

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Clodhna Quinn
	201	Rachael Mccrudden
	Run1	00:06:34
	SkiErg	00:05:49
	Run2	00:06:58
	Sled Push	
	Run3	
	Sled Pull	
	Run4	
	80m Burpee	
	Run5	
	1000m Row	
	Run6	
	Farmers carry	
	Run7	
	Sandbag Lunges	
	Run8	
	Wall Balls	
	Run Total	00:13:32
	Total time	00:49:35