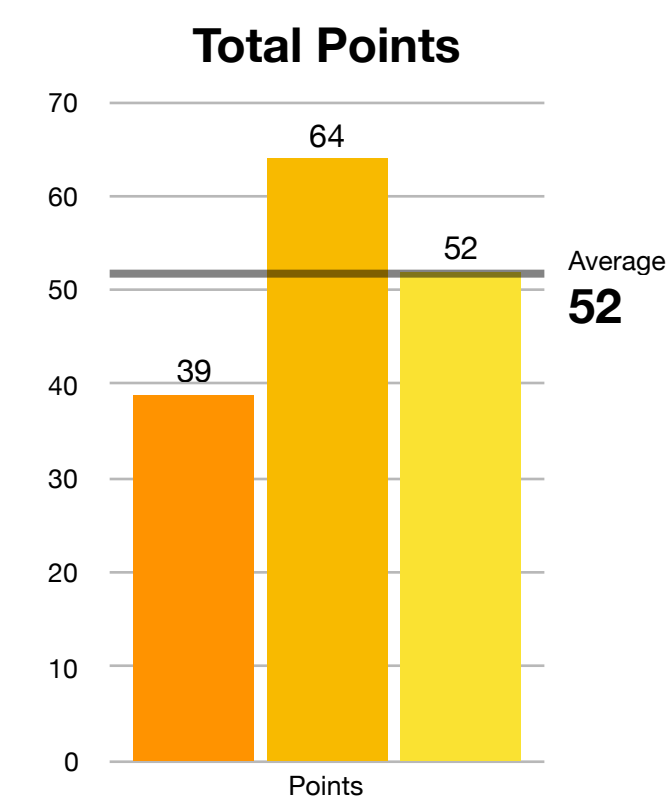
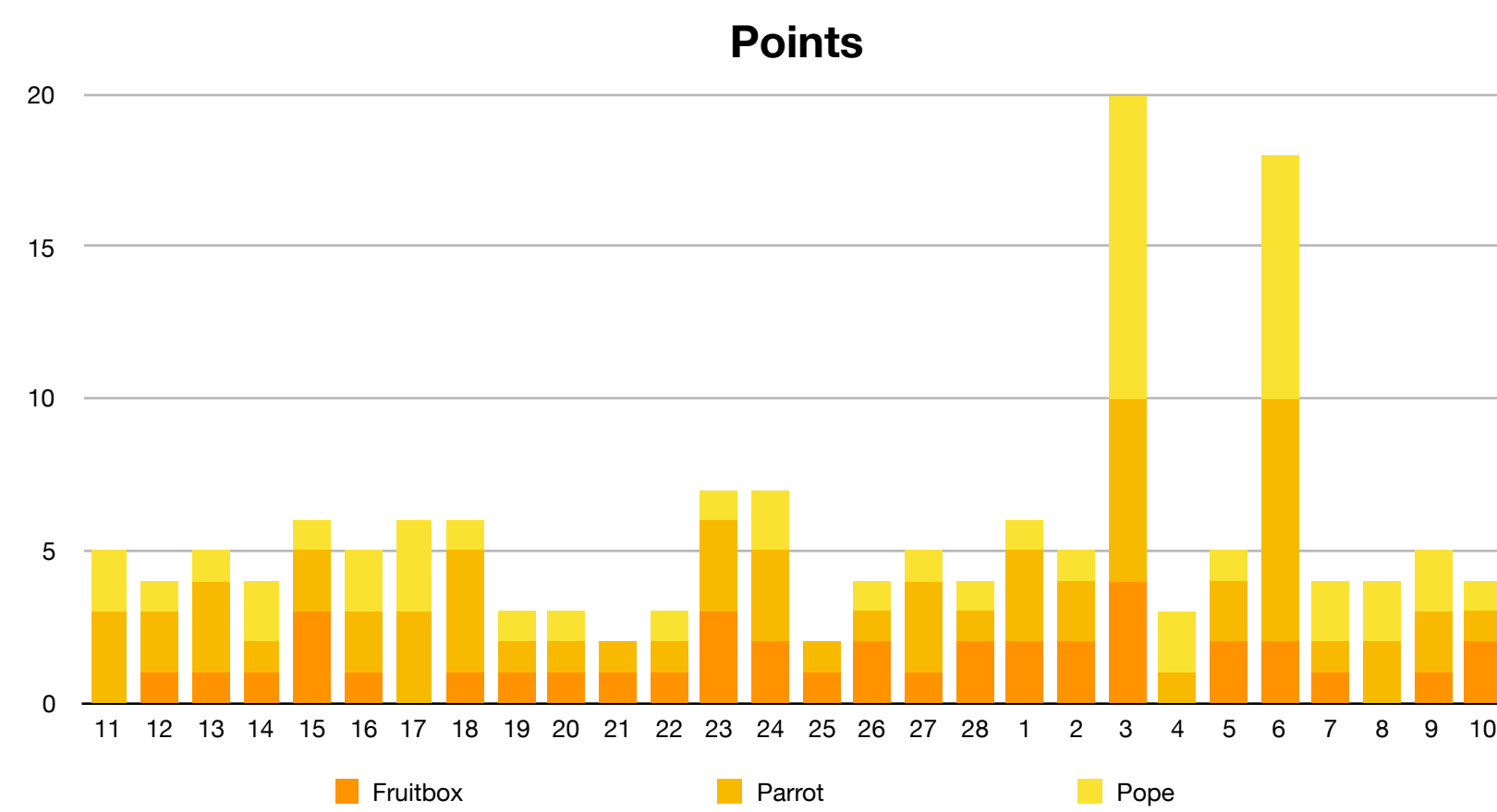
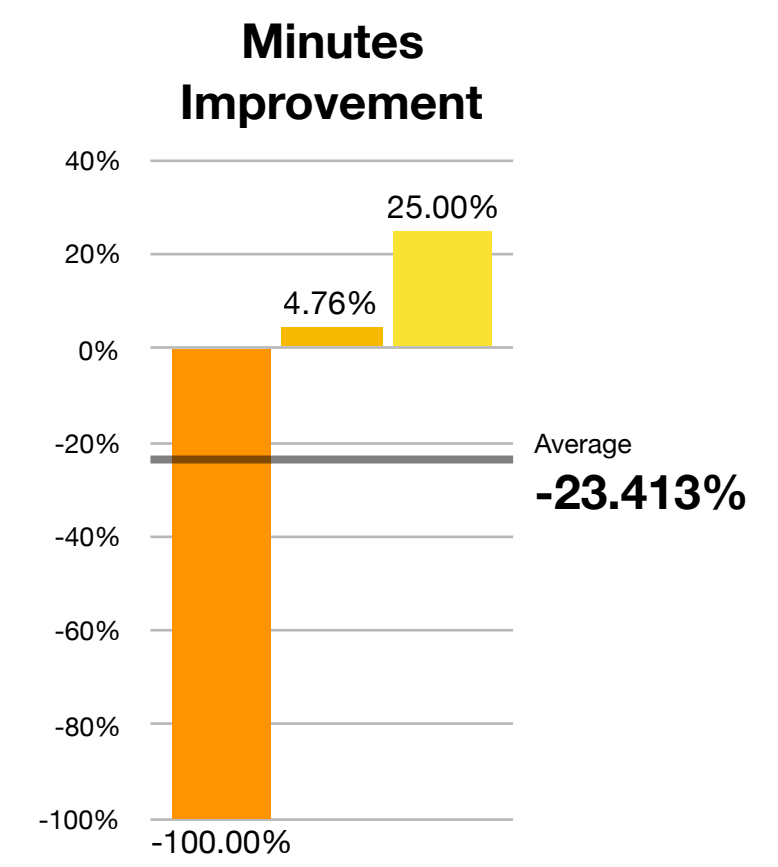
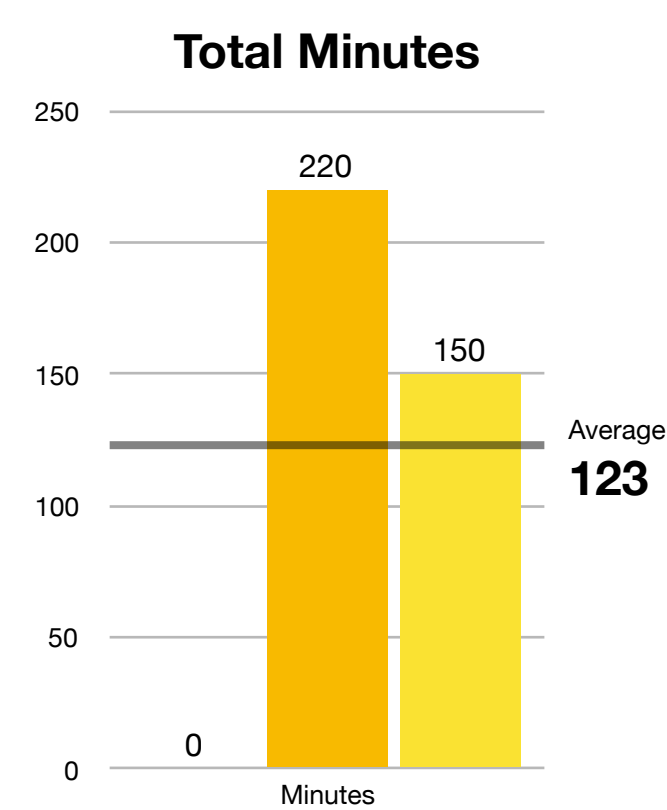
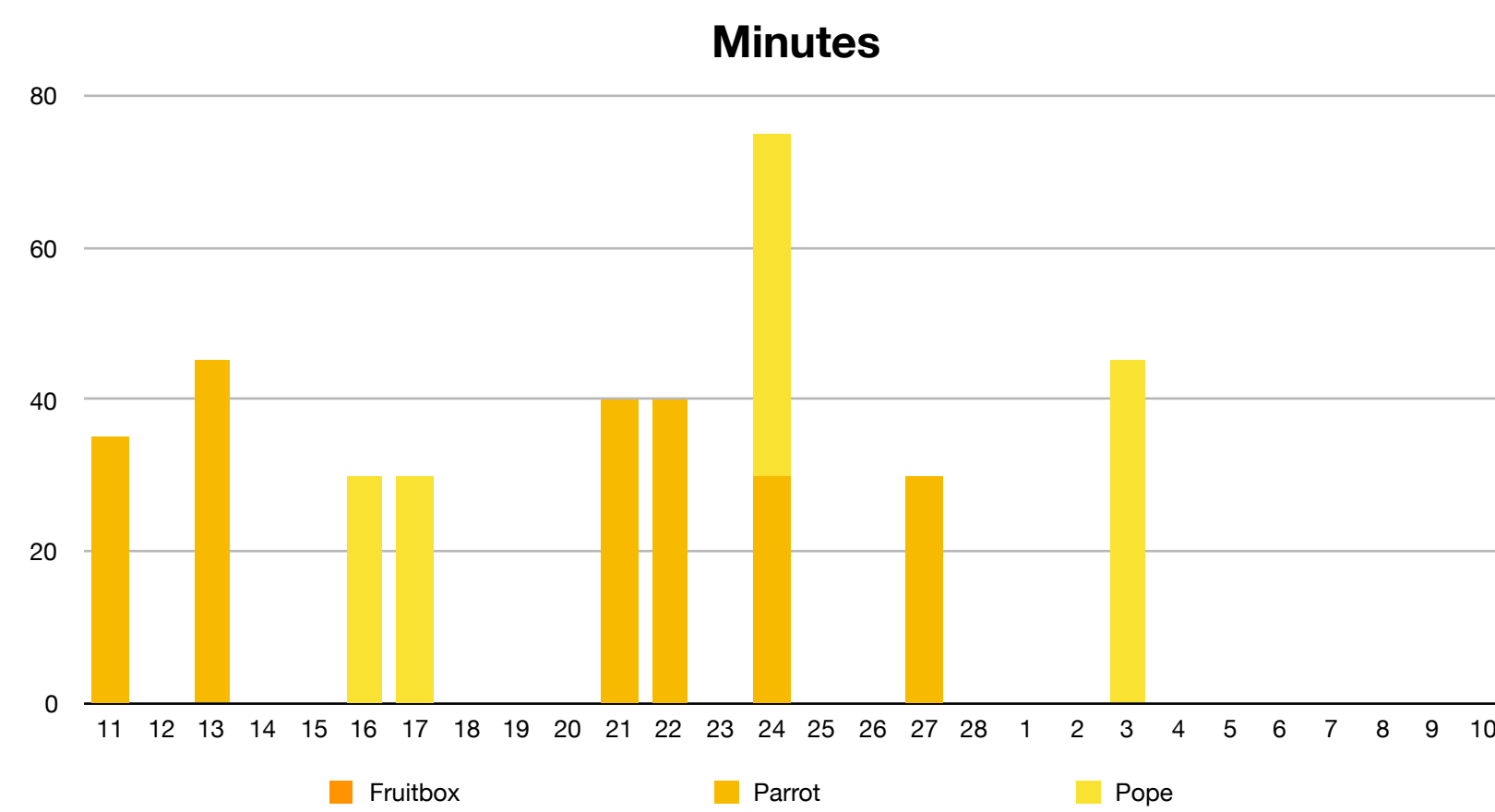
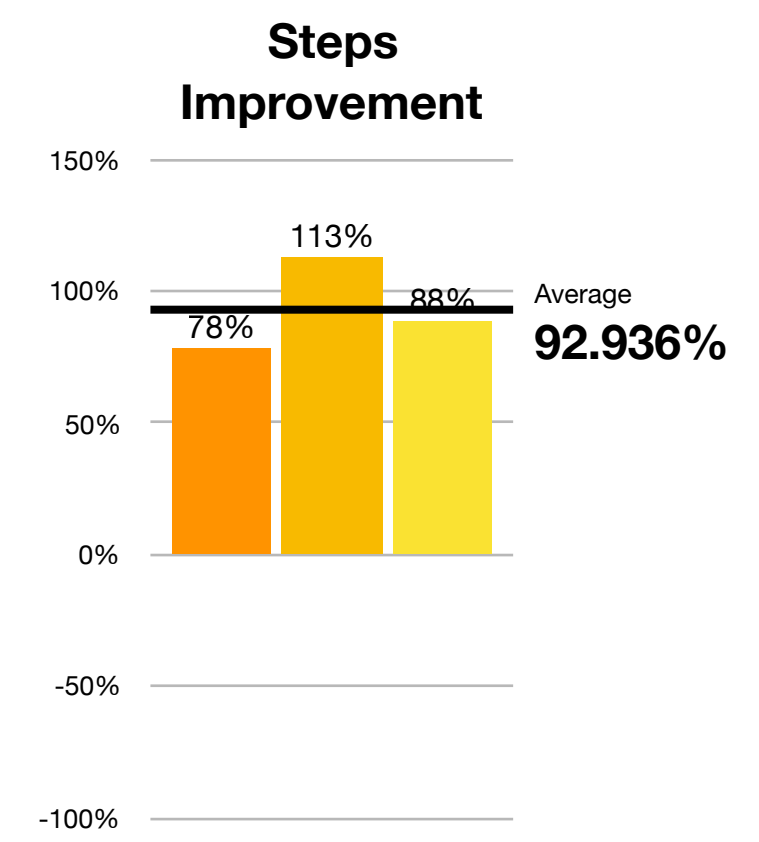
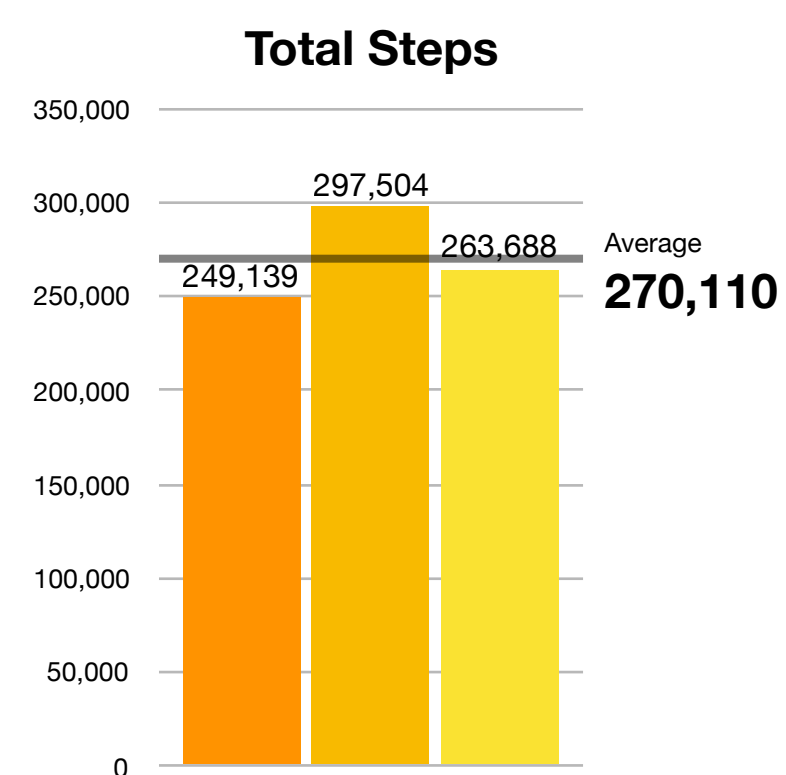
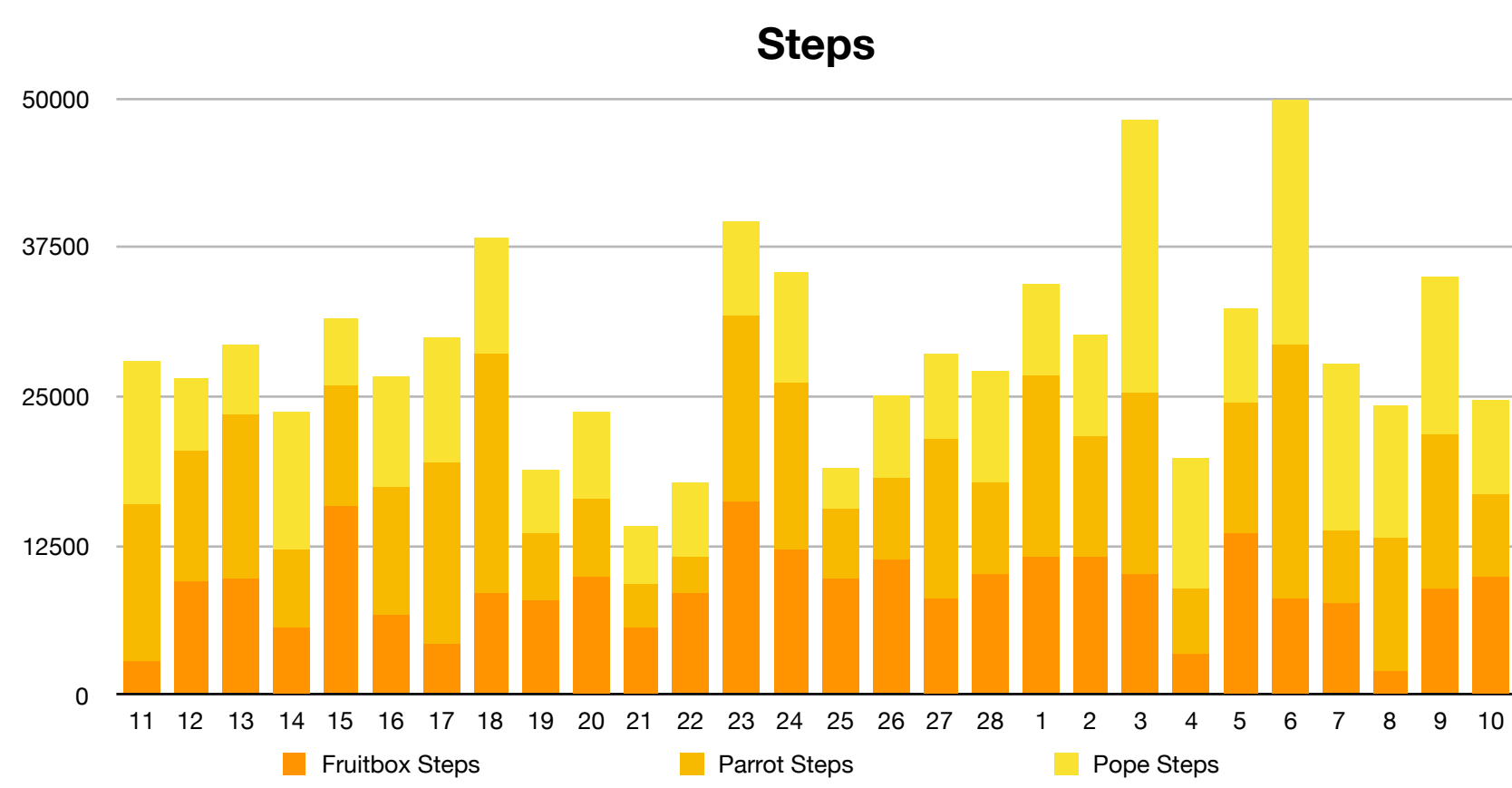
Mystery Fruit

Averages

	Fruitbox			Parrot			Pope		
	Steps	Minutes	kg	Steps	Minutes	kg	Steps	Minutes	kg
Pregame	5000	30	90	5000	30	95	5000	30	
Challenge	8898	0	90	10625	31	95	9417	38	
Gain	78%	-100%	0%	113%	5%	0%	88%	25%	

Totals

	Fruitbox	Parrot	Pope	Team
Steps	249,139	297,504	263,688	810,331
Minutes	0	220	150	370
Points	39	64	52	155



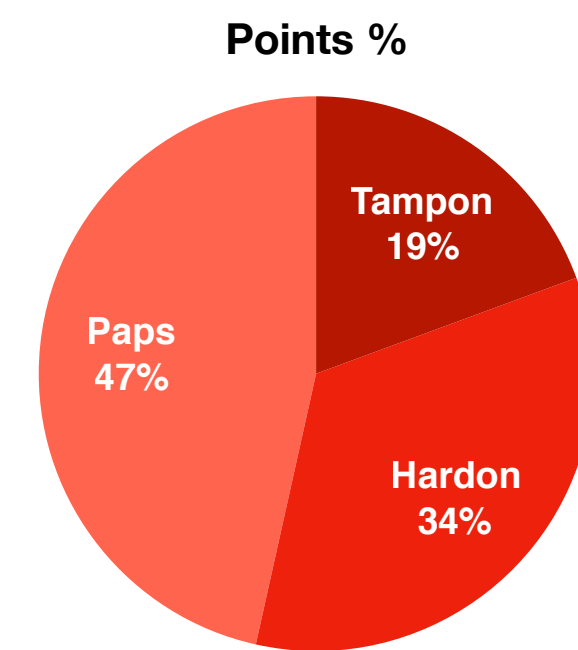
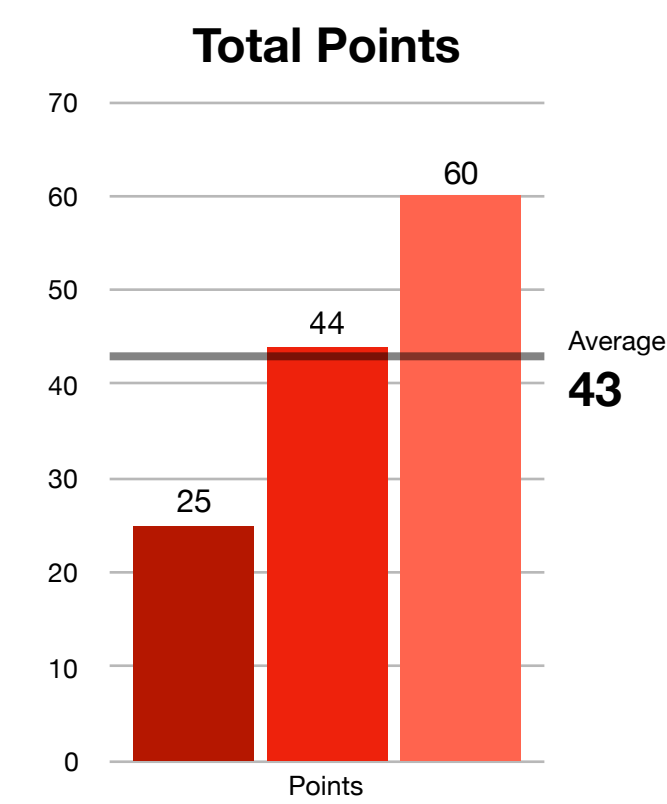
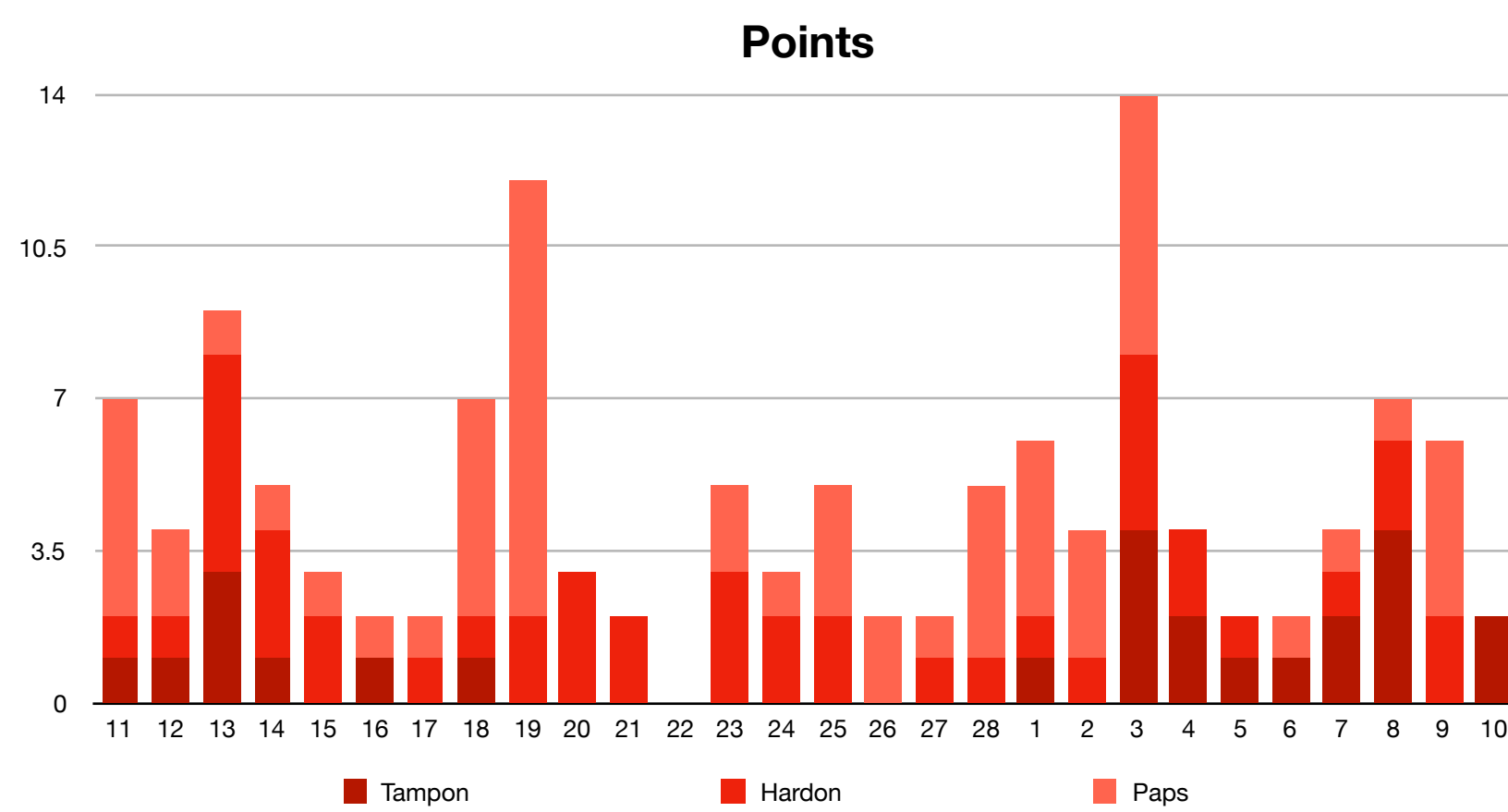
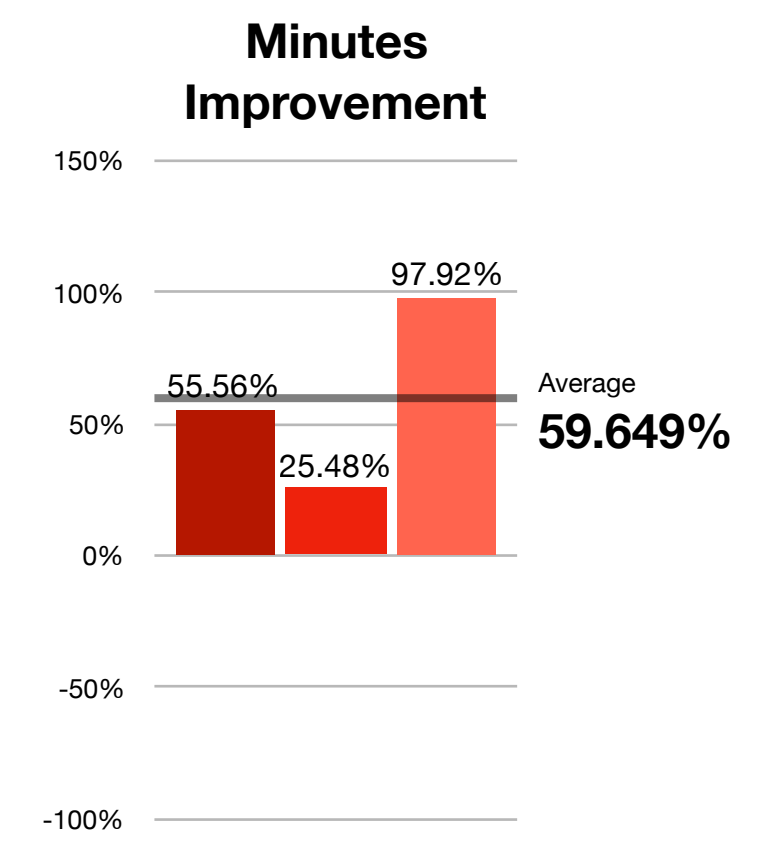
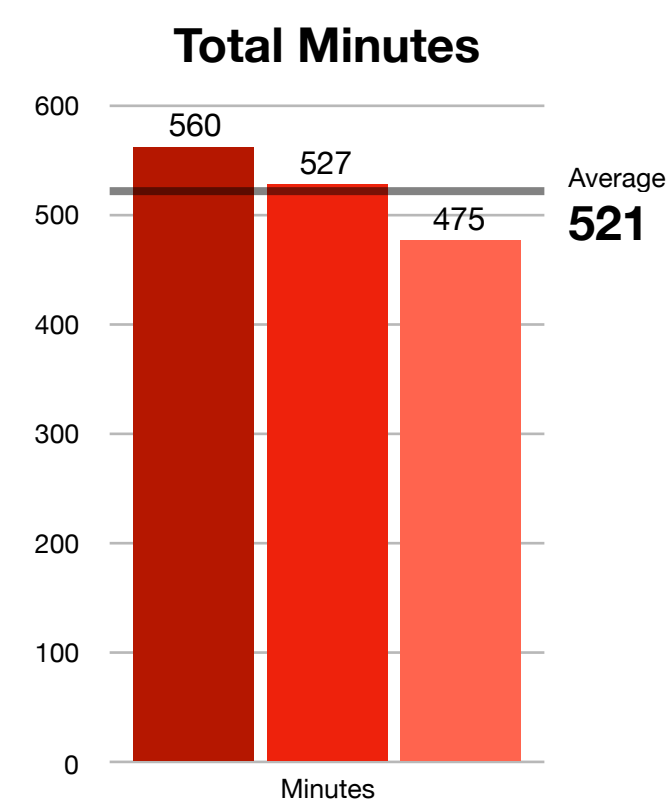
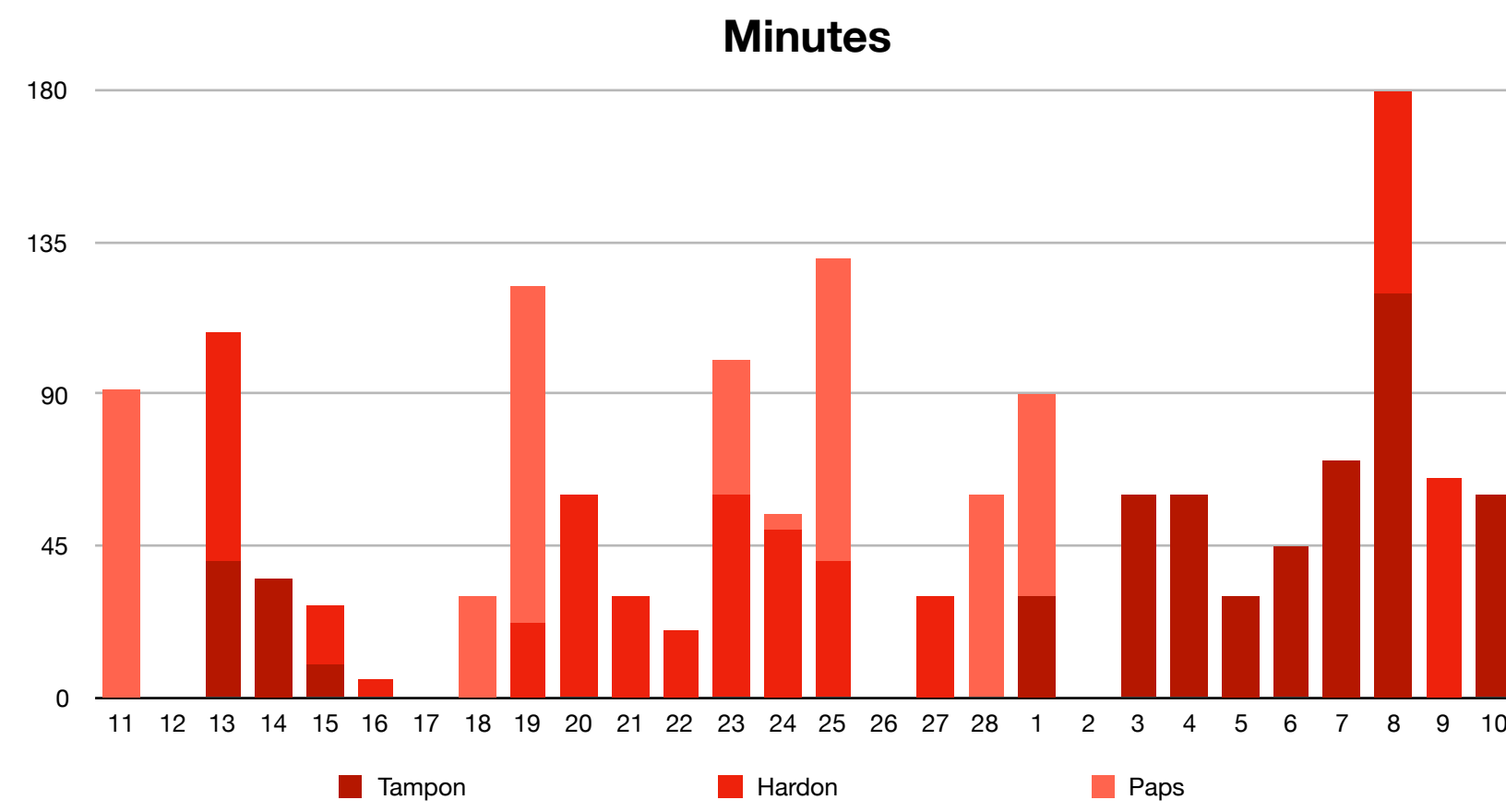
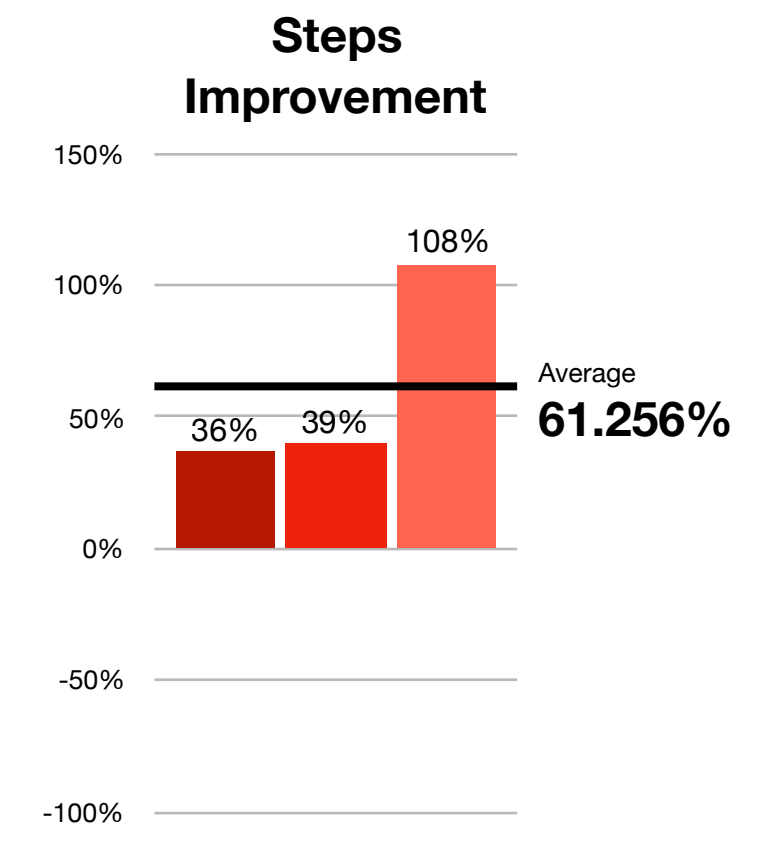
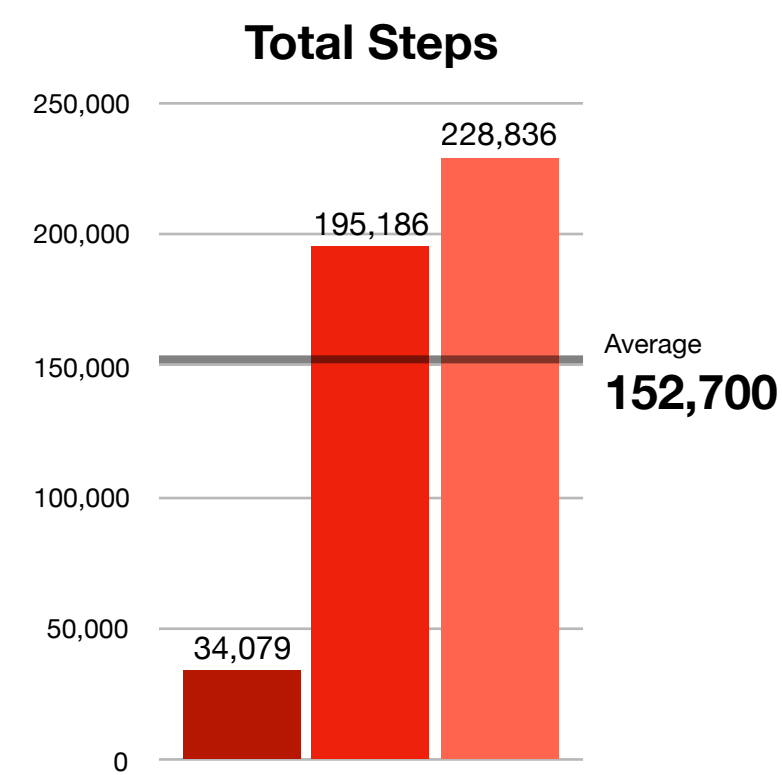
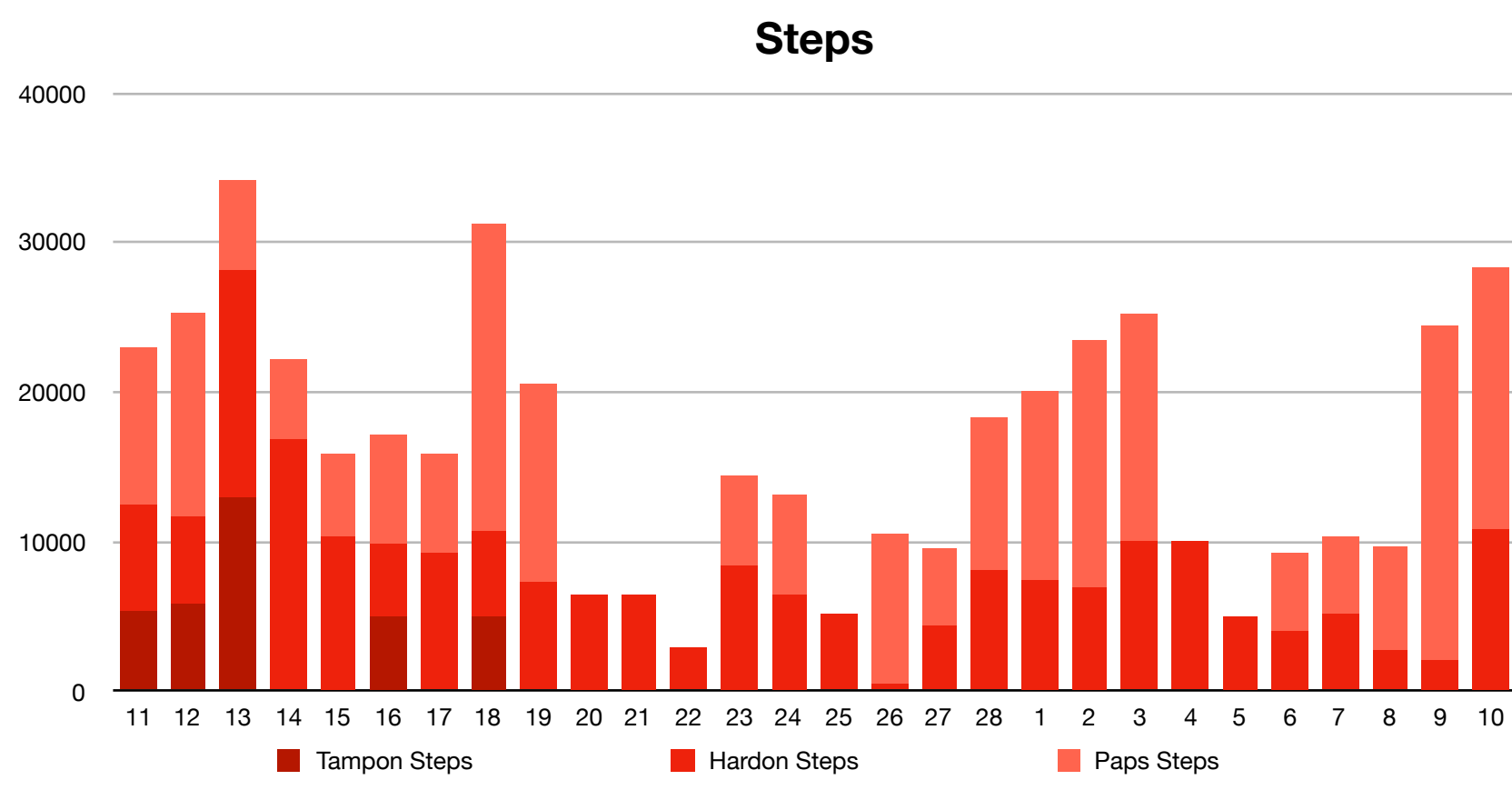
Lady's Troubles

Averages

	Tampon			Hardon			Paps		
	Steps	Minutes	kg	Steps	Minutes	kg	Steps	Minutes	kg
Pregame	5000	30	98	5000	30	80	5000	30	88
Challenge	6816	47	98	6971	38	80	10402	59	88
Gain	36%	56%	0%	39%	25%	0%	108%	98%	0%

Totals

	Tampon	Hardon	Paps	Team
Steps	34,079	195,186	228,836	458,101
Minutes	560	527	475	1562
Points	25	44	60	129



Geishas

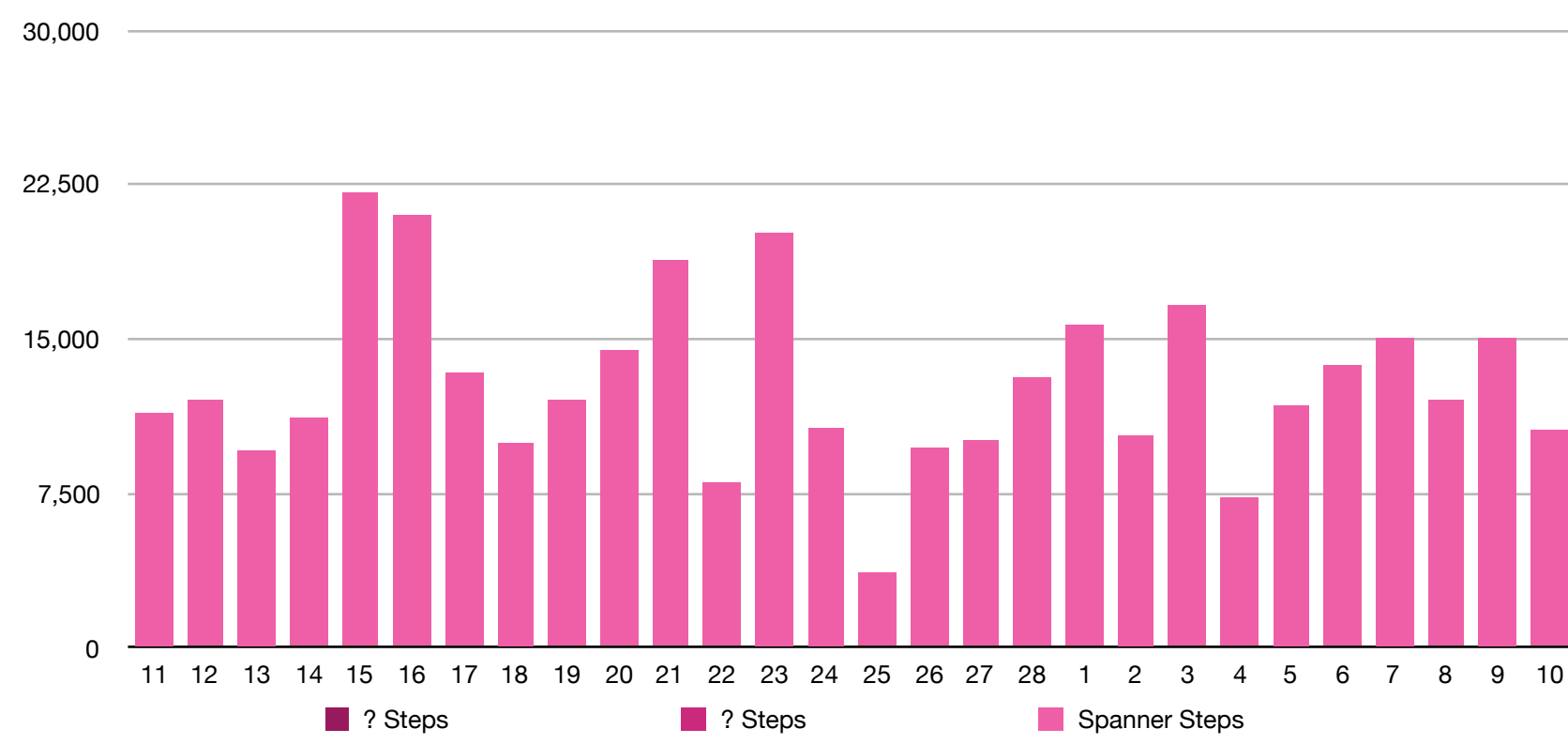
Averages

	?			?			Spanner		
	Steps	Minutes	kg	Steps	Minutes	kg	Steps	Minutes	kg
Pregame	5000	30		5000	30		9757	30	93
Challenge							12838	0	93
Gain							32%	-100%	0%

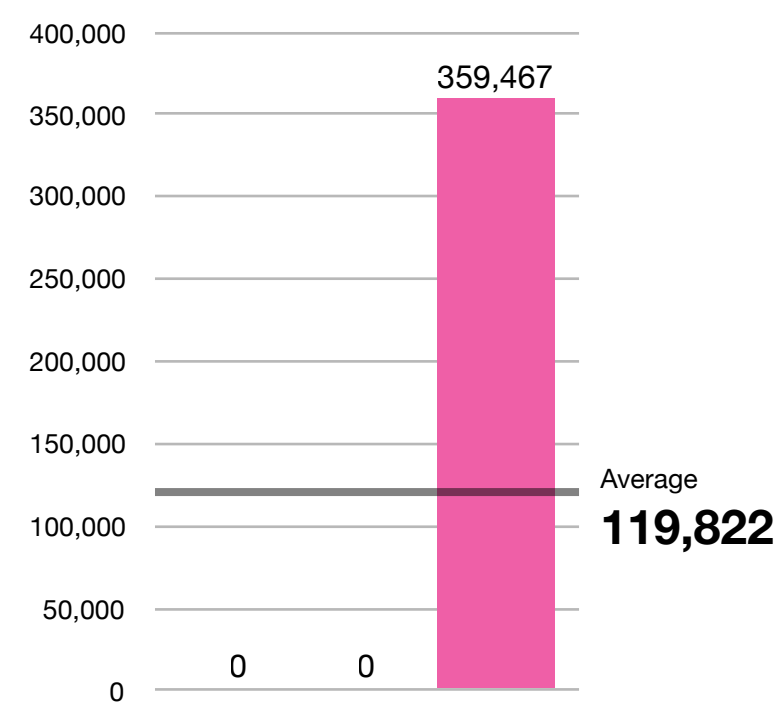
Totals

	?	?	Spanner	Team
Steps	0	0	359,467	359,467
Minutes	0	0	0	0
Points	0	0	64	64

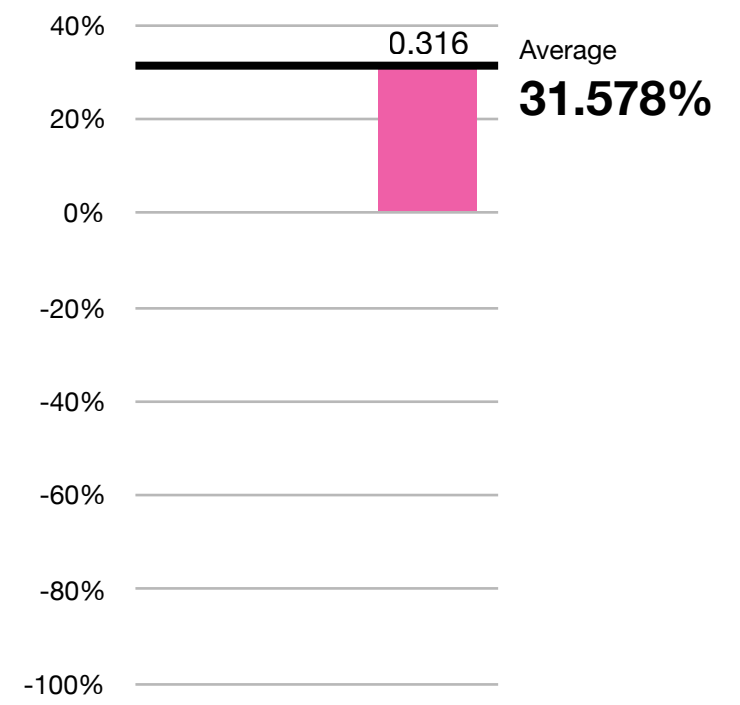
Steps



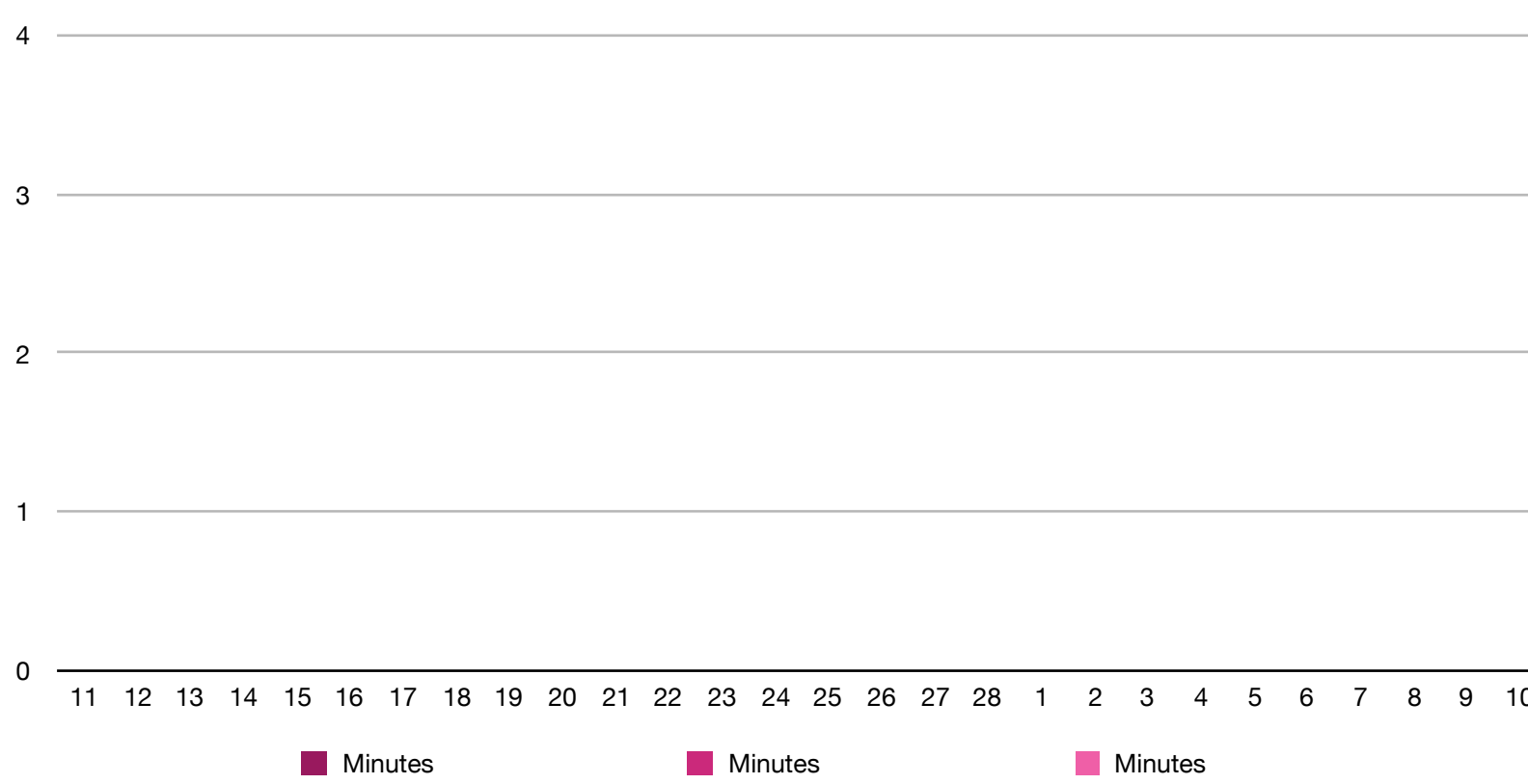
Total Steps



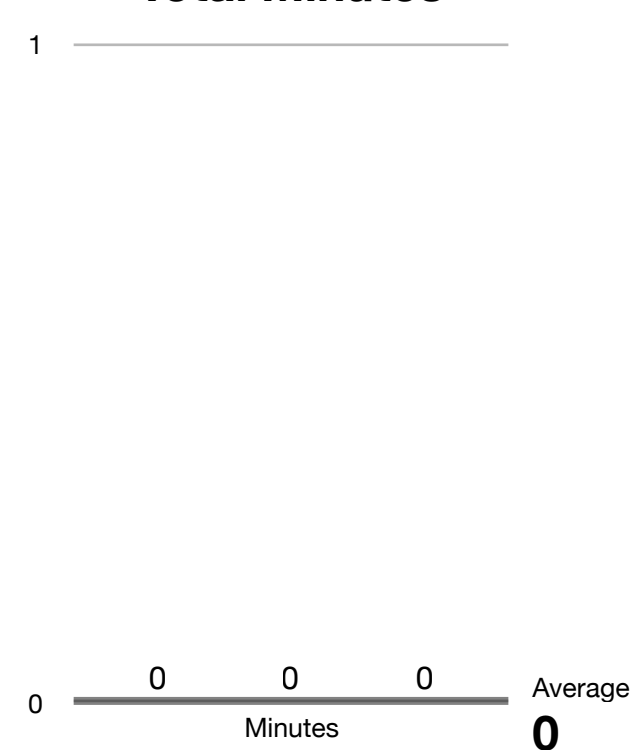
Steps Improvement



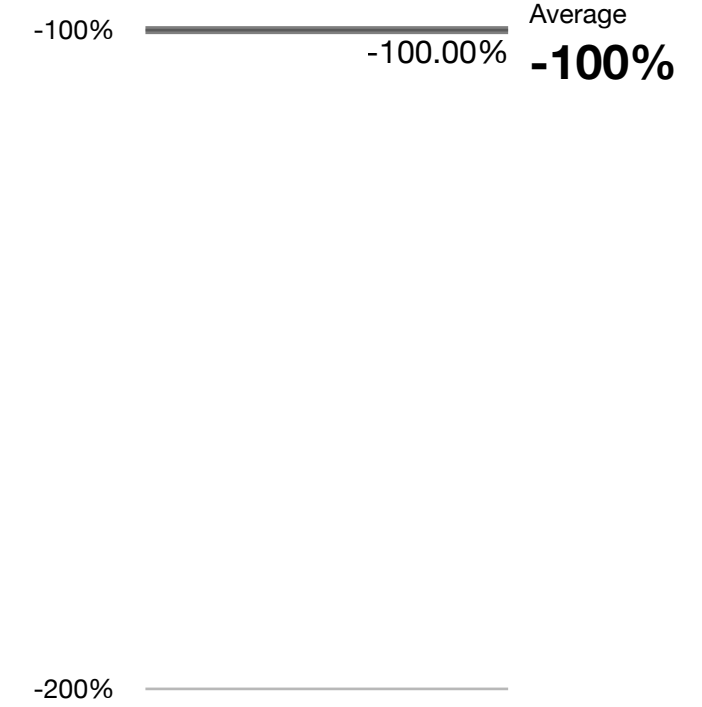
Minutes



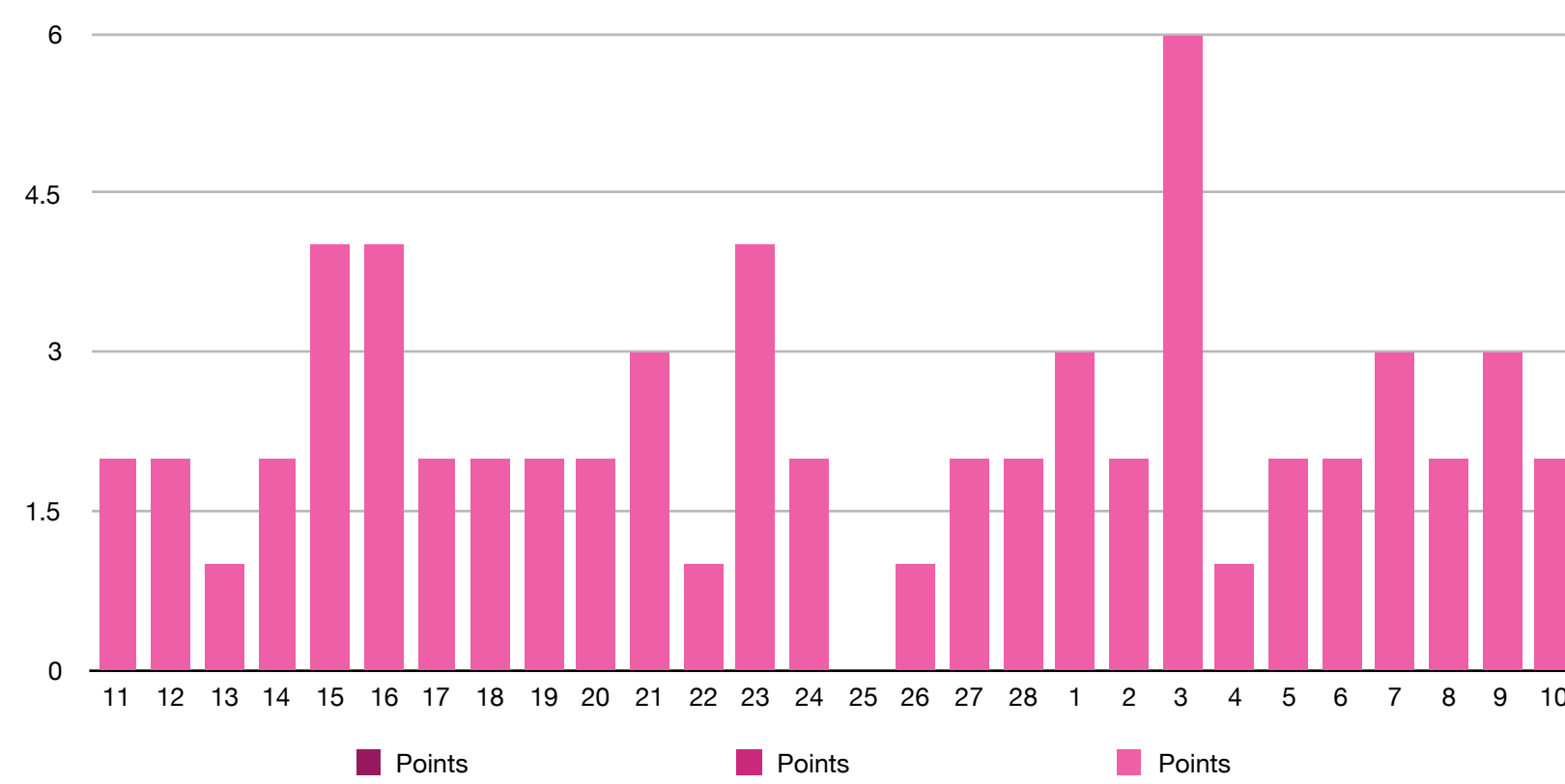
Total Minutes



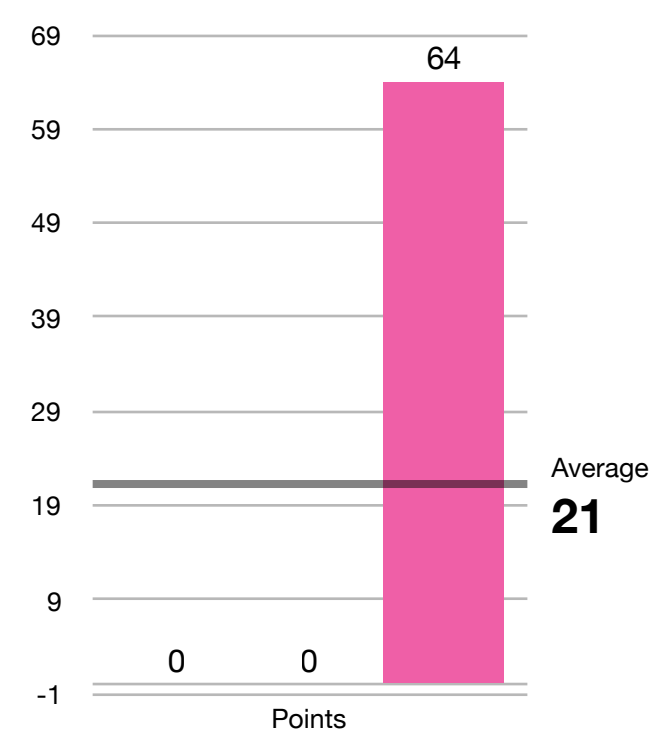
Minutes Improvement



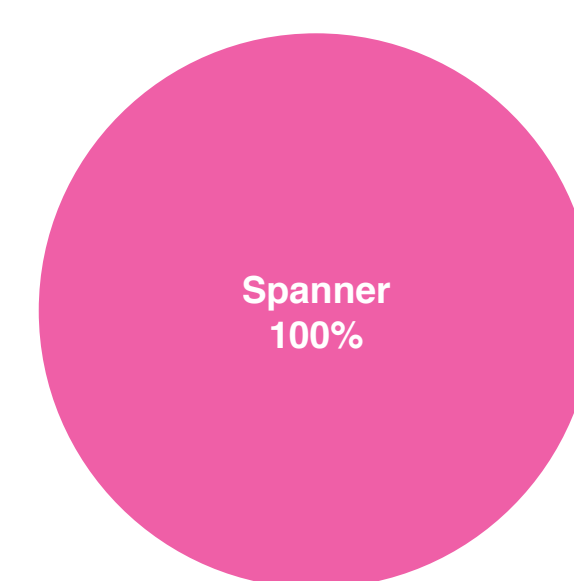
Points



Total Points



Points %



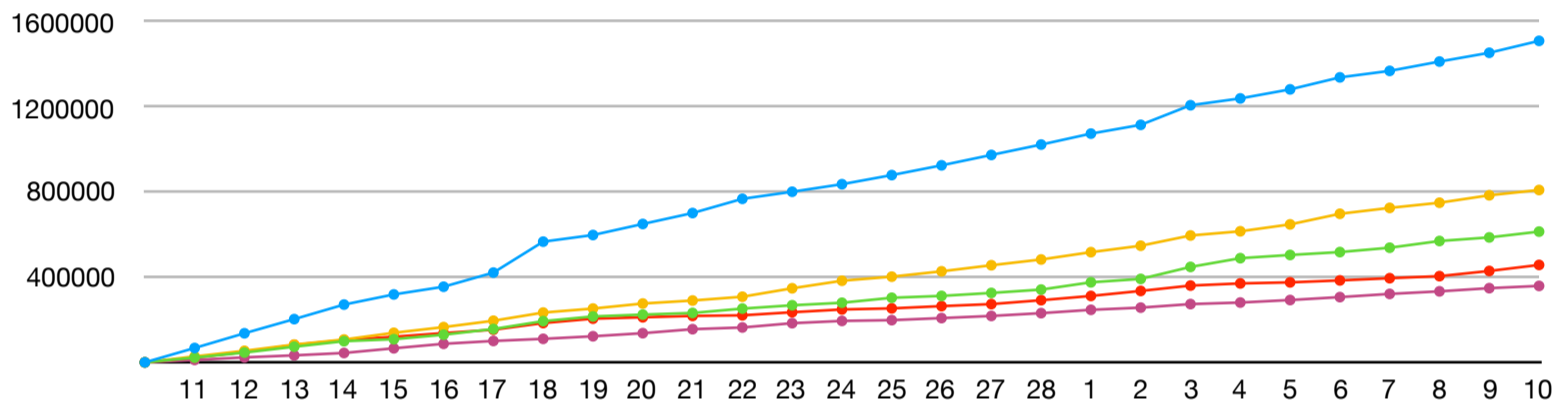
Bashers Pre-Season Fitness Challenge 2018

Final Results

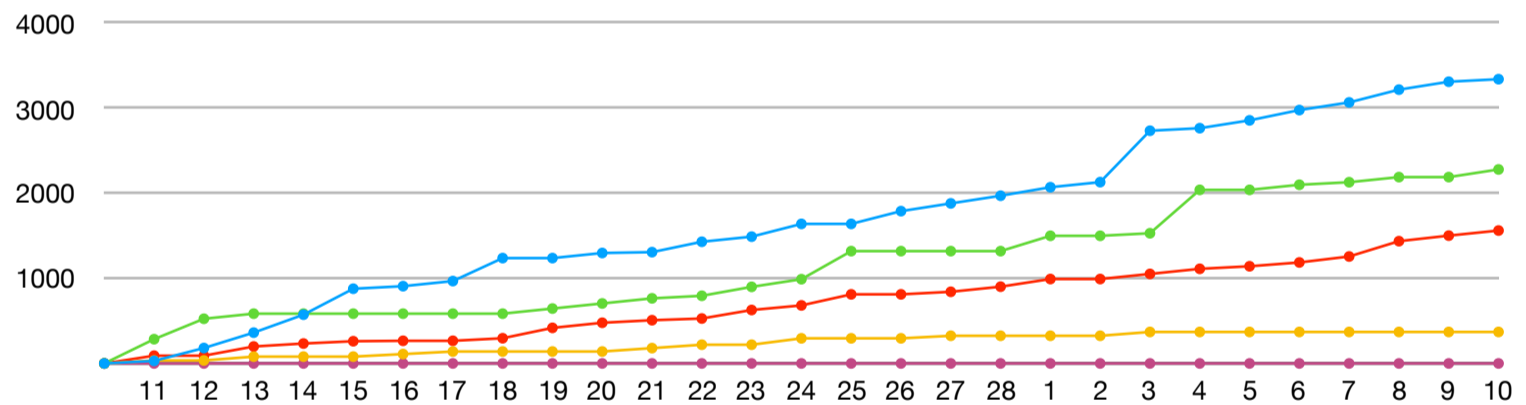
Totals

	Team Lissom	Team 2	Mystery Fruit	Lady Troubles	Geishas
Steps	1,511,579	614,769	810,331	458,101	359,467
Hours	55.7	38.0	6.2	26.0	0.0
Points	474	211	155	129	192

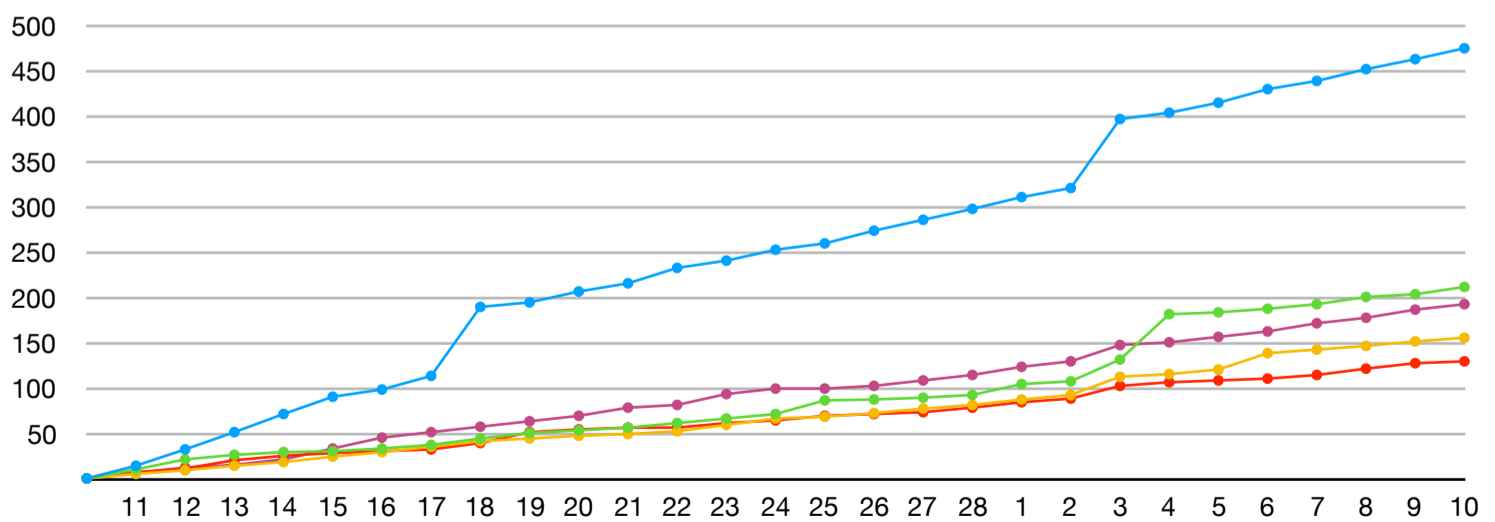
Cumulative Steps



Cumulative Minutes



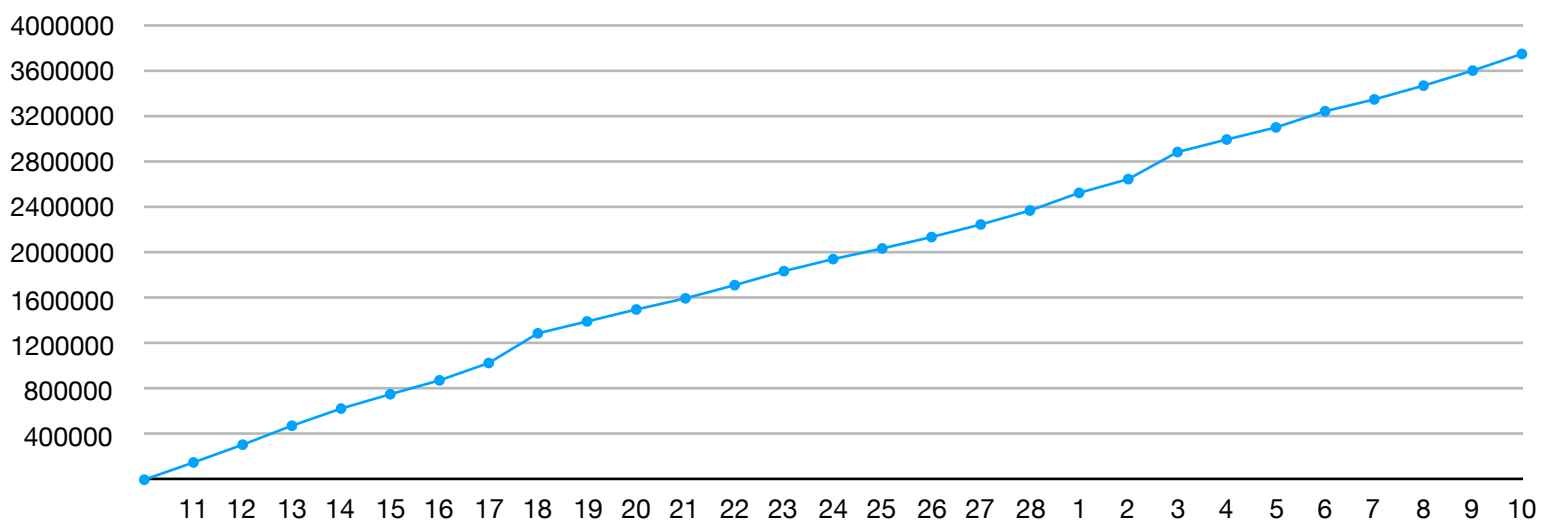
Cumulative Points



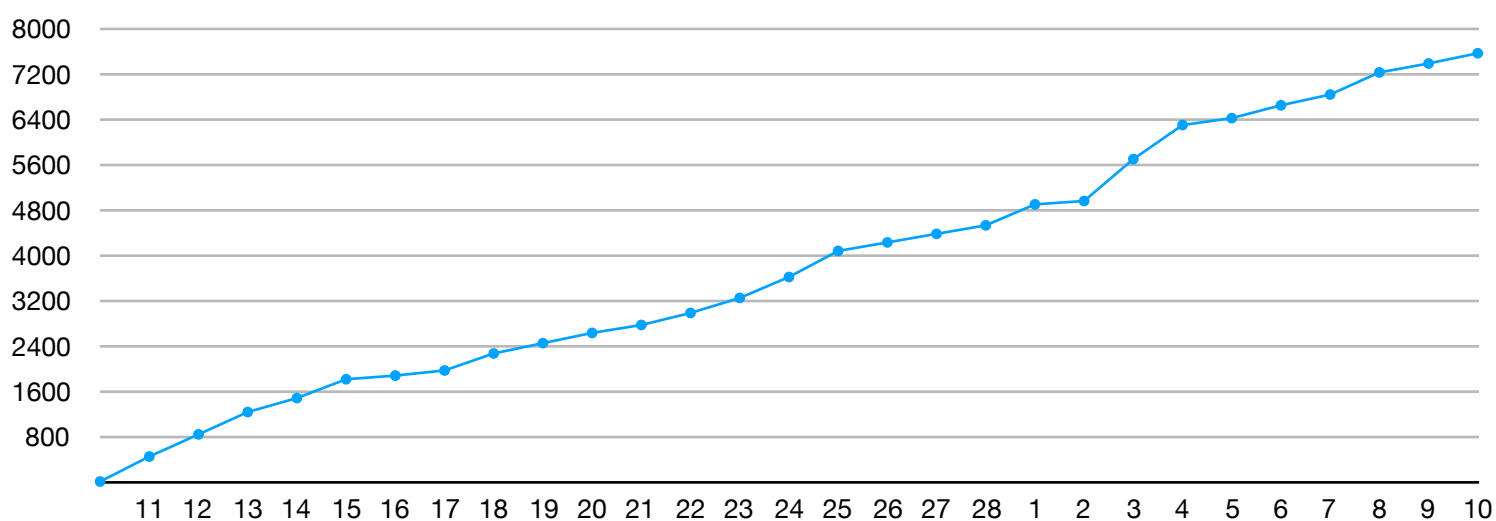
Totals

	Team Lissom	Team 2	Mystery Fruit	Lady Troubles	Geishas	Total
Steps	1,511,579	614,769	810,331	458,101	359,467	3,754,247
Hours	55.7	38.0	6.2	26.0	0.0	126
Points	474	211	155	129	192	1,161

Bashers Steps



Bashers Minutes



Bashers Points

