

## Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Ciaran Donnelly

31. 25 Niall Mckenna

Run1 00:04:26

SkiErg 00:03:55

Run2 00:04:27

Sled Push 00:02:27

Run3 00:05:36

Sled Pull 00:03:17

Run4 00:04:58

80m Burpee 00:02:34

Run5 00:05:00

1000m Row 00:05:18

Run6 00:04:50

Farmers carry 00:02:18

Run7 00:04:59

Sandbag Lunges 00:03:21

Run8 00:04:58

Wall Balls 00:03:40

Run Total 00:39:17

Total time 01:06:10