

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	James Bleakley
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18.	36	Logan Wallace
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Run1	00:04:30
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SkiErg	00:04:30
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Run2	00:04:33
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Sled Push	00:01:45
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Run3	00:04:36
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Sled Pull	00:02:57
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Run4	00:04:41
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80m Burpee	00:02:31
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Run5	00:05:05
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1000m Row	00:04:46
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Run6	00:04:49
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Farmers carry	00:02:07
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Run7	00:05:00
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Sandbag Lunges	00:03:14
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Run8	00:04:39
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Wall Balls	00:03:41
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Run Total	00:37:58
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Total time	01:03:33
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