

## Belfast Hyrox Sim 2024 @ Girdwood

|      |      |               |
|------|------|---------------|
| Rank | Team | Liam Reidy    |
| 2.   | 42   | Ciaran Clancy |

|                |          |
|----------------|----------|
| Run1           | 00:03:35 |
| SkiErg         | 00:04:09 |
| Run2           | 00:03:44 |
| Sled Push      | 00:02:11 |
| Run3           | 00:04:06 |
| Sled Pull      | 00:02:44 |
| Run4           | 00:04:18 |
| 80m Burpee     | 00:01:56 |
| Run5           | 00:04:15 |
| 1000m Row      | 00:04:05 |
| Run6           | 00:04:12 |
| Farmers carry  | 00:01:37 |
| Run7           | 00:04:20 |
| Sandbag Lunges | 00:02:14 |
| Run8           | 00:04:13 |
| Wall Balls     | 00:03:00 |
| Run Total      | 00:32:45 |
| Total time     | 00:54:45 |