

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Kate O'Hara
20.	103	Fionntan O'Connor
	Run1	00:05:04
	SkiErg	00:04:43
	Run2	00:05:10
	Sled Push	00:02:38
	Run3	00:05:34
	Sled Pull	00:03:32
	Run4	00:05:31
	80m Burpee	00:02:46
	Run5	00:05:40
	1000m Row	00:05:02
	Run6	00:05:25
	Farmers carry	00:02:23
	Run7	00:05:36
	Sandbag Lunges	00:04:16
	Run8	00:05:29
	Wall Balls	00:03:45
	Run Total	00:43:32
	Total time	01:12:41