

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Martin Lowry
29.	70	Stephanie Griffin

Run1	00:05:07
SkiErg	00:04:54
Run2	00:05:26
Sled Push	00:02:10
Run3	00:05:45
Sled Pull	00:03:24
Run4	00:05:54
80m Burpee	00:03:53
Run5	00:06:12
1000m Row	00:05:04
Run6	00:06:13
Farmers carry	00:02:37
Run7	00:06:17
Sandbag Lunges	00:04:22
Run8	00:06:40
Wall Balls	00:04:07
Run Total	00:47:36
Total time	01:18:10