

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Emma Crawford
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11.	205	Katie Wilson
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Run1	00:05:21
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SkiErg	00:04:38
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Run2	00:05:36
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Sled Push	00:01:45
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Run3	00:05:53
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Sled Pull	00:03:17
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Run4	00:05:59
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80m Burpee	00:04:03
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Run5	00:05:58
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1000m Row	00:05:13
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Run6	00:05:49
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Farmers carry	00:02:35
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Run7	00:05:50
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Sandbag Lunges	00:03:52
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Run8	00:05:53
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Wall Balls	00:02:33
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Run Total	00:46:23
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Total time	01:14:23
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