



Panthers Fitness Challenge 2021 / 22



Grade 6					
Boys		Overall Score	Challenges completed	Girls	
	Overall Score			Overall Score	Challenges completed
1	Caio MASTROMATTEO	185	12	1	Nadeshda TELTSCHIK 175 12
2	Maxim PIMENOV	174	12	2	Leticia BERGER 165 12
3	Niels GRIMM	173	12	3	Sofia ZIGNOL 159 12
4	Manuel BARREIRO UGALDE	172	12	3	Mia Rose RACCAT 159 12
5	Vladimir VARCHEV	171	12	5	Harper DAILEY 150 12
6	Yousef TAQI	170	12	6	Daphne OLIVEIRA REIS 149 12
7	Alexander PIMENOV	168	12	7	Claire NGUYEN 148 12
8	Logan SODERGREEN	166	12	8	Lea MANSSON 146 12
9	Edouard MARGRY	165	12	8	Alana ARECES 146 12
10	Marcel CAILLETTE SOBRE	164	12	8	Julia Gisele SOCQUET 146 12

Grade 7					
Boys		Overall Score	Challenges completed	Girls	
	Overall Score			Overall Score	Challenges completed
1	Leo REID	209	12	1	Sophia DE KLERK 189 12
2	Masafumi KATO	194	12	2	Lauren CARPENTIER ALTI 188 12
3	Yonah Shane BANDA	193	12	3	Emily SHANE 183 12
4	Nikita KOZOVVOY	186	12	4	Chihana UENO 179 12
5	Cristian Brad VALEANU	184	12	5	Victoire LEBLOND 173 12
6	Baptiste BOSQUILLON DE J	183	12	6	Ximena MARTINEZ MARTI 172 12
7	Andrea ROCHER	182	12	7	Giuditta ANDREATTA 170 12
8	Nicholas RIBEIRO O'GRADY	178	12	8	Margaux Isabela MUMENT 165 12
9	Matthew NGUYEN	173	12	9	Safia LE THANH 159 12
9	Lennox Albert GARDINER	173	12	10	Addison JOHNSON 158 12

Grade 8					
Boys		Overall Score	Challenges completed	Girls	
	Overall Score			Overall Score	Challenges completed
1	Griffins Paul GICHAN/	204	12	1	Violette MARKOFF 175 12
2	Lathi-tha Awonke PE	201	12	2	Carla SANS CAPDEVILA 168 12
3	Elias GRIMM	196	12	2	Alicia CAPREZ 168 12
4	Luca GHILARDI	188	12	4	Emma LOOS 166 12
5	Victor DU CHASTEL	185	12	5	Lucilla DUGAS 164 12
6	Rayan TAHAR	172	12	6	Ines PICTET 161 12
6	Liwen FRYDMAN-DEL	172	12	6	Rayne KOSMAC 161 12
8	Sam HALAWANI	169	12	8	Charlotte Bell 159 12
9	Nealson BOURGADE	168	12	8	Luciana BARREIRO UGALDI 159 12
10	Ismail SINCAP	165	12	10	Kenzy-Olanna AHMED 158 12

Grade 9					
Boys		Overall Score	Challenges completed	Girls	
	Overall Score			Overall Score	Challenges completed
1	Nozomi SAITA	221	12	1	Chiara MC GUIRE 201 12
2	Sungjoon PARK	215	12	2	Florence LAROUCHE 200 12
3	Takuto NAKAJIMA	214	12	3	Maria ABDELSADEK 198 12
4	Daniel DE KLERK	213	12	4	Veronika KELEMEN 177 12
5	Victor HOLSTEN	205	12	4	Julia BERGER 177 12
6	Erick GARZA SALCEDO	202	12	4	Joanne KIM 177 12
7	Ruiqing ZHANG	200	12	7	Sarah Nadine Dani PLANC 171 12
8	Filip STEVIN KANOK	196	12	8	Victoria MARGRY 169 12
9	Anu TUMA	195	12	9	Patrice MASTERSON 165 12
10	Manuel Juan PERRET	192	12	10	Isabella Victoria INFANTE 164 12

Grade 10					
Boys		Overall Score	Challenges completed	Girls	
	Overall Score			Overall Score	Challenges completed
1	Isaac Anthony BAIRD	213	12	1	Léna HOLSTEN 193 12
2	Diego GARZA SALCEDO	210	12	2	Nicole Marie MOORE 190 12
3	Magnus Peter GEHRKE	207	12	3	Ann SHANE 188 12
4	Martin Abel RODRIGUEZ HEI	206	12	4	Carlota GUILLAMET DE G 180 12
5	Jinwoo JUNG	204	12	4	Whitney MOORE 180 12
6	Inigo WOLFENBERGER	189	11	6	Lucy VAUGHAN 179 12
7	Murat OZILERI	186	12	7	Daryan FRANCO 174 11
8	Amirhossein NAJAFI	185	12	8	Ava ZAMANI 170 12
9	Matias MARTINEZ MARTINE	183	11	9	Victoria DURCHEVA 165 12
10	Jacob NEWELL	181	12	10	Sara RAVINDER KUMAR 164 12

Grade 11					
Boys		Overall Score	Challenges completed	Girls	
	Overall Score			Overall Score	Challenges completed
1	Omar TAGHIYEV	190	10	1	Eloise WESTFELDT 169 8
2	Zihao SUI	189	10	2	Lila SABOUBA 150 10
3	Junqi ZHU	168	10	3	Sara HANNON GONZALEZ 122 10
4	Alexander LEAL ROGI	167	10	4	Anna Claire WOOLLEY 115 8
5	Sardor ARIPOV	163	10	5	Julia SCHERRER MACHADC 102 8
6	Mykhaylo IVASHCHEN	159	10	6	Sabine DAHER 99 8
7	Maxwell Meyer WAGH	156	9	7	Sofia Mariko AIOLFI 94 10
7	Wuyao XU	156	10	8	Alexandra GERKEN 90 6
9	Kosei NOGUCHI	155	9	9	Constance MASTERSON 87 8
10	James CHISHOLM	135	9	10	Natalia LORET DE MOLA 80 8



This is what excellence looks like!

Top scores

Push ups		
Muscular endurance (Upper body)		
Name	How many?	
G6 Boys	Niels GRIMM	54
G6 Girls	Claire NGUYEN	34
G7 Boys	Alexandre CARRIER	51
G7 Girls	Mariia SKRYPINSKA	40
G8 Boys	Loris Fombang BAYA	60
G8 Girls	Clara DUGAS	26
G9 Boys	Victor HOLSTEN	70
G9 Girls	Chiara MC GUIRE	52
G10 Boys	Artemiy MEDVEDEV	80
G10 Girls	Nathalie NATHANIELSZ	73
G11 Boys	Omar TAGHIYEV	86
G11 Girls	Eloise WESTFELDT	84
Overall	Omar TAGHIYEV	86

Burpees		
Muscular endurance (Core)		
Name	How many?	
G6 Boys	Adrian RODRIGUEZ ROSPIGI	27
G6 Girls	Harper DAILEY	25
G7 Boys	Lennox Albert GARDINER	26
G7 Girls	Lisa BOBER	25
G8 Boys	Elias GRIMM	27
G8 Girls	Ginevra ANDREATTA	23
G9 Boys	Matias ESPINOSA	35
G9 Girls	Maria ABDELSADEK	37
G10 Boys	Diego GARZA SALCEDO	30
G10 Girls	Marie EGEDE BEISKJAER	30
G11 Boys	Kosei NOGUCHI	40
G11 Girls	Eloise WESTFELDT	28
Overall	Kosei NOGUCHI	40

Plank		
Muscular Endurance (Isometric)		
Name	How long?	
G6 Boys	Logan SODERGREN	8.00
G6 Girls	Alana ARECES	7.00
G7 Boys	Baptiste BOSQUILLON L	25.05
G7 Girls	Sophia DE KLERK	8.30
G8 Boys	Kian Antonio BISANZIO	27.00
G8 Girls	Isabella HARPER	6.08
G9 Boys	Takuto NAKAJIMA	10.05
G9 Girls	Anna BARRAGUES NASI	10.52
G10 Boys	Didac ALARCON	7.35
G10 Girls	Whitney MOORE	6.12
G11 Boys	Omar TAGHIYEV	5.00
G11 Girls	Eloise WESTFELDT	93.30
Overall	Eloise WESTFELDT	93.30

1500 M		
CV Endurance		
Name	Time?	
G6 Boys	Lorenzo VEA-GAILLARD	6.13
G6 Girls	Mia Rose RACCAT	6.56
G7 Boys	Andrea ROCHER	5.38
G7 Girls	Chihana UENO	6.21
G8 Boys	Griffins Paul GICHANA	4.55
G8 Girls	Lucilla DUGAS	5.56
G9 Boys	Victor HOLSTEN	4.29
G9 Girls	Florence LAROUCHE	6.30
G10 Boys	Isaac Anthony BAIRD	5.42
G10 Girls	Martina	7.20
G11 Boys		
G11 Girls		
Overall	Victor HOLSTEN	4.29

CDL Mile		
CV Endurance		
Name	How many?	
G6 Boys	Caio MASTROMATTEO	7.20
G6 Girls	Mia Rose RACCAT	7.34
G7 Boys	Andrea ROCHER	6.13
G7 Girls	Chihana UENO	7.05
G8 Boys	Griffins Paul GICHANA	5.47
G8 Girls	Lucilla DUGAS	7.16
G9 Boys	Victor HOLSTEN	5.50
G9 Girls	Florence LAROUCHE	7.35
G10 Boys	Aidan GAUKRODGER	5.40
G10 Girls	Zoe LOPEZ	7.31
G11 Boys	Maxwell Meyer WAGNER	6.21
G11 Girls		
Overall	Aidan GAUKRODGER	5.40

Beep Test		
CV Endurance		
Name	Level?	
G6 Boys		
G6 Girls		
G7 Boys		
G7 Girls		
G8 Boys		
G8 Girls		
G9 Boys	Manuel Juan PERRET	12.0
G9 Girls	Joanne KIM	10.0
G10 Boys	Aidan GAUKRODGER	13.4
G10 Girls	Nathalie NATHANIELSZ	10.0
G11 Boys	Thaddeus ELLISON	11.9
G11 Girls	Anna Claire WOOLLEY	10.7
Overall	Aidan GAUKRODGER	13.4

Sit & Reach		
Flexibility		
Name	Score	
G6 Boys	Manuel BARREIRO UGALD	39
G6 Girls	Daphne OLIVEIRA REIS	42
G7 Boys	Bisher AL HASAN	43
G7 Girls	Sophie VOTTELER	44
G8 Boys	Namkyun KIM	50
G8 Girls	Jiayi He (Annie)	51
G9 Boys	Benjamin KELLAND	56
G9 Girls	Veronika KELEMEN	48
G10 Boys	Adam RASYID	52
G10 Girls	Akmaral ASLANBEKKYZY	54
G11 Boys	Thaddeus ELLISON	49
G11 Girls	Eloise WESTFELDT	57
Overall	Eloise WESTFELDT	57

Criss Cross		
Agility		
Name	Score?	
G6 Boys	Adrian RODRIGUEZ ROS	27
G6 Girls	Mia Rose RACCAT	28
G7 Boys	Alexandre CARRIER	28
G7 Girls	Chihana UENO	30
G8 Boys	Elias GRIMM	30
G8 Girls	Katy VAUGHAN	26
G9 Boys	Federico SAMBUCINI	46
G9 Girls	Maria ABDELSADEK	31
G10 Boys	Amirhossein NAJAFI	34
G10 Girls	Maria del Valle CRESPO I	30
G11 Boys	Maximilian VON MEISSNI	36
G11 Girls	Eloise WESTFELDT	30
Overall	Federico SAMBUCINI	46

Standing Long Jump		
Power		
Name	How far?	
G6 Boys	Caio MASTROMATTEO	2.10
G6 Girls	Sofia ZIGNOL	1.90
G7 Boys	Yonah Shane BANDA	2.25
G7 Girls	Giuditta ANDREATTA	2.15
G8 Boys	Danil Rayan ABOUYAUB	2.50
G8 Girls	Nathalie GRAU	2.30
G9 Boys	Erick GARZA SALCEDO	2.65
G9 Girls	Kira KRIVTSOV	2.40
G10 Boys	Jinwoo JUNG	2.97
G10 Girls	Monica HERNANDEZ DEL M	2.40
G11 Boys	Zihao SUI	2.80
G11 Girls	Lila SABOUBA	2.00
Overall	Jinwoo JUNG	2.97

Slackline		
Balance		
Name	Time?	
G6 Boys	Yusef TAQI	9
G6 Girls	Nadeshda TELTSCHIK	11
G7 Boys	Leo REID	30
G7 Girls	Mariia SKRYPINSKA	12
G8 Boys	Arthur Malcolm PALMER	8
G8 Girls	Violette MARKOFF	10
G9 Boys	Sungjoon PARK	11
G9 Girls	Sarah Nadine Dani PLAN	9
G10 Boys	Jose Luis PARGA	12
G10 Girls	Nicole Marie MOORE	16
G11 Boys		
G11 Girls	Lila SABOUBA	3
Overall	Leo REID	30

60 M		
Speed		
Name	Time?	
G6 Boys	Michael MULS	8.90
G6 Girls	Daphne OLIVEIRA REIS	8.50
G7 Boys	Masafumi KATO	7.89
G7 Girls	Emily SHANE	9.24
G8 Boys	Nathanael BERREBY	7.93
G8 Girls	Roxana HAASE	9.03
G9 Boys	Seth GOMO	7.07
G9 Girls	Maria ABDELSADEK	8.02
G10 Boys	Matias MARTINEZ MARTIN	7.58
G10 Girls	Monica HERNANDEZ DEL I	8.85
G11 Boys		
G11 Girls	Lila SABOUBA	9.30
Overall	Seth GOMO	7.07

100 M		
Speed		
Name	Time?	
G6 Boys		
G6 Girls		
G7 Boys		
G7 Girls		
G8 Boys		
G8 Girls		
G9 Boys	Seth GOMO	11.82
G9 Girls		
G10 Boys		
G10 Girls		
G11 Boys		
G11 Girls		
Overall	Seth GOMO	11.82

Skipping		
Coordination & CV Endurance		
Name	Time?	
G6 Boys	Alexander PIMENOV	138
G6 Girls	Anna Mariya DE	122
G7 Boys	Masafumi KATO	145
G7 Girls	Chihana UENO	145
G8 Boys	Griffins Paul GICHANA	158
G8 Girls	Helena CHRISTENSEN	135
G9 Boys	Takuto NAKAJIMA	165
G9 Girls	Chiara MC GUIRE	232
G10 Boys	Murat OZILERI	150
G10 Girls	Ann SHANE	155
G11 Boys	Alan TUKTAROV	175
G11 Girls	Yuhan CHEN	108
Overall	Chiara MC GUIRE	232

Grip test (squeazy squeazy)		
Strength		
Name	Time?	
G6 Boys	Caio MASTROMATTEO	42.00
G6 Girls	Harper DAILEY	34.70
G7 Boys	Masafumi KATO	40.90
G7 Girls	Dyani CHOPIN	41.00
G8 Boys	Lathi-tha Awonke PETEF	54.00
G8 Girls	Paria JOWKAR	49.20
G9 Boys	Ruiqing ZHANG	58.00
G9 Girls	Julia BERGER	44.20
G10 Boys	Rayan BENZIADA	64.00
G10 Girls	Natasha DORKIN	40.00
G11 Boys	Nikita LEBEDENKO	56.00
G11 Girls	Lila SABOUBA	47.70
Overall	Rayan BENZIADA	64.00

Bring Sally Thunderstruck		
Muscular Endurance (Isometric)		
Name	Score	
G6 Boys	Oliver KELLAND	25
G6 Girls	Nadeshda TELTSCHIK	25
G7 Boys	Zakaria BOUZEKRI	25
G7 Girls	Lauren CARPENTIER ALTI	25
G8 Boys	Loris Fombang BAYA	25
G8 Girls	Kenzy-Olannie AHMED	25
G9 Boys	Nozomi SAITA	25
G9 Girls	Anna BARRAGUES NASH	25
G10 Boys	Thomas HAMPTON	25
G10 Girls	Akmaral ASLANBEKKYZY	25
G11 Boys	Omar TAGHIYEV	25
G11 Girls	Eloise WESTFELDT	25
Overall	Oliver KELLAND	25

* There are many top scores in BST!

This is what *excellence* looks like!