

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Keilan Behan
15.	76	Tommy Nolan

Run1	00:04:31
SkiErg	00:04:38
Run2	00:04:49
Sled Push	00:01:51
Run3	00:05:17
Sled Pull	00:03:28
Run4	00:06:04
80m Burpee	00:02:34
Run5	00:05:13
1000m Row	00:04:42
Run6	00:05:07
Farmers carry	00:02:15
Run7	00:05:11
Sandbag Lunges	00:04:09
Run8	00:05:03
Wall Balls	00:03:39
Run Total	00:41:18
Total time	01:08:38