

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Katie Mclaughlin
33.	116	Rachel Currie

Run1	00:05:43
SkiErg	00:05:30
Run2	00:06:18
Sled Push	00:02:10
Run3	00:06:56
Sled Pull	00:04:55
Run4	00:07:05
80m Burpee	00:05:13
Run5	00:06:47
1000m Row	00:05:54
Run6	00:07:52
Farmers carry	00:03:16
Run7	00:07:03
Sandbag Lunges	00:05:40
Run8	00:07:28
Wall Balls	00:03:09
Run Total	00:55:16
Total time	01:31:07