

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Sharon Mcstravog
40.	119	Kathy Connolly
	Run1	00:05:57
	SkiErg	00:05:42
	Run2	00:06:29
	Sled Push	00:02:25
	Run3	00:03:50
	Sled Pull	00:04:58
	Run4	00:07:42
	80m Burpee	00:06:30
	Run5	00:07:42
	1000m Row	00:05:49
	Run6	00:07:19
	Farmers carry	00:02:51
	Run7	00:07:17
	Sandbag Lunges	00:06:15
	Run8	00:07:33
	Wall Balls	00:02:59
	Run Total	00:53:53
	Total time	01:31:25