

Belfast Hyrox Sim 2024 @ Girdwood

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|------|------|--------------------|
| Rank | Team | Christopher Malone |
| 48. | 32 | Chris Powell |

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| Run1 | 00:04:27 |
| SkiErg | 00:04:31 |
| Run2 | 00:04:43 |
| Sled Push | 00:01:50 |
| Run3 | 00:05:05 |
| Sled Pull | 00:03:54 |
| Run4 | 00:05:17 |
| 80m Burpee | 00:03:23 |
| Run5 | 00:05:47 |
| 1000m Row | 00:04:59 |
| Run6 | 00:05:36 |
| Farmers carry | 00:02:20 |
| Run7 | 00:05:37 |
| Sandbag Lunges | 00:04:48 |
| Run8 | 00:05:28 |
| Wall Balls | 00:04:33 |
| Run Total | 00:42:03 |
| Total time | 01:12:25 |