

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Anna Mccrory
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17.	69	Luke Brady
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Run1	00:04:47
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SkiErg	00:04:52
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Run2	00:05:01
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Sled Push	00:02:01
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Run3	00:05:41
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Sled Pull	00:03:41
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Run4	00:05:32
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80m Burpee	00:02:55
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Run5	00:05:52
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1000m Row	00:05:05
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Run6	00:05:46
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Farmers carry	00:02:07
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Run7	00:05:52
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Sandbag Lunges	00:03:06
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Run8	00:05:49
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Wall Balls	00:03:07
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Run Total	00:44:23
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Total time	01:11:22
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