

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Katie Russell
7.	81	Jordan Mcgearty
	Run1	00:04:05
	SkiErg	00:04:16
	Run2	00:04:41
	Sled Push	00:01:33
	Run3	00:05:01
	Sled Pull	00:02:56
	Run4	00:04:47
	80m Burpee	00:02:05
	Run5	00:04:53
	1000m Row	00:04:24
	Run6	00:05:13
	Farmers carry	00:01:40
	Run7	00:05:10
	Sandbag Lunges	00:02:55
	Run8	00:04:59
	Wall Balls	00:03:24
	Run Total	00:38:52
	Total time	01:02:09