

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Patricia McBride
22.	131	Seana Niflannagain
	Run1	00:05:23
	SkiErg	00:05:27
	Run2	00:05:40
	Sled Push	00:02:18
	Run3	00:06:20
	Sled Pull	00:04:08
	Run4	00:06:12
	80m Burpee	00:03:57
	Run5	00:06:18
	1000m Row	00:06:19
	Run6	00:06:05
	Farmers carry	00:02:34
	Run7	00:06:20
	Sandbag Lunges	00:04:00
	Run8	00:06:13
	Wall Balls	00:02:38
	Run Total	00:48:34
	Total time	01:20:00