



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members	Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total	
FEMALE PAIRS											
1.	DENISE MCCANN	--	4:14	4:08	4:14	4:09	4:13	4:14	4:15	4:07	
93	LAURA MCGARRITY		4:32	2:51	3:02	3:42	5:15	2:54	3:02	2:47	1:01:49
2.	LAURA HARKIN	--	4:02	4:29	4:49	4:39	4:53	4:43	4:50	5:00	
173	MARIA HARKIN		4:39	2:15	2:51	3:24	5:50	2:56	3:06	3:07	1:05:40
3.	JOANNE MEENAGH	--	4:13	4:29	5:01	4:50	5:09	4:58	5:08	4:55	
90	STEPHANIE DALY		4:22	1:45	3:11	4:06	5:41	2:52	2:21	2:36	1:05:43
4.	SARA GARDNER	--	4:26	4:28	4:48	4:49	4:51	5:01	4:57	4:53	
183	NICHOLL		4:28	3:17	3:44	3:40	5:11	2:52	3:39	2:34	1:07:45
5.	HAYLEY O'DONNELL	--	4:16	4:35	4:53	5:03	5:04	5:02	5:11	4:48	
6	RACHEL DEVLIN		4:45	1:25	4:52	4:26	5:37	2:45	3:23	3:00	1:09:13
6.	AIMEE SWEENEY	--	4:34	4:42	4:54	5:06	5:23	5:21	5:25	5:19	
175	CATHERINE CANAVAN		4:35	2:20	3:46	4:10	5:51	3:16	3:41	3:08	1:11:40
7.	BLANAID MCGARVEY	--	4:46	4:47	5:32	5:37	5:31	5:28	5:44	5:22	
185	AOBH MCCAFFREY		4:33	1:25	3:28	5:14	5:31	3:09	3:00	2:56	1:12:12
8.	ODETTE MCMENAMIN	--	4:53	4:49	5:42	5:39	5:51	5:14	5:39	5:13	
120	WENDY CANDERS		4:31	2:05	3:42	4:39	5:30	2:50	3:19	2:40	1:12:23
9.	ELESHA KENNEDY	--	4:50	5:12	5:52	5:46	5:45	5:46	5:44	5:46	
101	TRACEY MCGOLDRICK		4:35	1:48	3:09	4:24	5:35	3:02	3:26	2:15	1:13:03
10.	AOIFE LOUGHRAN	--	4:55	4:55	5:15	5:07	5:06	5:09	4:59	5:04	
106	KATHY MCALEER		4:34	2:21	4:15	5:29	6:15	3:24	3:15	2:56	1:13:06
11.	SHANNON DALY	--	4:49	5:10	6:09	5:57	5:40	6:12	6:19	6:29	
168	ROSIE		4:30	1:38	3:06	5:34	3:35	2:48	2:56	2:42	1:13:41



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Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
12.	DANII SHORTT	--	4:47	4:57	6:23	6:05	5:49	5:46	5:35	5:34	
172	KATE MCALEER		4:30	2:33	4:47	3:36	5:41	2:28	2:42	2:44	1:14:03
13.	TANYA KELLY	--	5:06	4:53	5:24	5:33	5:36	5:15	5:15	5:18	
107	CLAIRE DOBBS		4:47	2:09	3:47	4:47	6:02	3:14	3:25	3:35	1:14:14
14.	KERRIE MCGLONE	--	5:17	5:01	5:39	5:42	5:26	5:15	5:21	5:14	
195	SHANNON O'NEILL		4:43	2:31	5:19	4:05	6:01	3:10	3:07	2:41	1:14:42
15.	SEANIN MURRAY	--	4:55	5:06	5:33	5:37	5:47	5:41	5:35	5:15	
190	AOIFE HUTCHINSON		4:41	3:12	3:54	5:01	5:56	2:59	3:01	2:32	1:14:53
16.	LOUISE MOSSEY	--	4:37	4:54	5:23	5:29	5:28	5:23	5:44	4:58	
182	BRONAGH MOSSEY		5:03	4:10	5:06	3:23	5:52	3:29	3:19	2:53	1:15:17
17.	LAURA WARD	--	4:34	4:54	5:18	5:24	5:42	5:34	5:44	5:40	
92	CAROL MCCARRON		5:00	2:10	4:49	4:03	6:32	3:08	4:04	2:36	1:15:19
18.	DONNA MULLIN	--	4:40	4:51	5:41	5:37	5:46	5:20	5:35	5:28	
193	MAIREAD GORMLEY		5:05	2:01	4:56	3:54	6:31	3:09	3:34	3:12	1:15:27
19.	CATRIONA BRADY	--	5:34	5:33	5:42	5:45	5:58	6:11	6:26	6:21	
87	ALISON TREANOR		4:33	1:48	3:33	3:39	5:32	3:08	2:52	2:49	1:15:31
20.	TERRI BRADLEY	--	5:13	5:18	6:09	6:08	5:55	5:45	5:58	5:18	
181	ALI MORROW		4:43	2:21	4:38	3:45	6:03	2:53	3:06	2:27	1:15:47
21.	PAULINE MCKENNA	--	4:57	5:00	5:28	5:37	5:46	5:40	5:46	5:41	
121	MARTINA O'NEILL		4:28	2:24	4:32	4:53	5:54	3:15	4:08	2:47	1:16:23
22.	NICOLE SWEENEY	--	4:45	4:58	5:41	5:18	5:22	6:09	5:29	5:29	
98	EMMA LOANE		4:40	1:56	4:46	4:50	6:20	3:13	4:06	3:30	1:16:40
23.	EIMEAR MCKENNA	--	4:48	5:11	5:41	5:38	5:46	5:50	5:44	5:39	
165	PAMELA		4:38	2:32	4:44	4:05	6:07	3:35	4:03	2:35	1:16:43



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Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
24. 86	AOIFE HEANEY ORLA O'KANE	--	5:22 5:03	5:34 1:46	5:53 4:59	5:55 4:13	6:00 6:18	6:01 2:44	6:04 2:45	5:40 2:39	1:17:05
25. 85	KARINA CARROLL HELEN MOEN	--	5:13 4:41	5:13 2:34	5:43 4:41	5:53 3:46	6:23 5:51	5:47 3:14	5:58 3:50	5:33 2:49	1:17:18
26. 176	LOUISE KELLY KENZIE CASE	--	5:06 4:46	5:13 3:24	5:44 3:41	5:48 3:58	5:56 6:00	5:52 3:29	5:54 3:55	5:54 2:33	1:17:21
27. 194	MELANIE JONES NAOIMH MCCULLAGH	--	5:00 4:46	4:48 2:36	5:54 4:38	6:11 4:41	6:16 6:28	5:54 3:28	5:47 2:57	5:47 2:38	1:17:59
28. 184	SEANA MCQUADE KELAH O'NEILL	--	5:06 4:56	5:12 2:15	5:51 4:01	5:56 4:10	6:08 5:59	6:00 3:27	6:07 3:35	6:05 3:06	1:18:01
29. 113	CLAIRE O'NEILL SHAUNA MCNULTY	--	5:21 4:36	5:40 1:49	6:13 4:03	5:59 4:58	5:59 5:47	5:59 3:17	5:58 3:54	6:05 3:02	1:18:48
30. 179	KERRIEANNE O'HAGAN JESSICA MCCULLAGH	--	4:48 4:44	5:17 2:32	5:42 5:10	5:55 5:20	6:07 6:16	6:14 3:44	5:59 3:31	6:13 2:51	1:20:31
31. 112	LOUISE HOWARD SARA MCVITTY	--	5:15 4:47	5:27 2:23	5:50 5:03	5:58 5:06	6:01 6:54	6:01 3:47	5:59 3:26	5:58 2:52	1:20:54
32. 178	AISLING PORTER LISA O'NEILL	--	5:13 5:12	5:29 2:32	7:35 2:53	6:06 4:59	6:04 6:39	5:56 3:58	6:07 3:29	5:54 2:50	1:21:03
33. 97	AMANDA MCARDLE LUCY KEENAN	--	5:08 5:24	5:11 2:53	5:32 5:12	5:44 5:06	5:48 6:48	6:01 3:03	6:06 4:37	6:10 3:10	1:22:00
34. 104	SUSIE O'NEILL GEMMA O'BRIEN	--	5:06 4:39	5:31 3:07	5:46 5:08	6:02 5:56	5:46 6:23	5:46 3:36	6:20 3:49	6:19 2:43	1:22:06
35. 125	BRENDA O'DONNELL KATHRYN WATTERSON	--	5:22 4:37	5:28 2:43	5:43 5:07	6:00 5:38	6:34 6:09	6:15 3:20	6:27 3:25	6:35 2:44	1:22:15



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Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
36.	CATRONA MCALEER	--	5:20	5:36	5:54	6:12	6:05	6:04	6:02	5:54	
89	URSULA MCELDUFF		5:01	2:37	5:40	6:01	6:49	3:24	3:11	2:44	1:22:39
37.	CLAIRE MCKILLION	--	5:13	5:20	5:47	5:37	6:00	5:47	5:42	5:30	
196	CIARA HOLLAND		5:13	2:27	5:55	6:51	6:24	3:44	4:11	3:03	1:22:51
38.	LAURA MCKENNA	--	5:41	5:58	6:31	6:32	6:48	6:49	6:45	6:44	
84	RITA COLTON		4:48	2:12	3:50	4:10	6:17	3:37	3:37	2:35	1:23:03
39.	ARLENE MCBRIDE	--	5:37	6:16	6:49	6:52	6:56	6:40	6:41	6:29	
197	NIAMH KEYES		4:38	2:13	4:22	4:43	6:01	3:26	3:22	2:38	1:23:49
40.		--	5:14	5:35	6:49	6:23	6:40	6:07	6:02	6:05	
192			4:49	3:13	5:00	5:43	6:08	3:17	3:48	3:04	1:24:04
41.	ORLA MCCULLAGH	--	5:12	5:50	6:28	6:23	6:38	6:17	6:28	6:56	
108	CIARA MCALEER		4:44	3:00	4:03	5:33	6:24	3:36	3:44	3:02	1:24:24
42.	BRONA COYLE	--	5:15	5:35	6:13	6:10	6:13	6:24	6:35	6:35	
100	RHIANNON DEVLIN		4:55	3:26	5:18	5:03	6:05	3:24	4:35	3:11	1:25:05
43.	MAIREAD MCDONALD	--	5:48	5:41	6:13	6:18	6:34	6:24	6:39	6:36	
114	ORLAGH COLTON		5:09	2:45	4:52	5:05	6:32	4:14	5:13	2:45	1:26:55
44.	EMILY KELLY	--	5:02	5:23	7:03	6:55	6:50	6:02	6:07	6:26	
122	CIARA KERLIN		4:56	2:55	5:16	6:22	6:49	3:46	3:59	3:00	1:26:59
45.	STACEY BOONE	--	5:01	5:50	6:49	6:45	6:59	6:45	7:13	6:52	
166	MARIE DALY		4:53	2:31	5:12	6:22	6:21	3:17	3:42	2:39	1:27:19
46.	SHARON HURSON	--	6:15	6:37	4:20	7:31	4:43	4:22	7:25	7:13	
95	ELAINE MALLAGHAN		5:02	2:21	4:54	6:57	6:26	3:55	5:56	3:27	1:27:32
47.	LOUISE MCKNIGHT	--	5:57	5:55	6:10	6:12	6:24	6:23	6:21	6:14	
174	CLAIREMARIE DARCY		4:55	2:45	5:28	6:13	7:28	4:24	3:58	2:58	1:27:51



Hyrox Sim 31 August 2024 --- Results

Rk	Team	Run1	Run2	Run3	Run 4	Run5	Run6	Run7	Run8	Total	
Num	Members	SkiErg	Sled Push	Sled Pull	Burpee	Row	Carry	Lunges	Wall Balls		
48.	AINE MCLEAN	--	5:22	5:39	6:21	6:13	6:17	6:11	6:08	6:11	
123	SHAUNA DRUMM		4:54	3:11	5:17	6:33	7:05	3:58	5:00	3:29	1:27:57
49.	GRAINNE WINTERS	--	6:00	6:07	6:27	6:29	7:06	6:55	6:43	7:25	
94	KATHRYN TIERNEY		4:54	2:02	4:18	6:09	6:11	3:45	4:55	2:45	1:28:19
50.	NIAMH MCELROY	--	5:42	5:44	6:43	6:31	6:43	7:04	7:39	6:46	
118	HELENA		4:54	3:30	4:34	5:48	6:38	3:53	3:45	2:42	1:28:44
51.	ORLA MEENAGH	--	5:05	5:28	6:02	6:03	6:04	5:50	5:56	8:11	
103	BERNIE FOX		5:02	3:18	5:56	6:03	7:22	4:05	4:54	4:09	1:29:37
52.	JOANNE MCCAUSLAND	--	5:38	6:25	7:40	7:15	7:13	7:08	7:23	7:12	
187	DEIRDRE DOHERTY		4:41	2:06	4:35	5:47	5:56	3:23	4:47	3:00	1:30:14
53.	EMIR TIMLIN	--	5:44	5:59	6:58	6:14	6:55	6:48	6:38	6:43	
110	SARAH ECCLES		5:04	3:31	6:05	5:44	7:05	4:10	4:23	2:39	1:30:46
54.	CHARLENE MCLEAN	--	6:02	6:19	7:34	6:49	7:36	7:56	7:05	7:15	
199	CIARA DAWON		4:40	3:00	3:57	5:40	6:18	3:42	4:20	2:56	1:31:16
55.	ENYA O'BRIEN	--	5:36	6:35	7:02	7:12	7:25	7:11	8:24	7:29	
105	TERESA O'BRIEN		4:46	2:13	5:10	5:21	6:20	3:44	3:45	3:09	1:31:29
56.	ARLENE MCCARROLL	--	5:34	5:50	6:44	6:49	7:22	7:13	7:06	7:05	
124	AIMEE PATTERSON		4:50	2:28	5:03	7:13	6:59	3:46	3:59	3:37	1:31:47
57.	TRACEY KELLY	--	5:05	6:12	7:16	6:52	7:24	6:48	7:14	7:56	
102	LYNSEY MCVEIGH		4:59	3:12	4:50	7:02	6:37	3:34	3:49	3:01	1:31:58
58.	ROISIN MCGILL	--	5:52	6:20	7:00	7:07	7:23	7:18	7:18	7:13	
129	REBECCA O'NEILL		5:01	2:31	5:26	5:41	6:55	3:59	4:51	2:58	1:32:59
59.	MICHELLE MEENAN	--	5:25	6:07	7:08	6:54	7:13	6:43	6:52	7:37	
91	SORCHA MULLIN		5:34	2:18	5:00	6:30	7:06	4:08	4:44	3:37	1:33:04



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Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
60.	SIAN SHIELDS	--	5:45	6:17	7:27	7:14	7:21	6:55	7:08	7:09	
188	MARY COYLE		5:01	3:06	4:48	6:16	6:45	3:49	4:41	3:15	1:33:05
61.	COURTNEY MCNULTY	--	5:07	6:32	7:46	7:16	7:30	7:05	7:31	7:01	
186	LENA		5:19	2:48	5:15	6:11	6:24	3:34	4:29	3:27	1:33:22
62.	MEGAN MARTIN	--	6:42	6:41	7:08	6:49	6:46	6:54	6:55	6:54	
13	NAOMI MANDAL		5:56	2:23	5:38	5:04	7:23	4:29	4:52	2:50	1:33:32
63.	EMMA MULLAN	--	5:50	5:51	7:34	7:48	7:10	6:53	7:23	7:10	
96	KERRIE LAVERY		5:14	2:22	5:10	7:25	6:35	3:41	4:34	3:10	1:33:56
64.	MEGAN LOANE	--	5:46	6:19	7:06	7:47	8:10	7:44	7:53	7:52	
99	JULIE BROGAN		4:50	2:37	4:59	5:06	6:42	4:14	3:26	3:30	1:34:09
65.	ORLAGH O'BRIEN	--	5:55	6:57	4:52	7:39	8:08	7:55	8:23	8:17	
111	CATHERINE O'BRIEN		4:59	2:35	6:06	5:41	6:43	3:59	3:17	2:52	1:34:26
66.	DONNA MEEHAN	--	5:28	6:08	6:50	7:31	7:27	7:05	7:25	7:52	
170	MARY		5:06	3:15	4:43	7:00	6:52	3:52	4:51	3:08	1:34:40
67.	NICOLA BROGAN	--	6:01	5:55	6:17	6:32	6:50	6:52	6:48	6:54	
167	AIOBHINN O'NEILL		5:05	3:31	7:02	6:02	7:35	4:12	5:15	3:45	1:34:44
68.	NICOLA COYLE	--	5:46	5:59	6:49	6:45	6:32	6:57	7:04	7:29	
164	NICOLE MCKINLEY		5:25	2:57	7:32	6:23	7:12	4:26	4:30	3:08	1:35:00
69.	SHARON MCKENNA	--	6:04	6:24	7:15	7:56	8:00	7:27	7:23	7:59	
191	LEANNE MCKENNA		5:01	2:15	5:24	6:31	7:06	4:04	4:08	3:03	1:36:07
70.	CIARA HARTE	--	6:24	7:28	4:53	4:25	6:18	6:25	6:03	6:00	
180	CLARA DEVINE		5:25	4:25	8:43	8:39	7:33	4:35	4:37	4:36	1:36:35
71.	ANNEMARIE MONAGHAN	--	6:13	6:43	7:41	7:45	7:59	7:54	7:52	7:52	
116	KARLA BRADLEY		4:57	2:40	5:34	6:22	6:28	4:02	4:53	3:01	1:38:03



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Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
72.	CLAIRE MCLAUGHLIN	--	5:47	5:59	7:04	6:46	7:20	7:51	7:35	7:30	
171	CATHERINE PANCOTT		5:23	3:47	6:00	7:16	6:38	4:19	5:39	3:12	1:38:13
73.	LUCY HOOD	--	6:29	6:59	7:22	7:35	8:09	7:37	7:46	7:49	
119	TANYA TEAGUE		5:18	2:40	5:49	7:04	7:19	5:00	5:15	2:58	1:41:17
74.	EMMA MCNAMEE	--	6:06	6:22	7:49	7:57	7:56	7:39	8:01	8:56	
117	BRONAGH MCGARVEY		5:35	3:26	5:41	7:36	7:15	4:23	4:44	4:13	1:43:45
75.	ANITA QUINN	--	6:00	6:47	8:22	7:51	6:58	7:45	7:31	8:03	
169	LORRAINE COBURN		6:03	3:18	5:50	8:32	7:22	4:28	7:05	3:54	1:45:56
76.	ORLA HARTE	--	7:10	9:04	10:19	6:32	9:25	6:28	6:14	10:35	
189	AIMEE MCLHONE		5:10	2:29	5:15	8:11	7:15	4:37	6:43	4:25	1:50:00



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Rk Num	Team Members	Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total	
MALE PAIRS											
1.	AARON TRAVERS	--	00:03:45	00:03:41	00:03:52	00:03:58	00:04:08	00:03:57	00:03:56	00:03:48	
155	DARRAGH CORCORAN		00:03:30	00:01:46	00:02:24	00:03:02	00:04:18	00:02:08	00:02:32	00:03:27	00:54:17
2.	CONOR MCCOURT	--	00:03:35	00:03:40	00:03:57	00:03:54	00:04:00	00:04:03	00:04:02	00:03:59	
80	BENNY MCELHOLM		00:03:42	00:01:22	00:03:02	00:02:37	00:04:49	00:02:25	00:02:48	00:03:26	00:55:29
3.	ALI MCKEOWN	--	00:04:00	00:03:52	00:03:59	00:04:15	00:04:06	00:04:06	00:04:06	00:04:11	
55	DAN MCBRIDE		00:03:47	00:01:40	00:02:59	00:02:39	00:04:31	00:02:18	00:02:42	00:03:23	00:56:41
4.	COLLY HARKIN	--	00:03:49	00:03:50	00:04:18	00:04:07	00:04:12	00:04:08	00:04:14	00:04:13	
72	ROB MCFALL		00:03:55	00:01:41	00:02:52	00:02:50	00:04:29	00:02:29	00:02:23	00:03:17	00:56:55
5.	FABIAN O'NEILL	--	00:03:43	00:03:45	00:04:03	00:04:05	00:04:08	00:03:58	00:04:07	00:04:00	
70	KYLE MILLS		00:03:57	00:02:47	00:03:03	00:03:08	00:04:56	00:02:31	00:03:06	00:03:30	00:58:54
6.	CONOR PANCOTT	--	00:04:03	00:04:21	00:04:21	00:04:20	00:04:22	00:04:17	00:04:16	00:04:17	
152	BEN MAZE		00:03:44	00:02:53	00:02:59	00:02:52	00:04:23	00:02:27	00:02:51	00:03:25	00:59:58
7.	AIDAN MCGALE	--	00:03:57	00:03:57	00:04:09	00:04:08	00:04:13	00:04:13	00:04:15	00:04:21	
65	GARY MARTIN		00:03:47	00:03:26	00:02:53	00:02:40	00:05:02	00:02:43	00:02:55	00:03:28	01:00:15
8.	EMMETT MCKNIGHT	--	00:03:42	00:03:57	00:04:26	00:04:24	00:04:32	00:04:28	00:04:32	00:04:29	
78	KIERAN DOHERTY		00:03:53	00:02:20	00:03:01	00:02:55	00:05:03	00:02:22	00:03:05	00:03:35	01:00:51
9.	RORY MCBRIDE	--	00:04:08	00:04:09	00:04:42	00:04:37	00:04:44	00:04:21	00:04:35	00:04:22	
53	ROBBIE PORTER		00:03:57	00:02:14	00:02:47	00:02:57	00:04:48	00:02:26	00:02:34	00:03:27	01:00:54
10.	ARNEY MACIDULSKAS	--	00:04:02	00:04:16	00:04:37	00:04:38	00:04:50	00:04:42	00:04:43	00:04:35	
69	MARK MCCANN		00:03:47	00:01:45	00:03:14	00:03:01	00:04:34	00:02:33	00:02:55	00:03:16	01:01:34
11.	CALLUM MCDONALD	--	00:03:54	00:04:00	00:04:33	00:04:31	00:04:47	00:04:32	00:04:48	00:04:43	
162	ADAM HARTE		00:03:50	00:01:58	00:03:18	00:03:11	00:04:55	00:02:20	00:02:51	00:03:39	01:01:58



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
12. 58	AIDY KELLY SIMON O'NEILL	--	00:04:05 00:03:49	00:04:16 00:02:12	00:04:35 00:04:05	00:04:40 00:03:26	00:04:39 00:04:51	00:04:28 00:02:33	00:04:42 00:03:00	00:04:32 00:03:12	01:03:12
13. 59	MICKEY MAGUIRE DEAN MAGUIRE	--	00:03:58 00:03:52	00:04:10 00:03:19	00:04:40 00:03:44	00:04:45 00:03:28	00:04:38 00:04:50	00:04:31 00:02:31	00:04:29 00:02:29	00:04:28 00:03:21	01:03:20
14. 47	ADRIAN MARTIN BRENDAN MARTIN	--	00:03:56 00:04:15	00:04:09 00:01:57	00:04:43 00:04:27	00:04:35 00:02:54	00:04:30 00:05:16	00:04:33 00:02:38	00:04:28 00:02:48	00:04:21 00:03:56	01:03:34
15. 61	PEADAR MCCAUL OLLIE BRANNIGAN	--	00:04:06 00:03:56	00:03:59 00:03:19	00:04:20 00:03:23	00:04:27 00:03:58	00:04:40 00:05:10	00:04:27 00:02:36	00:04:30 00:02:58	00:04:14 00:03:47	01:03:58
16. 60	CRAIG WHITTAKER PADDY DONNELLY	--	00:04:08 00:03:40	00:04:03 00:02:12	00:04:45 00:02:52	00:04:53 00:03:20	00:04:57 00:04:55	00:04:57 00:02:45	00:05:09 00:03:00	00:05:13 00:03:19	01:04:15
17. 44	CATHAL FORBES AARON MCGROOGAN	--	00:04:02 00:03:57	00:04:18 00:02:12	00:04:49 00:03:28	00:04:50 00:03:25	00:04:59 00:04:46	00:04:57 00:02:43	00:04:47 00:03:15	00:04:42 00:03:26	01:04:44
18. 57	MARTY CORR GARETH MCCORMAC	--	00:04:20 00:03:56	00:04:27 00:03:27	00:04:34 00:02:45	00:04:45 00:03:40	00:05:05 00:04:49	00:04:50 00:02:33	00:05:01 00:02:40	00:04:40 00:03:27	01:05:06
19. 147	LEROY MILLS AIDAN FARRY	--	00:04:09 00:04:04	00:04:21 00:02:37	00:04:46 00:03:32	00:04:36 00:03:02	00:04:56 00:05:07	00:04:33 00:02:59	00:04:32 00:03:18	00:04:56 00:03:36	01:05:12
20. 79	EAMON O'KANE CHRISSY DEVLIN	--	00:04:30 00:03:53	00:04:36 00:01:58	00:05:00 00:03:32	00:04:49 00:02:54	00:05:08 00:04:51	00:04:55 00:02:30	00:05:01 00:03:20	00:04:51 00:03:25	01:05:18
21. 128	AARON O'HAGAN DARRAGH CANNING	--	00:04:06 00:03:56	00:04:19 00:01:48	00:04:48 00:03:33	00:04:45 00:03:18	00:05:00 00:04:46	00:04:51 00:02:51	00:05:08 00:03:20	00:05:04 00:03:41	01:05:21
22. 290	James Rafferty Benny Mclaughlin	--	00:04:32 00:04:12	00:04:09 00:01:58	00:04:24 00:03:26	00:04:29 00:04:09	00:04:41 00:05:11	00:04:45 00:02:51	00:04:44 00:03:18	00:04:53 00:03:34	01:05:23
23. 156	SHANE MCMANUS SEAN MCCUSKER	--	00:03:50 00:04:13	00:03:53 00:03:07	00:04:20 00:03:56	00:04:26 00:03:36	00:04:31 00:05:34	00:04:24 00:03:03	00:04:31 00:03:13	00:04:36 00:04:03	01:05:25



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
24. 149	ANDY ROBB SHANE FEENEY	--	00:04:08 00:04:02	00:04:23 00:02:15	00:04:53 00:03:58	00:04:41 00:03:21	00:04:51 00:05:12	00:04:52 00:02:53	00:04:47 00:03:03	00:04:56 00:03:32	01:05:53
25. 145	ANDREW MCKENNA NIALL MCKNIGHT	--	00:04:23 00:04:16	00:04:39 00:03:13	00:04:55 00:03:49	00:04:41 00:02:45	00:04:57 00:05:03	00:04:50 00:02:45	00:04:48 00:02:46	00:04:57 00:03:12	01:06:06
26. 157	PHILIP MONE SHANE MCKENNA	--	00:04:29 00:03:54	00:04:34 00:01:56	00:05:16 00:02:49	00:05:27 00:02:58	00:05:07 00:04:52	00:04:57 00:02:53	00:05:14 00:03:12	00:05:08 00:03:28	01:06:21
27. 50	LEO GREEN BJ TOAL	--	00:04:36 00:03:59	00:04:38 00:02:05	00:04:52 00:02:56	00:04:53 00:03:41	00:04:57 00:05:03	00:04:54 00:02:58	00:04:58 00:03:33	00:04:42 00:03:39	01:06:32
28. 150	BARRY TOURISH BENNY BONNER	--	00:04:04 00:04:06	00:04:09 00:02:56	00:04:21 00:04:20	00:04:17 00:04:22	00:04:13 00:05:32	00:04:18 00:03:26	00:04:19 00:03:52	00:04:23 00:04:12	01:07:00
29. 68	GARY LEONARD BRIAN MCHUGH	--	00:04:22 00:04:04	00:04:27 00:02:07	00:05:14 00:03:42	00:05:22 00:03:11	00:05:14 00:04:55	00:04:58 00:02:31	00:05:07 00:03:03	00:05:20 00:03:40	01:07:25
30. 66	MATT KNOX KARL MCCRYSTAL	--	00:04:10 00:04:02	00:04:28 00:02:18	00:04:58 00:03:48	00:05:25 00:03:05	00:04:58 00:05:14	00:04:55 00:02:55	00:05:19 00:03:08	00:05:11 00:03:35	01:07:39
31. 64	RUIARI O'NEILL BEN MCSORLEY	--	00:04:07 00:03:54	00:04:03 00:03:45	00:04:37 00:04:52	00:04:32 00:03:14	00:04:55 00:05:20	00:04:37 00:03:13	00:04:44 00:03:58	00:04:21 00:03:33	01:07:53
32. 142	JAMES MCKENNA AIDAN TREANOR	--	00:04:17 00:03:58	00:04:24 00:03:37	00:04:41 00:03:18	00:04:53 00:02:56	00:04:47 00:04:57	00:04:52 00:03:05	00:04:52 00:05:05	00:04:44 00:03:45	01:08:19
33. 76	BARRY MCGUIGAN DESSIE MONE	--	00:04:33 00:04:04	00:04:33 00:05:35	00:04:27 00:04:18	00:04:27 00:03:26	00:04:29 00:05:17	00:04:37 00:02:48	00:04:34 00:03:29	00:04:30 00:03:24	01:08:40
34. 151	EMMETT MULLIN COREY CONNOLLY	--	00:03:58 00:03:56	00:04:29 00:03:07	00:05:10 00:04:31	00:04:59 00:03:23	00:04:52 00:05:23	00:05:15 00:02:59	00:04:59 00:03:42	00:04:33 00:03:37	01:09:01
35. 127	ALI CANDERS BARRY GALLEN	--	00:04:25 00:03:53	00:04:50 00:02:05	00:05:36 00:03:13	00:05:26 00:03:35	00:05:28 00:05:26	00:05:24 00:03:08	00:05:23 00:02:52	00:05:15 00:03:25	01:09:33



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
36. 163	ETHAN MCCLINTOCK PETER NIXON	--	00:04:25 00:03:55	00:04:36 00:02:30	00:05:03 00:04:12	00:05:08 00:04:06	00:04:59 00:05:23	00:04:51 00:03:08	00:05:08 00:03:34	00:05:25 00:03:35	01:10:06
37. 144	BRANNAGH MCCABE NATHAN FOX	--	00:04:23 00:03:56	00:04:43 00:02:51	00:05:10 00:04:13	00:04:59 00:04:20	00:05:11 00:05:29	00:05:09 00:02:37	00:05:10 00:03:15	00:05:06 00:03:53	01:10:31
38. 54	AIDAN O'HAGAN TERRY DONNELLY	--	00:04:23 00:04:11	00:04:30 00:02:58	00:05:06 00:03:45	00:05:03 00:03:38	00:04:58 00:06:01	00:04:50 00:03:21	00:04:57 00:04:18	00:04:44 00:03:42	01:10:33
39. 62	JOHN HARPER RYAN KELLY	--	00:04:24 00:03:58	00:04:34 00:03:39	00:05:15 00:04:08	00:05:05 00:04:03	00:05:14 00:05:06	00:05:03 00:02:54	00:05:08 00:03:37	00:05:04 00:03:32	01:10:49
40. 141	JOEY KELLY DARREN MCCUSKER	--	00:04:33 00:03:59	00:04:29 00:02:34	00:04:47 00:04:02	00:05:02 00:04:24	00:05:16 00:05:28	00:05:15 00:03:02	00:05:13 00:03:40	00:05:39 00:03:44	01:11:13
41. 42	BARRY MCCROSSAN ADAM O'BRIEN	--	00:04:51 00:04:12	00:04:55 00:01:57	00:04:55 00:04:30	00:05:13 00:03:22	00:05:19 00:05:27	00:05:28 00:03:38	00:05:15 00:03:11	00:05:08 00:03:58	01:11:26
42. 81	GAVY RODGERS DARRYN BRADLEY	--	00:04:57 00:04:04	00:04:56 00:01:25	00:05:05 00:03:08	00:05:21 00:04:05	00:05:36 00:05:12	00:05:22 00:03:15	00:06:07 00:03:54	00:05:28 00:03:28	01:11:29
43. 138	EOIN HARTE JUSTIN MCKENNA	--	00:04:35 00:04:08	00:04:51 00:03:43	00:04:40 00:04:35	00:04:54 00:04:00	00:05:04 00:05:24	00:05:16 00:02:57	00:05:04 00:03:20	00:05:26 00:03:38	01:11:41
44. 48	MARTIN MCMAHON DONAL ROWAN	--	00:04:37 00:04:02	00:04:46 00:02:30	00:05:02 00:03:42	00:05:23 00:03:53	00:05:25 00:05:41	00:05:22 00:02:54	00:05:31 00:04:23	00:05:23 00:03:26	01:12:10
45. 71	PHILIP WILSON AIDAN SCULLION	--	00:04:46 00:04:25	00:04:54 00:03:00	00:05:14 00:04:11	00:05:15 00:03:17	00:05:15 00:05:20	00:05:12 00:02:59	00:05:04 00:04:02	00:04:37 00:04:33	01:12:12
46. 46	DAMIEN EANNETTA PARAIC COLLINS	--	00:05:16 00:04:11	00:05:07 00:02:35	00:05:14 00:03:22	00:05:10 00:04:03	00:05:13 00:05:25	00:05:11 00:03:39	00:05:06 00:03:51	00:05:20 00:03:57	01:12:47
47. 43	DAMIEN GRIMES ADRIAN CUSH	--	00:05:07 00:04:21	00:05:15 00:03:08	00:05:19 00:03:53	00:05:20 00:04:01	00:05:29 00:05:48	00:05:17 00:03:40	00:05:17 00:03:55	00:05:06 00:03:46	01:14:49



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
48.	THOMAS HANNINGAN	--	00:04:41	00:04:41	00:05:27	00:05:25	00:05:25	00:05:08	00:05:06	00:05:23	
75	PAUL MCFADDEN		00:04:20	00:04:46	00:03:31	00:04:35	00:05:37	00:03:20	00:03:49	00:03:38	01:14:59
49.	JAKE IRVINE	--	00:04:43	00:04:59	00:05:52	00:05:29	00:05:32	00:05:10	00:05:18	00:05:28	
51	JACK STEENSON		00:04:25	00:03:35	00:04:41	00:04:23	00:05:26	00:03:00	00:03:32	00:04:10	01:15:49
50.	LEE DONNELLY	--	00:04:45	00:05:30	00:06:26	00:04:54	00:05:30	00:05:23	00:05:52	00:03:21	
67	NIALL QUINN		00:04:40	00:03:07	00:08:33	00:03:19	00:03:50	00:03:09	00:03:38	00:03:51	01:15:57
51.	MICHAEL GILLEN	--	00:05:19	00:05:31	00:05:51	00:05:55	00:06:06	00:06:06	00:06:09	00:06:00	
45	KARL LOGUE		00:04:06	00:02:22	00:03:20	00:02:56	00:05:41	00:02:58	00:03:32	00:04:19	01:16:17
52.	RICHARD ANDERSON	--	00:05:05	00:05:09	00:05:31	00:05:31	00:05:47	00:05:29	00:05:12	00:05:09	
63	MERVYN EDGAR		00:04:01	00:03:02	00:02:54	00:05:02	00:05:31	00:03:41	00:04:49	00:04:52	01:16:52
53.	JOE MCCARROLL	--	00:04:53	00:05:14	00:05:48	00:05:58	00:05:51	00:05:46	00:06:01	00:06:04	
146	COLLY GRIMES		00:04:19	00:03:06	00:03:30	00:04:01	00:06:07	00:03:32	00:03:47	00:04:12	01:18:16
54.	GARY QUINLAN	--	00:04:39	00:04:58	00:05:13	00:05:11	00:05:06	00:05:26	00:05:22	00:05:30	
158	KEVIN MCNALLY		00:04:30	00:03:40	00:05:06	00:05:25	00:05:38	00:03:27	00:05:04	00:04:13	01:18:34
55.	FIONN MCKENNA	--	00:05:03	00:05:21	00:05:47	00:05:36	00:05:37	00:05:32	00:05:34	00:05:15	
130	SEAN MCKENNA		00:04:22	00:03:39	00:04:15	00:05:07	00:06:13	00:03:42	00:03:50	00:03:52	01:18:53
56.	RYAN TIERNEY	--	00:04:43	00:05:06	00:05:14	00:05:46	00:05:32	00:05:37	00:05:25	00:05:34	
160	JOHN BOYLE		00:04:32	00:04:13	00:05:22	00:04:55	00:05:33	00:03:01	00:04:13	00:04:08	01:19:01
57.	CHRIS COLHOUN	--	00:04:45	00:05:00	00:05:37	00:05:23	00:05:32	00:05:25	00:05:27	00:05:40	
52	DAVID GILIFAND		00:04:10	00:05:42	00:03:33	00:05:03	00:06:14	00:03:30	00:04:01	00:03:57	01:19:06
58.	RITCHIE PANCOTT	--	00:04:21	00:04:51	00:05:28	00:05:24	00:05:44	00:05:20	00:05:35	00:05:33	
153	PAUL LEONARD		00:04:26	00:03:28	00:05:18	00:05:56	00:06:02	00:03:27	00:03:55	00:04:27	01:19:23
59.	DOMINIC DEVINE	--	00:04:56	00:05:13	00:05:42	00:05:58	00:06:05	00:05:46	00:05:46	00:06:31	
159	MATTHEW		00:04:08	00:02:38	00:04:26	00:05:06	00:05:36	00:03:50	00:04:31	00:03:47	01:20:07



Hyrox Sim 31 August 2024 --- Results

Rk	Team		Run1	Run2	Run3	Run 4	Run5	Run6	Run7	Run8	
Num	Members		SkiErg	Sled Push	Sled Pull	Burpee	Row	Carry	Lunges	Wall Balls	Total
60.	DANIEL MCCAFFREY	--	00:04:57	00:05:29	00:06:05	00:05:50	00:06:17	00:06:03	00:05:44	00:05:58	
134	MICK O'HANLON		00:04:06	00:02:40	00:04:43	00:03:49	00:06:04	00:03:49	00:05:13	00:03:39	01:20:31
61.	AIDY COLTON	--	00:07:12	00:05:12	00:05:39	00:05:27	00:05:39	00:05:37	00:05:26	00:05:54	
74	NICKY COLTON		00:04:38	00:03:57	00:04:07	00:04:41	00:06:07	00:03:41	00:03:47	00:03:52	01:21:03
62.	CATHAL O'BRIEN	--	00:04:59	00:05:27	00:06:04	00:06:38	00:06:34	00:06:40	00:06:27	00:06:16	
148	CATHAL MCELDUFF		00:04:04	00:02:49	00:04:17	00:04:30	00:05:56	00:03:33	00:03:15	00:04:02	01:21:39
63.	CONOR MCCAUGHEY	--	00:05:31	00:06:07	00:05:57	00:06:03	00:06:13	00:06:04	00:06:09	00:06:01	
133	TIERNAN BEGLEY		00:04:16	00:03:37	00:04:28	00:04:14	00:05:43	00:03:38	00:04:12	00:03:45	01:22:07
64.	RYAN MCDONALD	--	00:04:54	00:05:15	00:05:56	00:06:22	00:06:27	00:06:30	00:06:32	00:06:39	
126	GERARD CARLIN		00:04:10	00:03:05	00:03:07	00:05:07	00:05:43	00:04:03	00:04:00	00:04:11	01:22:09
65.	STEPHEN QUINN	--	00:04:29	00:04:47	00:05:42	00:05:41	00:05:35	00:05:41	00:05:37	00:05:53	
56	BRENDAN WOODS		00:04:33	00:05:09	00:04:49	00:05:44	00:05:45	00:03:14	00:05:32	00:04:17	01:22:35
66.	RYAN DEVLIN	--	00:05:29	00:05:48	00:06:37	00:06:47	00:07:08	00:06:28	00:07:03	00:06:53	
83	EOGHAN GRIMES		00:04:28	00:02:35	00:03:40	00:05:17	00:05:45	00:03:38	00:04:06	00:03:43	01:25:32
67.	NOEL GILLOWAY	--	00:05:25	00:06:57	00:07:24	00:06:19	00:06:43	00:05:08	00:05:41	00:05:58	
131	THOMAS MCBRIDE		00:04:24	00:03:51	00:05:08	00:04:26	00:06:15	00:04:24	00:04:09	00:04:11	01:26:29
68.	NOEL GREEN	--	00:04:58	00:05:15	00:05:51	00:06:27	00:06:47	00:06:12	00:07:56	00:07:07	
161	CONOR MCGUIGAN		00:04:22	00:03:05	00:04:03	00:04:54	00:07:02	00:03:58	00:04:23	00:04:24	01:26:52
69.	PAUL MCCAUSLAND	--	00:05:09	00:05:47	00:07:11	00:07:25	00:07:26	00:07:16	00:07:04	00:07:00	
139	BARRY KELLY		00:03:50	00:02:22	00:04:35	00:05:08	00:06:08	00:03:50	00:05:10	00:03:51	01:29:20
70.	NIALL KERR	--	00:05:53	00:06:40	00:07:14	00:07:18	00:07:40	00:07:27	00:07:32	00:07:42	
49	CIARAN DORIS		00:04:10	00:02:25	00:04:18	00:05:23	00:06:04	00:03:50	00:04:08	00:04:03	01:31:54
71.	GABBY MULRYAN	--	00:05:47	00:06:02	00:06:36	00:06:44	00:06:56	00:06:52	00:06:57	00:07:19	
136	TOM MCGREAD		00:04:42	00:04:07	00:05:18	00:06:12	00:05:48	00:04:17	00:04:10	00:04:49	01:32:45



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members	Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total	
MIXED PAIRS											
1.	MARCELLA MONAGHAN	--	00:03:55	00:03:53	00:04:01	00:04:02	00:04:01	00:04:06	00:04:03	00:03:50	
38	COLIM MONAGHAN		00:04:08	00:02:12	00:03:21	00:02:31	00:04:57	00:02:21	00:02:44	00:03:13	00:57:28
2.	JOHN FITZPATRICK	--	00:04:06	00:04:13	00:04:34	00:04:29	00:04:36	00:04:42	00:04:51	00:04:41	
5	LAURA FITZPATRICK		00:04:09	00:01:26	00:03:05	00:03:07	00:04:56	00:02:40	00:03:11	00:03:26	01:02:21
3.	DARIUS BUCHOWICZ	--	00:04:27	00:04:28	00:04:39	00:04:37	00:04:37	00:04:32	00:04:38	00:04:34	
9	SABRINA MCKELVEY		00:04:04	00:01:54	00:02:30	00:03:09	00:04:49	00:02:41	00:03:11	00:03:34	01:02:33
4.	PAUL BRADLEY	--	00:04:06	00:04:15	00:04:42	00:04:32	00:04:39	00:04:32	00:04:36	00:04:43	
19	SHAUNA QUINN		00:04:07	00:01:52	00:03:14	00:03:15	00:04:53	00:02:33	00:03:14	00:03:31	01:02:52
5.	RORY QUIGG	--	00:04:22	00:04:50	00:05:00	00:04:53	00:05:01	00:05:00	00:05:01	00:04:46	
2	CAOIMHE QUIGG		00:03:55	00:01:52	00:03:17	00:02:51	00:04:50	00:02:43	00:03:00	00:03:27	01:04:55
6.	MICKEY GALLAGHER	--	00:04:36	00:04:29	00:04:35	00:04:31	00:04:49	00:04:54	00:04:48	00:04:36	
28	SHANNON GARTLAN		00:04:21	00:01:59	00:03:48	00:02:48	00:05:05	00:02:39	00:03:43	00:03:29	01:05:16
7.	KEVIN O'BRIEN	--	00:04:34	00:04:35	00:04:48	00:04:47	00:05:02	00:04:56	00:04:53	00:04:49	
22	LIZ O'BRIEN		00:04:12	00:01:40	00:03:42	00:03:01	00:05:04	00:02:42	00:03:14	00:03:18	01:05:25
8.	NIAMH MCGUIGAN	--	00:04:49	00:04:50	00:04:58	00:04:52	00:05:02	00:04:54	00:05:03	00:04:49	
33	JAMES TOAL		00:04:06	00:01:44	00:03:07	00:03:41	00:04:53	00:02:20	00:02:54	00:03:33	01:05:43
9.	EUGENE HAIGNEY	--	00:04:36	00:04:35	00:04:55	00:04:58	00:05:04	00:04:58	00:04:53	00:04:45	
26	DEIRDRE HAIGNEY		00:04:19	00:01:30	00:03:16	00:03:16	00:05:05	00:02:52	00:03:23	00:03:54	01:06:27
10.	CAOIMHE CUSHNAHAN	--	00:04:15	00:04:44	00:05:01	00:04:48	00:05:07	00:05:09	00:05:06	00:05:04	
3	AODHAN GERVIN		00:04:15	00:01:31	00:03:09	00:03:41	00:04:45	00:02:57	00:03:40	00:03:36	01:06:55
11.	NATASHA LINDSAY	--	00:04:55	00:04:55	00:05:08	00:05:14	00:05:27	00:05:15	00:05:23	00:05:06	
8	ANDREW LINSDAY		00:04:21	00:01:52	00:03:25	00:03:37	00:04:58	00:02:36	00:03:51	00:03:23	01:09:33



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
12.	JENNA MCCONNELL	--	00:04:50	00:04:52	00:05:36	00:05:23	00:05:19	00:05:12	00:05:19	00:05:17	
29	LEE EDGAR		00:04:02	00:01:51	00:03:27	00:03:45	00:05:13	00:02:51	00:03:07	00:03:48	01:09:59
13.	ELSIE MCGARVEY	--	00:04:18	00:04:28	00:04:50	00:04:44	00:04:49	00:04:48	00:04:53	00:04:48	
4	MICHAEL DONNELLY		00:04:34	00:03:39	00:03:57	00:03:42	00:05:28	00:02:53	00:04:16	00:03:47	01:10:01
14.	LEE MURPHY	--	00:04:52	00:04:50	00:05:13	00:05:08	00:05:06	00:04:59	00:05:07	00:04:39	
14	CHLOE COLL		00:04:44	00:02:42	00:04:33	00:03:31	00:05:02	00:02:54	00:03:49	00:03:23	01:10:40
15.	JULIE ANDERSON	--	00:04:43	00:04:32	00:04:55	00:05:01	00:04:58	00:04:52	00:05:01	00:05:04	
35	ALVIN ANDERSON		00:04:17	00:03:41	00:04:26	00:03:41	00:05:15	00:02:57	00:04:00	00:03:55	01:11:26
16.	JOE COLTON	--	00:04:46	00:04:55	00:05:08	00:05:23	00:05:40	00:05:35	00:05:50	00:05:23	
34	ELLEN MCCONVILLE		00:04:15	00:02:49	00:02:43	00:04:09	00:05:12	00:03:00	00:03:56	00:03:49	01:12:40
17.	FINNUALA MULLIN	--	00:04:51	00:05:03	00:05:10	00:05:06	00:05:46	00:05:38	00:05:37	00:05:25	
10	SEAN LOUGHREY		00:04:45	00:01:50	00:03:50	00:03:27	00:05:30	00:03:07	00:03:56	00:03:45	01:12:56
18.	SEAMY MCCAFFREY	--	00:04:50	00:05:03	00:05:09	00:05:18	00:05:15	00:05:22	00:05:30	00:05:26	
20	ALICIA ELLIS GOWLAND		00:04:16	00:02:30	00:03:00	00:04:38	00:05:05	00:03:20	00:05:01	00:04:06	01:13:59
19.	SHANE MULLIN	--	00:05:09	00:05:06	00:05:35	00:05:46	00:05:54	00:05:43	00:05:50	00:05:24	
36	STEPH MALLON		00:04:10	00:02:24	00:03:32	00:04:01	00:05:14	00:03:15	00:03:35	00:03:21	01:14:08
20.	CIARAN BRADY	--	00:04:54	00:05:04	00:05:32	00:05:39	00:05:37	00:05:27	00:05:28	00:05:37	
11	MARIA GRAHAM		00:04:40	00:02:40	00:04:15	00:03:41	00:05:21	00:03:09	00:03:29	00:03:41	01:14:21
21.	MITCHEL GRAHAM	--	00:05:28	00:03:07	00:05:27	00:05:32	00:05:42	00:05:45	00:05:51	00:05:46	
37	BIANCA MCCROSSAN		00:04:26	00:02:28	00:04:04	00:03:48	00:05:51	00:03:16	00:04:11	00:04:26	01:15:16
22.	GEMMA MCDONNELL	--	00:04:50	00:05:13	00:05:25	00:05:27	00:05:25	00:05:25	00:05:35	00:05:30	
21	DAVY CHISM		00:04:49	00:02:00	00:03:18	00:05:02	00:05:48	00:03:40	00:05:07	00:03:51	01:16:34
23.	MEGAN LOGUE	--	00:04:46	00:05:02	00:05:06	00:05:17	00:05:20	00:05:23	00:05:21	00:05:49	
41	KEVY SMYTH		00:04:25	00:02:30	00:04:20	00:04:44	00:05:44	00:03:37	00:04:55	00:04:47	01:17:13



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members		Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
24.	ROISIN O'NEILL	--	00:04:53	00:05:19	00:05:38	00:05:53	00:05:53	00:05:48	00:05:35	00:05:36	
17	BARRY O'NEILL		00:04:19	00:02:28	00:04:05	00:04:20	00:05:34	00:03:11	00:03:17	00:05:25	01:17:20
25.	UNA TUOHEY	--	00:04:53	00:05:10	00:05:30	00:05:29	00:05:31	00:05:56	00:05:27	00:05:07	
16	COLLY TUOHEY		00:04:37	00:03:21	00:04:24	00:03:57	00:05:32	00:03:33	00:03:03	00:05:44	01:17:21
26.	DONAL SWEENEY	--	00:05:42	00:05:41	00:06:07	00:06:07	00:06:22	00:06:23	00:05:55	00:05:59	
39	?		00:04:20	00:02:05	00:03:29	00:04:15	00:05:22	00:02:58	00:03:50	00:04:17	01:18:59
27.	KATY EDGAR	--	00:05:26	00:05:38	00:06:08	00:06:20	00:06:24	00:06:23	00:06:24	00:06:07	
31	KIERAN EANNETTA		00:04:17	00:02:22	00:04:01	00:05:16	00:05:25	00:03:16	00:03:36	00:03:28	01:20:39
28.	PATRICE MURRAY	--	00:04:54	00:05:17	00:06:20	00:06:02	00:06:00	00:05:51	00:05:52	00:05:51	
18	DARREN MORGAN		00:04:38	00:02:42	00:04:55	00:04:45	00:06:02	00:03:23	00:04:37	00:04:47	01:22:04
29.	SARAH POTTER	--	00:04:52	00:05:20	00:06:13	00:06:18	00:06:27	00:05:57	00:05:59	00:05:46	
25	JONNY MCCULLAGH		00:04:41	00:03:25	00:04:42	00:04:36	00:06:31	00:03:40	00:03:38	00:03:57	01:22:09
30.	DARA MCCANN	--	00:05:10	00:05:37	00:06:45	00:06:29	00:06:43	00:06:41	00:06:30	00:06:03	
12	BETH CANNING		00:05:00	00:01:33	00:03:37	00:05:47	00:06:39	00:03:49	00:05:16	00:04:19	01:26:04
31.	COLIN DONNELLY	--	00:05:50	00:05:48	00:06:41	00:06:57	00:07:31	00:07:26	00:07:29	00:07:35	
200	LAURA DONNELLY		00:04:19	00:02:35	00:03:57	00:04:00	00:05:21	00:03:45	00:03:43	00:03:48	01:26:52
32.	PATRICK` COYLE	--	00:05:47	00:05:47	00:05:54	00:05:49	00:06:45	00:06:12	00:06:14	00:06:16	
27	SHAUNA ROONEY		00:04:44	00:02:55	00:04:43	00:06:31	00:05:39	00:03:08	00:06:10	00:04:53	01:27:35
33.	MAURITA GORMLEY	--	00:05:45	00:05:43	00:06:08	00:05:48	00:05:58	00:05:53	00:06:01	00:06:18	
30	SEAN MACGIOLLA		00:04:53	00:02:19	00:04:09	00:06:21	00:06:21	00:04:31	00:06:58	00:04:52	01:28:09
34.	LIAM SWIFT	--	00:05:42	00:05:59	00:06:28	00:06:27	00:06:39	00:06:45	00:06:59	00:06:58	
40	MICHELLE SAHBANI		00:04:57	00:03:29	00:06:07	00:05:24	00:06:50	00:04:18	00:07:05	00:04:25	01:34:39
35.	JENNIE SHIELS	--	00:06:07	00:06:36	00:06:43	00:07:00	00:06:59	00:06:57	00:06:58	00:07:18	
32	JACK MCCANN		00:04:33	00:03:25	00:04:40	00:06:55	00:06:14	00:04:19	00:05:37	00:04:46	01:35:17



Hyrox Sim 31 August 2024 --- Results

Rk Num	Team Members	Run1 SkiErg	Run2 Sled Push	Run3 Sled Pull	Run 4 Burpee	Run5 Row	Run6 Carry	Run7 Lunges	Run8 Wall Balls	Total
Out of Competition										
DSQ	EMMA O'NEILL	--			00:05:07	00:05:09	00:05:16	00:05:19	00:05:10	
198	LAURA O'NEILL				00:04:11	00:05:44	00:02:54	00:03:11	00:02:45	00:47:04