

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Clíodhna Mcneill
30.	102	Caomhán O'Connor
	Run1	00:04:54
	SkiErg	00:04:37
	Run2	00:05:24
	Sled Push	00:02:09
	Run3	00:06:04
	Sled Pull	00:03:36
	Run4	00:05:53
	80m Burpee	00:04:27
	Run5	00:05:53
	1000m Row	00:05:18
	Run6	00:06:03
	Farmers carry	00:02:24
	Run7	00:06:24
	Sandbag Lunges	00:04:52
	Run8	00:05:48
	Wall Balls	00:04:19
	Run Total	00:46:27
	Total time	01:18:13