

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Scott Query
4.	34	Kyle McGookin

Run1	00:03:34
SkiErg	00:04:07
Run2	00:03:49
Sled Push	00:01:58
Run3	00:04:11
Sled Pull	00:03:34
Run4	00:04:08
80m Burpee	00:02:18
Run5	00:04:14
1000m Row	00:04:17
Run6	00:04:17
Farmers carry	00:01:56
Run7	00:04:07
Sandbag Lunges	00:02:57
Run8	00:03:57
Wall Balls	00:03:34
Run Total	00:32:21
Total time	00:57:05