

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Caren Smyth
24.	106	Michelle Hughes

Run1	00:05:13
SkiErg	00:05:20
Run2	00:06:31
Sled Push	00:02:24
Run3	00:06:29
Sled Pull	00:03:57
Run4	00:06:34
80m Burpee	00:03:48
Run5	00:06:40
1000m Row	00:05:21
Run6	00:06:32
Farmers carry	00:02:16
Run7	00:06:28
Sandbag Lunges	00:03:49
Run8	00:06:32
Wall Balls	00:02:43
Run Total	00:51:03
Total time	01:20:46