

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Conan Mclarnon
11.	15	Ryan Faulkner

Run1	00:04:08
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SkiErg	00:04:17
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Run2	00:04:23
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Sled Push	00:01:36
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Run3	00:04:30
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Sled Pull	00:02:54
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Run4	00:04:26
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80m Burpee	00:02:58
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Run5	00:04:33
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1000m Row	00:04:47
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Run6	00:04:19
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Farmers carry	00:01:47
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Run7	00:04:24
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Sandbag Lunges	00:03:51
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Run8	00:04:20
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Wall Balls	00:03:53
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Run Total	00:35:05
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Total time	01:01:12
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