

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Richard Sharp
18.	67	Ciara Meighan

Run1	00:04:41
SkiErg	00:04:42
Run2	00:04:56
Sled Push	00:02:17
Run3	00:05:12
Sled Pull	00:03:43
Run4	00:05:19
80m Burpee	00:03:28
Run5	00:05:29
1000m Row	00:04:54
Run6	00:05:25
Farmers carry	00:02:27
Run7	00:05:32
Sandbag Lunges	00:03:31
Run8	00:05:28
Wall Balls	00:04:29
Run Total	00:42:06
Total time	01:11:41