

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Jude Frame
27.	204	Izzy Harris

Run1	00:05:43
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SkiErg	00:05:14
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Run2	00:06:28
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Sled Push	00:02:02
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Run3	00:06:46
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Sled Pull	00:03:33
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Run4	00:06:57
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80m Burpee	00:04:14
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Run5	00:07:32
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1000m Row	00:05:31
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Run6	00:06:59
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Farmers carry	00:01:59
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Run7	00:07:07
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Sandbag Lunges	00:03:28
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Run8	00:06:40
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Wall Balls	00:02:38
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Run Total	00:54:14
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Total time	01:22:57
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