

Belfast Hyrox Sim 2024 @ Girdwood

| Rank | Team | Gerard Farrell |
|------|------|----------------|
| 50. | 62 | Graham Nolan |

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|----------------|----------|
| Run1 | 00:04:55 |
| SkiErg | 00:04:43 |
| Run2 | 00:04:59 |
| Sled Push | 00:01:42 |
| Run3 | 00:05:35 |
| Sled Pull | 00:03:08 |
| Run4 | 00:05:49 |
| 80m Burpee | 00:03:22 |
| Run5 | 00:06:35 |
| 1000m Row | 00:04:56 |
| Run6 | 00:06:08 |
| Farmers carry | 00:02:40 |
| Run7 | 00:06:31 |
| Sandbag Lunges | 00:03:20 |
| Run8 | 00:06:07 |
| Wall Balls | 00:03:38 |
| Run Total | 00:46:42 |
| Total time | 01:14:15 |