

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	David Murphy
32.	78	Niamh Hanafey

Run1	00:04:47
SkiErg	00:05:00
Run2	00:06:02
Sled Push	00:02:10
Run3	00:06:27
Sled Pull	00:03:48
Run4	00:06:51
80m Burpee	00:03:39
Run5	00:06:58
1000m Row	00:05:01
Run6	00:06:49
Farmers carry	00:02:43
Run7	00:06:57
Sandbag Lunges	00:03:53
Run8	00:07:00
Wall Balls	00:04:11
Run Total	00:51:56
Total time	01:22:26