

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Laura Mc Auley
2.	208	Kayleigh Dillon

Run1	00:04:44
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SkiErg	00:04:40
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Run2	00:05:06
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Sled Push	00:01:40
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Run3	00:05:20
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Sled Pull	00:03:28
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Run4	00:05:06
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80m Burpee	00:02:24
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Run5	00:05:18
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1000m Row	00:04:44
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Run6	00:05:07
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Farmers carry	00:02:12
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Run7	00:05:23
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Sandbag Lunges	00:03:10
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Run8	00:05:10
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Wall Balls	00:02:41
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Run Total	00:41:17
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Total time	01:06:20
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