

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Krystian Mrukowicz
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13.	17	Conor Madden
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Run1	00:03:54
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SkiErg	00:04:18
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Run2	00:04:17
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Sled Push	00:02:26
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Run3	00:04:47
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Sled Pull	00:03:05
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Run4	00:04:37
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80m Burpee	00:02:38
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Run5	00:04:38
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1000m Row	00:04:33
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Run6	00:04:34
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Farmers carry	00:02:15
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Run7	00:04:31
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Sandbag Lunges	00:03:06
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Run8	00:04:26
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Wall Balls	00:03:29
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Run Total	00:35:46
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Total time	01:01:41
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