

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Gerard Mckiernan
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53.	54	Daniel Ponise
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Run1	00:05:00
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SkiErg	00:04:49
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Run2	00:05:14
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Sled Push	00:01:59
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Run3	00:05:37
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Sled Pull	00:03:13
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Run4	00:05:38
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80m Burpee	00:02:51
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Run5	00:05:51
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1000m Row	00:05:30
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Run6	00:05:48
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Farmers carry	00:03:17
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Run7	00:05:57
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Sandbag Lunges	00:04:04
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Run8	00:06:06
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Wall Balls	00:04:46
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Run Total	00:45:16
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Total time	01:15:49
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