

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Grace Smith
14.	139	Tina Taggart

Run1	00:05:06
SkiErg	00:05:16
Run2	00:05:25
Sled Push	00:01:58
Run3	00:05:45
Sled Pull	00:03:52
Run4	00:05:43
80m Burpee	00:04:49
Run5	00:05:45
1000m Row	00:05:28
Run6	00:05:49
Farmers carry	00:02:37
Run7	00:05:50
Sandbag Lunges	00:04:15
Run8	00:06:11
Wall Balls	00:03:04
Run Total	00:45:37
Total time	01:17:00