

Belfast Hyrox Sim 2024 @ Girdwood

| Rank | Team | Holly McMurray |
|------|------|-----------------|
| 10. | 144 | Connie McMurray |

| | |
|----------------|----------|
| Run1 | 00:04:34 |
| SkiErg | 00:05:17 |
| Run2 | 00:05:10 |
| Sled Push | 00:01:51 |
| Run3 | 00:05:51 |
| Sled Pull | 00:03:49 |
| Run4 | 00:05:48 |
| 80m Burpee | 00:03:25 |
| Run5 | 00:05:43 |
| 1000m Row | 00:05:21 |
| Run6 | 00:05:41 |
| Farmers carry | 00:02:08 |
| Run7 | 00:06:02 |
| Sandbag Lunges | 00:03:18 |
| Run8 | 00:07:00 |
| Wall Balls | 00:02:40 |
| Run Total | 00:45:51 |
| Total time | 01:13:45 |