

## Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Darragh O Kelly

16. 74 Mary Doyle

Run1 00:04:31

SkiErg 00:04:50

Run2 00:04:47

Sled Push 00:01:49

Run3 00:05:08

Sled Pull 00:03:34

Run4 00:05:15

80m Burpee 00:02:56

Run5 00:05:24

1000m Row 00:05:10

Run6 00:05:23

Farmers carry 00:02:17

Run7 00:05:28

Sandbag Lunges 00:03:11

Run8 00:05:22

Wall Balls 00:03:36

Run Total 00:41:22

Total time 01:08:50