

Belfast Hyrox Sim 2024 @ Girdwood

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|------|------|---------------|
| Rank | Team | Sandra Maher |
| 8. | 114 | Andrea Molloy |

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| Run1 | 00:05:15 |
| SkiErg | 00:05:30 |
| Run2 | 00:05:15 |
| Sled Push | 00:02:04 |
| Run3 | 00:05:25 |
| Sled Pull | 00:03:31 |
| Run4 | 00:05:22 |
| 80m Burpee | 00:03:23 |
| Run5 | 00:05:38 |
| 1000m Row | 00:05:23 |
| Run6 | 00:05:23 |
| Farmers carry | 00:02:08 |
| Run7 | 00:05:25 |
| Sandbag Lunges | 00:03:29 |
| Run8 | 00:04:56 |
| Wall Balls | 00:02:39 |
| Run Total | 00:42:42 |
| Total time | 01:10:52 |