

## Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Kelly-Anne Dooley

15. 122 Laura O Kelly

Run1 00:05:13

SkiErg 00:05:35

Run2 00:05:45

Sled Push 00:01:51

Run3 00:05:54

Sled Pull 00:03:47

Run4 00:06:09

80m Burpee 00:03:24

Run5 00:06:12

1000m Row 00:05:56

Run6 00:05:56

Farmers carry 00:02:37

Run7 00:05:58

Sandbag Lunges 00:03:48

Run8 00:06:01

Wall Balls 00:02:52

Run Total 00:47:11

Total time 01:17:04