

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Tara Cunningham
36.	141	Frances Madsen

Run1	00:06:37
SkiErg	00:05:43
Run2	00:06:44
Sled Push	00:02:13
Run3	00:07:28
Sled Pull	00:05:11
Run4	00:07:45
80m Burpee	00:05:02
Run5	00:07:38
1000m Row	00:05:57
Run6	00:07:42
Farmers carry	00:02:33
Run7	00:07:56
Sandbag Lunges	00:04:29
Run8	00:07:48
Wall Balls	00:03:19
Run Total	00:59:43
Total time	01:34:14