

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Louise Mcentee
6.	132	Arlene O'Callaghan

Run1	00:04:55
SkiErg	00:04:57
Run2	00:05:04
Sled Push	00:01:37
Run3	00:05:20
Sled Pull	00:03:13
Run4	00:05:18
80m Burpee	00:03:23
Run5	00:05:22
1000m Row	00:05:08
Run6	00:05:24
Farmers carry	00:02:06
Run7	00:05:30
Sandbag Lunges	00:03:17
Run8	00:05:18
Wall Balls	00:02:27
Run Total	00:42:14
Total time	01:08:27