

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Aine McCormick
21.	66	Jason Hardaker
	Run1	00:04:43
	SkiErg	00:04:52
	Run2	00:05:08
	Sled Push	00:02:21
	Run3	00:05:29
	Sled Pull	00:03:36
	Run4	00:05:30
	80m Burpee	00:03:19
	Run5	00:05:42
	1000m Row	00:05:02
	Run6	00:05:34
	Farmers carry	00:02:17
	Run7	00:05:52
	Sandbag Lunges	00:04:14
	Run8	00:05:42
	Wall Balls	00:04:02
	Run Total	00:43:44
	Total time	01:13:32