

Belfast Hyrox Sim 2024 @ Girdwood

| Rank | Team | Kane Mahood |
|------|------|---------------|
| 57. | 3 | Conor Stewart |

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|----------------|----------|
| Run1 | 00:05:01 |
| SkiErg | 00:04:32 |
| Run2 | 00:05:40 |
| Sled Push | 00:02:32 |
| Run3 | 00:06:31 |
| Sled Pull | 00:04:00 |
| Run4 | 00:06:38 |
| 80m Burpee | 00:05:26 |
| Run5 | 00:06:56 |
| 1000m Row | 00:05:26 |
| Run6 | 00:06:04 |
| Farmers carry | 00:03:58 |
| Run7 | 00:06:27 |
| Sandbag Lunges | 00:06:08 |
| Run8 | 00:06:33 |
| Wall Balls | 00:04:40 |
| Run Total | 00:49:52 |
| Total time | 01:26:39 |