

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ross Lynch
3.	75	Jude Healy

Run1	00:04:05
SkiErg	00:04:26
Run2	00:04:29
Sled Push	00:01:42
Run3	00:04:37
Sled Pull	00:02:35
Run4	00:04:40
80m Burpee	00:02:04
Run5	00:04:44
1000m Row	00:04:37
Run6	00:04:40
Farmers carry	00:01:58
Run7	00:04:43
Sandbag Lunges	00:03:26
Run8	00:04:35
Wall Balls	00:03:28
Run Total	00:36:36
Total time	01:00:56