

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Pauline Clancy
28.	147	Patricia Phillips

Run1	00:05:48
SkiErg	00:06:00
Run2	00:05:53
Sled Push	00:02:00
Run3	00:06:54
Sled Pull	00:04:18
Run4	00:06:28
80m Burpee	00:03:49
Run5	00:06:28
1000m Row	00:05:54
Run6	00:06:28
Farmers carry	00:02:40
Run7	00:06:41
Sandbag Lunges	00:04:21
Run8	00:06:36
Wall Balls	00:02:58
Run Total	00:51:21
Total time	01:23:25