

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Lauren Hudson
3.	142	Cheska Mckillion

Run1	00:05:03
SkiErg	00:05:34
Run2	00:05:55
Sled Push	00:02:02
Run3	00:04:00
Sled Pull	00:04:44
Run4	00:07:12
80m Burpee	00:05:15
Run5	00:07:17
1000m Row	00:05:53
Run6	00:06:56
Farmers carry	00:02:52
Run7	00:03:50
Sandbag Lunges	00:04:19
Run8	00:06:43
Wall Balls	00:03:17
Run Total	00:47:00
Total time	01:21:02