

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Karen Mcconnell
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4.	91	John Mcconnell
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Run1	00:03:58
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SkiErg	00:04:26
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Run2	00:04:24
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Sled Push	00:02:02
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Run3	00:04:32
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Sled Pull	00:03:15
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Run4	00:04:28
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80m Burpee	00:02:38
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Run5	00:04:35
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1000m Row	00:04:28
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Run6	00:04:34
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Farmers carry	00:01:56
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Run7	00:04:43
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Sandbag Lunges	00:03:00
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Run8	00:04:36
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Wall Balls	00:03:30
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Run Total	00:35:53
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Total time	01:01:12
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