

## Hyrox Sim Galbally - 02 November 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
Doubles (Male)											
1.	Fabian Oneill	--	3:36	3:34	3:51	4:01	4:00	3:45	4:01	3:50	
22	Conor McCourt		3:35	1:20	1:51	2:25	4:23	1:47	3:34	3:08	52:49
2.	Aidan McGale	--	3:35	3:35	4:03	3:58	4:06	3:51	4:06	4:01	
7	Gary Martin		3:40	2:04	2:23	2:11	4:16	1:58	2:21	3:04	53:20
3.	Robert Porter	--	3:27	3:36	4:01	4:05	3:54	3:46	3:54	3:47	
34	Rory McBride		3:39	1:52	2:06	2:44	4:25	3:16	2:05	3:15	53:58
4.	Paddy Donnelly	--	3:50	3:41	3:56	4:02	3:58	3:51	4:06	3:54	
5	Fergal O Donnell		3:43	1:18	1:59	3:03	4:11	1:56	3:19	3:22	54:16
5.	Sean McCusker	--	3:31	3:25	3:51	3:57	4:09	3:44	3:46	4:28	
30	Emmett Oneill		3:49	1:41	2:02	2:31	4:43	2:45	2:07	3:43	54:19
6.	Shane McManus	--	3:31	3:36	4:07	4:10	4:07	4:01	4:09	4:02	
31	Matthew McCaffrey		3:46	2:32	2:09	3:03	4:17	1:56	3:30	3:04	56:08
7.	Conan Grugan	--	3:51	3:41	3:55	3:59	4:21	4:05	4:13	4:01	
1	Nessan McQuaid		3:59	2:37	1:54	2:44	4:20	2:19	3:02	3:17	56:24
8.	Keelan Logue	--	4:02	4:04	4:30	4:34	4:31	4:34	4:32	4:10	
10	Karl Logue		3:48	1:11	1:56	2:26	4:18	1:49	3:03	3:13	56:48
9.	Darren McCusker	--	3:45	4:03	4:30	4:39	4:36	4:14	4:29	4:22	
19	Joey Kelly		3:42	1:45	2:14	2:24	3:59	1:54	3:08	3:05	56:56
10.	Damien Murray	--	4:11	4:03	4:09	4:30	4:20	4:19	4:24	4:10	
21	Adrian Halligan		4:05	1:46	1:57	2:35	4:20	2:02	3:24	3:32	57:53
11.	Leroy Mills	--	3:54	3:55	4:06	4:24	4:15	4:11	4:21	4:10	
13	Sean Donnelly		3:41	1:57	2:15	3:20	4:26	2:10	3:44	3:15	58:10



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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.	Feidhlim Quinn	--	4:03	4:14	4:37	4:33	4:28	4:16	4:31	4:14	
14	Ben McGinn		3:43	3:11	2:19	2:43	4:07	2:16	3:12	3:06	59:41
13.	John Gallagher	--	4:06	4:03	4:30	4:35	4:38	4:23	4:33	4:18	
17	Mark Fyffe		3:43	1:27	2:14	3:53	4:20	1:58	3:28	3:30	59:46
14.	Dan Heagney	--	4:16	4:12	4:36	4:36	4:43	4:31	4:41	4:23	
26	Tomas Heagney		4:11	2:52	2:06	2:42	4:17	2:10	3:03	3:14	1:00:40
15.	Barry McGarvey	--	3:58	3:58	4:27	4:38	4:36	4:17	4:37	4:29	
29	John Fitzpatrick		3:55	3:35	2:16	3:16	4:22	2:08	3:14	3:34	1:01:27
16.	Marty Corr	--	4:13	4:17	4:50	5:10	5:08	4:43	4:55	4:44	
16	Gareth McCormack		3:53	2:11	2:06	3:12	4:15	2:03	3:31	3:13	1:02:30
17.	Shane Coyle	--	4:00	4:16	4:46	3:28	5:07	4:37	4:57	4:47	
28	Brian Devlin		3:57	2:26	2:30	3:28	4:55	2:34	3:46	4:00	1:03:42
18.	Jude Hans	--	3:35	3:55	4:43	4:47	4:32	4:27	4:23	4:23	
8	.		4:11	2:27	3:07	4:28	4:22	2:13	4:18	4:04	1:04:04
19.	Brendan Woods	--	4:20	4:30	4:53	5:05	4:47	4:37	4:48	4:31	
6	Canice Nicholas		4:15	2:11	2:41	3:11	4:27	2:02	4:42	3:50	1:04:56
20.	Aidan Ohagan	--	3:54	4:32	5:32	5:16	5:40	4:54	5:11	5:09	
3	Terry Donnelly		4:07	2:23	2:20	3:42	4:58	2:02	2:50	3:27	1:06:02
21.	James Donnelly	--	3:50	4:27	3:52	6:53	6:02	5:00	4:54	4:55	
12	Ciaran Donnelly		4:05	1:56	2:18	2:58	4:02	3:03	4:38	3:48	1:06:48
22.	Stephen Quinn	--	4:11	4:29	5:28	5:29	5:24	5:07	5:12	5:14	
4	Brendan Cunningham		4:05	2:18	2:26	3:51	4:22	2:03	3:33	3:39	1:06:57
23.	Damien McCaffrey	--	4:33	5:08	5:49	5:45	6:14	5:20	5:44	5:28	
32	Damien Oneill		3:59	1:42	2:06	2:54	4:43	2:04	2:42	3:04	1:07:23

## Hyrox Sim Galbally - 02 November 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.	Declan Hurson	--	4:15	4:31	4:51	5:24	6:51	4:52	5:05	5:10	
36	Declan McElroy		4:12	2:26	3:21	2:42	4:42	2:09	3:16	3:33	1:07:25
25.	Conor Kerlin	--	4:17	4:24	4:53	5:44	5:25	4:52	5:18	5:35	
20	Conor Ramsey		3:56	2:15	2:41	3:05	4:48	2:59	3:48	3:44	1:07:53
26.	Colm Sharkey	--	4:24	4:34	5:54	5:58	5:36	5:08	5:11	5:26	
18	Gerard Kerr		3:58	1:59	2:04	4:10	4:19	2:04	3:45	3:55	1:08:33
27.	Peter Loughran	--	6:08	4:18	5:25	5:40	5:49	5:08	4:56	6:36	
40	Ryan McDonald		4:05	2:22	3:02	2:56	4:30	2:28	3:43	1:36	1:08:51
28.	Patrick Hurson	--	4:48	4:50	6:11	5:24	4:48	5:26	5:09	5:13	
37	Declan Rock		3:50	1:48	2:30	3:58	5:09	2:56	3:42	3:20	1:09:08
29.	John McElroy	--	4:36	4:29	4:54	5:11	5:30	4:47	7:48	5:13	
35	Ryan Devlin		4:14	2:10	2:37	3:50	2:06	4:52	4:40	3:53	1:10:58
30.	Sean Corr	--	4:28	4:52	5:53	6:03	6:17	5:25	6:07	5:40	
15	JP Devlin		4:01	2:07	2:14	3:44	4:27	2:10	3:58	3:36	1:11:09
31.	Oliver Murphy	--	4:32	4:52	6:02	6:00	5:44	5:31	6:08	5:42	
11	John Gillespie		4:07	3:06	2:05	4:28	4:12	2:17	3:54	3:31	1:12:18
32.	Kevin Donaghy	--	4:43	4:56	5:20	5:59	5:25	5:26	5:45	5:54	
27	Stephen McElroy		4:00	3:27	1:48	4:52	2:49	4:06	4:41	4:07	1:13:25
33.	Andrew McElhatton	--	4:48	5:16	6:47	6:22	6:27	6:06	6:17	6:03	
24	Paul Donnelly		4:02	2:32	3:16	4:41	4:44	2:41	4:25	3:39	1:18:14
34.	Cathal Obrien	--	4:20	5:00	6:06	5:59	5:43	6:39	5:33	5:33	
9	.		4:46	3:22	3:36	5:48	6:09	3:02	6:21	5:32	1:23:37

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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
Doubles (Mixed)											
1. 41	Benny McElhom Liz Obrien	--	3:58 4:00	3:46 1:39	4:03 2:26	4:09 2:33	4:23 4:26	3:57 1:57	4:16 3:05	4:15 3:05	56:06
2. 38	Emily Mullen Mark Donnelly	--	4:47 4:26	5:00 2:24	5:39 3:09	5:28 3:23	5:34 4:48	5:06 2:41	5:15 3:21	5:09 3:40	1:09:57
3. 39	Brian Campbell Megan McCann	--	4:52 4:11	4:44 3:21	5:43 2:37	5:50 3:47	5:38 4:42	5:19 2:22	5:45 3:15	5:27 3:15	1:10:56
4. 44	Rosie Loughran Mark Loughran	--	4:55 4:19	4:50 2:47	3:52 1:49	8:26 3:28	5:41 4:56	5:44 2:11	5:37 3:37	5:08 3:46	1:11:14
5. 42	Eimer Oneill Ciaran Oneill	--	4:49 4:15	4:49 2:47	5:17 3:04	5:36 3:19	5:29 4:34	5:29 2:37	6:02 3:52	5:48 3:44	1:11:38
6. 46	Nicola Donaghy Johnny Hadley	--	4:50 4:21	4:55 2:21	5:43 2:49	5:52 4:12	6:02 4:55	3:44 4:16	5:32 3:52	5:23 3:40	1:12:35
7. 48	Emily Neely Conor McGowan	--	4:58 4:11	5:10 2:38	5:49 3:43	5:49 4:21	6:07 4:30	5:42 2:19	6:16 3:47	6:25 3:36	1:15:30
8. 45	Paul Mitchell	--	4:54 4:24	4:55 2:33	5:25 3:58	5:26 4:26	5:29 5:01	5:18 2:46	5:39 4:52	5:31 5:15	1:16:00
9. 43	Conor McCrory Laura Currie	--	4:54 4:46	4:43 3:04	6:07 4:06	5:50 5:07	6:31 5:02	5:53 6:11	5:42 3:10	6:06 4:37	1:21:56
10. 47	Louie Lavery Kerrie Lavery	--	5:22 4:46	5:33 2:15	7:38 3:03	6:34 4:54	7:20 5:06	6:53 2:42	7:25 6:06	7:24 4:22	1:27:30

## Hyrox Sim Galbally - 02 November 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
Doubles (Female)											
1. 108	Laura Fitzpatrick Lucy McDermott	--	4:06 4:41	3:58 1:17	4:17 2:56	4:20 2:53	4:23 5:04	4:02 2:13	4:21 3:09	4:17 3:04	59:06
2. 61	Denise McCann Laura McGarrity	--	4:09 4:28	4:01 2:01	4:09 2:42	4:19 3:40	4:12 4:34	4:01 2:17	4:18 3:05	4:09 3:08	59:19
3. 62	Marie Hanns Emma McCarron	--	4:17 4:39	4:11 1:40	4:55 3:04	4:52 3:01	4:53 4:55	4:34 2:38	4:43 2:47	4:35 3:00	1:02:51
4. 64	Jackie Donnelly Dani Shortt	--	4:30 4:16	4:32 1:27	4:51 2:21	5:01 3:28	4:54 4:30	5:06 2:20	5:07 2:32	4:49 3:03	1:02:56
5. 104	Jeanette McCarney Tracey McGoldrick	--	4:30 4:30	4:27 59	4:46 2:33	4:58 4:17	4:53 4:50	4:44 2:02	4:59 3:31	4:39 3:28	1:04:13
6. 66	Aisling Scullion Joanne Reihill	--	4:34 4:43	4:27 1:39	4:41 3:11	4:55 3:01	4:55 5:03	4:41 2:14	5:06 3:16	4:58 3:15	1:04:46
7. 98	Carol McCarron Laura Ward	--	4:29 4:40	4:32 1:05	4:52 2:48	5:04 3:16	5:02 5:03	4:50 2:54	5:06 3:25	4:57 3:01	1:05:10
8. 85	Oonagh Maguire Elsie McGarvey	--	4:28 4:50	4:23 1:33	4:46 3:17	4:50 3:33	5:15 5:06	4:40 2:16	4:57 3:46	4:42 3:06	1:05:34
9. 83	Emma Quinn Patricia Oneill	--	4:50 4:26	4:42 1:23	5:16 2:48	5:10 3:09	5:06 4:51	4:56 2:26	5:18 3:16	5:00 3:02	1:05:47
10. 101	Aine Donaghy Claire Gallagher	--	4:30 4:16	4:48 1:28	5:00 2:48	5:23 3:14	5:09 4:41	5:18 2:14	5:06 3:30	4:54 3:25	1:05:50
11. 49	Pauline McKenna Martina Oneill	--	4:28 4:22	5:03 2:02	5:14 2:56	5:20 4:09	5:16 4:29	5:07 2:02	5:27 2:56	5:13 2:53	1:07:04

## Hyrox Sim Galbally - 02 November 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.	Tanya Kelly	--	4:45	4:39	4:51	5:01	5:09	4:54	5:10	4:59	
58	Shannon Grimes		4:40	1:36	3:35	3:41	5:17	2:36	3:10	3:12	1:07:24
13.	Meave Gallagher	--	4:53	5:00	5:12	5:13	5:16	5:07	5:08	4:50	
109	Oonagh Gallagher		4:47	1:14	3:25	3:34	5:02	2:23	3:02	3:25	1:07:36
14.	Niamh Carberry	--	4:33	4:56	5:28	5:22	5:21	5:15	5:12	5:14	
94	Niamh Corr		4:18	1:14	2:52	3:50	4:43	2:36	3:18	3:21	1:07:41
15.	Mairead Gormley	--	4:46	5:23	5:07	5:04	4:58	4:46	4:57	4:59	
90	Donna Mullin		5:03	1:14	3:16	3:32	5:11	2:28	3:31	3:28	1:07:51
16.	Caoimhe Grimes	--	4:32	4:38	4:53	5:03	4:59	5:00	5:13	5:01	
50	Shannon Oneill		4:49	2:06	4:09	3:46	5:17	2:16	3:26	3:01	1:08:18
17.	Nicole Sweeney	--	4:51	4:46	5:16	5:22	5:18	5:04	5:11	5:05	
56	Megan Loane		4:31	1:30	2:49	4:57	4:40	2:22	3:02	3:27	1:08:20
18.	Eve McGirr	--	4:35	4:59	5:30	5:28	5:24	5:21	5:37	5:17	
52	Hannah McGirr		4:20	1:57	3:00	3:45	4:45	1:58	3:10	3:20	1:08:35
19.	AnnaMcCann	--	4:31	4:47	5:16	5:31	5:24	4:58	5:22	5:06	
95	Aine McCann		4:43	1:35	3:19	4:23	5:23	2:12	3:28	3:22	1:09:28
20.	Melanie Jones	--	4:52	5:00	5:32	6:01	6:15	5:18	5:47	5:38	
105	Gemma Doyle		4:35	1:29	2:57	3:44	4:54	2:21	2:21	3:13	1:10:04
21.	Melissa Ewing	--	4:47	4:49	5:18	5:32	5:30	5:14	5:46	5:29	
65	Catherine Carron		4:22	1:50	3:15	3:46	5:11	2:39	3:32	3:02	1:10:09
22.	Emma Loane	--	4:49	5:28	6:10	6:02	5:43	5:23	5:36	5:48	
55	Kayleigh Garrity		4:18	1:47	2:30	3:41	4:53	2:22	3:24	3:15	1:11:15
23.	Emma Bradley	--	4:50	4:47	5:23	5:23	5:18	5:04	5:08	5:10	
113	Bronagh McCrory		4:54	1:55	4:00	4:42	5:18	2:22	4:19	3:20	1:12:02

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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.	Niamh McCrystal	--	4:37	4:41	3:44	5:43	5:27	5:26	5:33	5:21	
53	Grainne Quinlivan		4:44	2:09	5:05	4:21	5:17	2:53	3:34	3:24	1:12:04
25.	Caoimhe Wylie	--	4:42	5:00	4:13	5:32	5:32	4:56	5:21	5:34	
92	Bronagh McKenna		4:41	1:35	6:49	3:58	4:57	2:15	3:26	3:33	1:12:12
26.	Lucy Mackle	--	5:15	5:34	4:50	6:38	6:04	3:46	5:54	5:49	
60	Bridie Mackle		4:45	1:55	2:52	3:56	5:19	2:44	3:17	3:27	1:12:12
27.	Elaine Kerlin	--	4:51	4:52	5:09	5:12	5:21	5:20	5:21	5:25	
63	Kim Sayers		4:53	1:46	5:01	4:02	5:36	2:38	3:39	3:35	1:12:48
28.	Edel Hughes	--	4:35	5:01	5:57	6:00	5:47	5:35	5:29	5:18	
97	Bronagh Gallagher		4:56	1:05	2:46	4:54	5:12	2:22	4:15	3:52	1:13:13
29.	Janice McKinley	--	5:32	5:14	5:45	6:00	6:04	5:45	6:11	6:00	
111	Claire Wallace		4:40	1:42	3:10	3:24	4:51	2:13	3:45	3:17	1:13:39
30.	Shauna McMenamin	--	4:56	5:34	6:21	6:24	6:14	6:03	5:58	6:08	
87	Mairead Haughey		4:36	1:57	2:56	4:55	4:05	2:21	3:02	2:18	1:13:56
31.	Sheena Campbell	--	4:47	5:20	5:57	5:48	5:40	5:26	5:41	5:30	
51	Aisling Campbell		4:41	2:20	2:55	4:54	5:05	2:18	4:07	3:39	1:14:15
32.	Claire McKillion	--	5:11	4:58	5:37	5:40	5:35	5:06	5:29	5:33	
77	Nuala Corr		5:00	2:21	3:21	4:54	5:24	2:21	4:30	3:27	1:14:34
33.	Aimee Brogan	--	4:49	5:02	5:26	5:39	6:07	5:59	5:47	5:58	
88	Megan Worley		4:41	1:48	3:35	5:03	5:19	2:29	3:24	3:36	1:14:50
34.	Aine Donnelly	--	5:18	5:24	5:37	5:50	6:09	5:50	6:15	6:14	
54	Emma Doyle		5:05	1:42	3:05	4:42	4:41	2:14	3:28	3:23	1:15:05
35.	Aislinn Connolly	--	5:09	4:59	5:45	6:12	6:36	5:30	5:43	6:09	
107	Alicia McGoldrick		4:54	1:19	2:42	5:27	4:15	2:29	4:11	3:37	1:15:06



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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.	Selena Oguz	--	5:07	5:22	6:09	6:22	5:50	5:42	6:10	6:05	
91	Megan McAllister		4:54	1:38	3:05	3:15	5:24	2:40	3:38	3:47	1:15:14
37.	Patricia McGoldrick	--	5:21	5:13	5:29	5:55	5:49	5:32	5:50	5:54	
103	Ashling Mullan		4:42	1:15	3:07	5:28	5:37	2:25	4:02	3:36	1:15:24
38.	Grace Woods	--	5:09	5:09	5:42	5:51	6:11	5:36	6:04	5:51	
79	Ciara Holland		4:57	1:48	3:17	5:04	5:04	2:23	3:57	3:44	1:15:54
39.	Kerri Ward	--	4:54	5:44	6:04	6:16	6:18	6:10	6:11	6:41	
86	Eimear Slane		4:46	1:24	3:01	4:03	5:08	2:28	4:17	3:12	1:16:44
40.	Louise Breadon	--	5:33	5:36	6:13	6:11	6:01	5:39	5:58	5:33	
110	Maurita Gormley		4:51	1:39	3:08	5:32	5:19	2:25	3:39	3:21	1:16:45
41.	Kate McAleer	--	5:35	5:53	7:02	6:29	6:42	5:56	6:33	6:18	
93	Fiona Maguire		4:59	1:30	3:24	3:38	5:03	2:22	2:59	3:05	1:17:34
42.	Lindsay McVeigh	--	5:07	5:42	5:58	6:17	6:18	6:33	6:04	6:31	
112	Tracy Kelly		4:37	1:45	2:48	5:36	5:03	2:21	3:36	3:18	1:17:42
43.	Claire Woods	--	5:07	5:38	6:09	6:27	6:43	4:08	6:49	4:22	
119	Emma Ohanlon		4:47	2:57	3:37	3:53	5:34	4:40	3:50	3:26	1:18:15
44.	Sharon Odonnell	--	5:10	5:53	6:11	6:34	6:17	5:49	6:24	6:30	
96	Lisa Mageean		4:42	1:17	3:28	4:29	5:41	2:21	4:13	3:40	1:18:47
45.	Emma Halligan	--	5:39	5:50	6:31	6:29	7:03	6:14	6:32	4:54	
99	Caroline MGrory		4:36	1:16	3:25	5:05	5:22	2:33	4:52	3:18	1:19:46
46.	Ellen McGirr	--	5:41	6:23	4:15	7:41	5:21	7:10	5:02	7:05	
76	Sophia Loughran		4:47	5:51	1:34	3:52	4:41	2:47	3:46	3:44	1:19:48
47.	OrlaSheekey	--	5:28	5:29	4:00	6:29	6:24	6:05	6:12	6:08	
73	Colleen Devlin		4:33	1:59	5:28	4:43	5:27	3:19	4:31	3:36	1:19:57



## Hyrox Sim Galbally - 02 November 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.	Katherine Tierney	--	5:34	6:01	6:11	6:17	6:09	6:23	6:28	6:23	
75	Grainne Winters		4:44	1:40	3:21	5:44	5:01	2:33	4:01	3:24	1:20:01
49.	Rebecca Coyle	--	5:15	5:23	6:45	5:59	6:30	3:54	8:54	6:30	
100	Megan Coyle		5:00	1:49	3:43	5:21	5:13	2:10	4:06	3:26	1:20:05
50.	Colleen Oneill	--	6:04	6:26	5:00	6:38	6:43	6:24	7:00	6:52	
81	Aoibhinn Shlevin		5:27	1:34	2:50	4:40	5:18	2:41	3:56	3:40	1:21:20
51.	Aoibhin Curry	--	5:53	5:49	6:01	6:18	6:32	5:44	6:25	6:21	
68	Clare McGaughey		4:56	1:58	4:27	4:00	6:23	3:03	3:41	3:50	1:21:28
52.	Orlagh Okane	--	5:40	6:11	7:11	7:13	7:02	7:17	7:16	6:37	
84	Emer Condon		4:42	1:34	2:58	3:31	5:29	2:45	3:06	3:23	1:22:03
53.	Shannon McKeown	--	5:37	5:51	7:18	7:20	7:07	7:28	6:37	6:48	
82	Mairead McGarrity		4:40	1:40	3:23	4:17	5:06	2:30	3:32	3:54	1:23:16
54.	Sharon Hurson	--	6:02	6:06	6:33	6:50	6:42	6:27	6:38	6:29	
74	Elaine Mallaghan		4:44	1:38	2:34	5:10	4:49	3:14	5:43	3:40	1:23:27
55.	Meave Ohagan	--	5:49	5:55	6:31	4:40	6:41	6:09	6:49	6:44	
78	Andrea Ohagan		5:09	1:41	3:21	7:05	5:30	2:54	5:12	3:37	1:23:55
56.	Levina Cavanagh	--	5:44	5:36	6:06	6:13	5:55	5:57	6:10	6:09	
70	Eimear Quinn		4:55	2:15	3:46	7:36	5:04	3:13	6:10	3:45	1:24:41
57.	Fiona Morris	--	5:19	5:46	6:37	7:26	6:39	6:35	5:06	6:51	
59	Oonagh Maguire		4:56	2:13	3:28	5:42	5:23	2:49	6:51	3:33	1:25:22
58.	Aoife McGeary	--	5:35	5:59	7:11	7:03	7:01	6:23	7:01	6:40	
69	Meave Hunter		5:06	2:13	3:16	5:31	5:37	2:48	4:20	3:49	1:25:41
59.	Laura Nugent	--	5:59	6:07	7:01	7:01	6:55	6:53	4:55	7:11	
72	Carla McCaul		4:53	2:07	4:28	4:44	5:20	2:56	5:09	4:10	1:25:57



## Hyrox Sim Galbally - 02 November 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
60.	Karen Gorman	--	5:58	6:20	7:10	7:45	7:50	7:07	7:36	7:33	
57	Julie Bogan		4:49	1:38	3:04	4:40	5:40	2:42	3:20	3:40	1:27:01
61.	Cabrini Hurson	--	6:03	6:37	4:46	7:37	7:38	5:00	5:14	8:28	
80	Roisin McElvogue		5:21	1:55	4:06	6:48	6:11	3:21	6:53	4:40	1:30:44



## Hyrox Sim Galbally - 02 November 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
Different Course											
1.	Shane Mullan	--	4:00	3:53	4:06	4:22	2:57	4:03	4:26	4:18	
25	Darius Buchowicz		3:45	2:01	1:44	2:31	4:03	1:44	3:24	3:09	54:35
2.	Michelle McCann	--	4:42	4:48	4:45	5:16	4:46	2:07	2:58	3:20	
89	Louise Kelly		4:20	3:00	1:07	8:03	5:36	5:04	1:26	2:55	1:04:19
3.	Eimear McEvolgue	--	5:00	6:40	5:38	2:11	5:49	5:34	6:15	6:07	
71	Celine McQuillan		4:40	6:00	1:54	4:55	5:04	2:27	4:02	3:43	1:16:08
4.	Caoimhe Scullion	--	5:21	5:31	6:34	6:32	6:43	4:04	6:49	6:51	
67	Aoife Quinn		5:03	2:22	5:02	5:48	4:49	4:28	3:46	3:58	1:23:48