

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Clare Campbell
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31.	207	Amanda Smith
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Run1	00:06:19
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SkiErg	00:05:19
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Run2	00:06:42
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Sled Push	00:02:24
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Run3	00:07:20
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Sled Pull	00:04:10
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Run4	00:07:01
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80m Burpee	00:06:00
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Run5	00:07:03
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1000m Row	00:05:44
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Run6	00:07:17
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Farmers carry	00:03:00
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Run7	00:06:58
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Sandbag Lunges	00:04:42
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Run8	00:06:44
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Wall Balls	00:02:43
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Run Total	00:55:27
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Total time	01:29:34
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