

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Rachel Deegan
25.	100	Chris Keane

Run1	00:05:06
SkiErg	00:05:01
Run2	00:05:46
Sled Push	00:02:02
Run3	00:06:11
Sled Pull	00:02:47
Run4	00:06:02
80m Burpee	00:03:22
Run5	00:06:21
1000m Row	00:04:37
Run6	00:06:15
Farmers carry	00:02:16
Run7	00:06:29
Sandbag Lunges	00:03:39
Run8	00:06:17
Wall Balls	00:03:55
Run Total	00:48:30
Total time	01:16:12