

## Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Michael Carpenter

56. 60 Philip Owens

Run1 00:05:09

SkiErg 00:05:32

Run2 00:05:22

Sled Push 00:02:09

Run3 00:05:47

Sled Pull 00:04:14

Run4 00:06:15

80m Burpee 00:03:37

Run5 00:06:10

1000m Row 00:06:11

Run6 00:05:51

Farmers carry 00:02:34

Run7 00:05:49

Sandbag Lunges 00:04:54

Run8 00:05:49

Wall Balls 00:04:18

Run Total 00:46:15

Total time 01:19:48