

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ronan Fox
44.	38	Eoin Teague

Run1	00:04:14
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SkiErg	00:04:47
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Run2	00:04:21
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Sled Push	00:03:02
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Run3	00:05:18
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Sled Pull	00:03:44
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Run4	00:05:12
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80m Burpee	00:03:27
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Run5	00:05:14
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1000m Row	00:04:55
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Run6	00:04:56
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Farmers carry	00:02:43
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Run7	00:04:49
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Sandbag Lunges	00:04:07
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Run8	00:04:28
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Wall Balls	00:04:11
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Run Total	00:38:35
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Total time	01:09:34
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