

## Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Suzannah O Neill

16. 107 Ailin Traynor

Run1 00:05:12

SkiErg 00:05:21

Run2 00:05:47

Sled Push 00:01:58

Run3 00:06:12

Sled Pull 00:03:39

Run4 00:06:23

80m Burpee 00:03:29

Run5 00:06:13

1000m Row 00:05:20

Run6 00:06:06

Farmers carry 00:02:14

Run7 00:06:25

Sandbag Lunges 00:03:01

Run8 00:06:14

Wall Balls 00:03:20

Run Total 00:48:35

Total time 01:17:04