

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Kim Richmond
5.	146	Carly Richmond

Run1	00:04:49
SkiErg	00:05:19
Run2	00:05:11
Sled Push	00:01:37
Run3	00:05:14
Sled Pull	00:03:49
Run4	00:05:37
80m Burpee	00:02:38
Run5	00:05:23
1000m Row	00:05:12
Run6	00:05:05
Farmers carry	00:02:13
Run7	00:05:24
Sandbag Lunges	00:02:52
Run8	00:05:06
Wall Balls	00:02:27
Run Total	00:41:53
Total time	01:08:01