

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Linda Cushen
24.	82	Del O'Connor

Run1	00:04:35
SkiErg	00:04:54
Run2	00:05:13
Sled Push	00:01:47
Run3	00:05:36
Sled Pull	00:04:02
Run4	00:05:27
80m Burpee	00:04:09
Run5	00:05:33
1000m Row	00:05:41
Run6	00:05:34
Farmers carry	00:02:28
Run7	00:05:34
Sandbag Lunges	00:04:40
Run8	00:05:27
Wall Balls	00:04:30
Run Total	00:43:04
Total time	01:15:19