

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Kevin Mclaughlin
47.	5	Ryan Mcgearty

Run1	00:04:35
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SkiErg	00:04:27
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Run2	00:05:05
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Sled Push	00:01:26
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Run3	00:05:34
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Sled Pull	00:03:04
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Run4	00:05:47
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80m Burpee	00:02:55
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Run5	00:06:05
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1000m Row	00:04:30
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Run6	00:06:03
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Farmers carry	00:02:09
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Run7	00:06:06
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Sandbag Lunges	00:03:37
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Run8	00:05:55
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Wall Balls	00:03:42
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Run Total	00:45:14
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Total time	01:11:09
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