

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Lee Carmichael
21.	41	Aidan Hamilton

Run1	00:04:21
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SkiErg	00:04:29
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Run2	00:04:33
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Sled Push	00:01:56
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Run3	00:05:01
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Sled Pull	00:03:03
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Run4	00:04:55
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80m Burpee	00:02:36
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Run5	00:04:58
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1000m Row	00:04:38
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Run6	00:04:49
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Farmers carry	00:02:11
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Run7	00:05:01
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Sandbag Lunges	00:03:16
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Run8	00:04:45
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Wall Balls	00:03:39
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Run Total	00:38:27
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Total time	01:04:17
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