

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Matthew Cavill
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35.	93	Victoria Cavill
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Run1	00:05:34
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SkiErg	00:04:59
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Run2	00:06:08
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Sled Push	00:02:11
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Run3	00:06:50
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Sled Pull	00:03:50
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Run4	00:06:55
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80m Burpee	00:03:38
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Run5	00:06:42
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1000m Row	00:05:24
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Run6	00:06:44
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Farmers carry	00:02:37
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Run7	00:06:54
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Sandbag Lunges	00:04:29
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Run8	00:06:57
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Wall Balls	00:04:15
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Run Total	00:52:46
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Total time	01:24:13
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