

## Belfast Hyrox Sim 2024 @ Girdwood

| Rank | Team           | Megan Gill    |
|------|----------------|---------------|
| 12.  | 121            | Erin O Connor |
|      | Run1           | 00:05:02      |
|      | SkiErg         | 00:05:44      |
|      | Run2           | 00:05:41      |
|      | Sled Push      | 00:01:57      |
|      | Run3           | 00:06:03      |
|      | Sled Pull      | 00:03:52      |
|      | Run4           | 00:05:59      |
|      | 80m Burpee     | 00:03:19      |
|      | Run5           | 00:06:07      |
|      | 1000m Row      | 00:05:49      |
|      | Run6           | 00:06:02      |
|      | Farmers carry  | 00:02:37      |
|      | Run7           | 00:05:58      |
|      | Sandbag Lunges | 00:03:49      |
|      | Run8           | 00:05:55      |
|      | Wall Balls     | 00:02:48      |
|      | Run Total      | 00:46:52      |
|      | Total time     | 01:16:49      |