

FIT.HOUSE

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	June Hegarty
7.	135	Chloe Wallace
	Run1	00:04:55
	SkiErg	00:04:52
	Run2	00:05:23
	Sled Push	00:01:47
	Run3	00:05:37
	Sled Pull	00:03:03
	Run4	00:05:33
	80m Burpee	00:03:12
	Run5	00:05:32
	1000m Row	00:04:53
	Run6	00:05:33
	Farmers carry	00:02:08
	Run7	00:05:25
	Sandbag Lunges	00:03:06
	Run8	00:05:23
	Wall Balls	00:02:42
	Run Total	00:43:25
	Total time	01:09:11