

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Holly Lynch
23.	150	Annette Clarke
	Run1	00:05:39
	SkiErg	00:05:03
	Run2	00:06:03
	Sled Push	00:01:39
	Run3	00:06:28
	Sled Pull	00:03:27
	Run4	00:06:31
	80m Burpee	00:03:49
	Run5	00:06:43
	1000m Row	00:05:37
	Run6	00:06:38
	Farmers carry	00:02:34
	Run7	00:06:31
	Sandbag Lunges	00:03:55
	Run8	00:06:42
	Wall Balls	00:02:46
	Run Total	00:51:19
	Total time	01:20:12