

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Jennifer Ohare
6.	84	Sean Mccaffery

Run1	00:04:00
SkiErg	00:04:23
Run2	00:04:26
Sled Push	00:01:50
Run3	00:04:46
Sled Pull	00:03:05
Run4	00:04:45
80m Burpee	00:02:07
Run5	00:04:48
1000m Row	00:04:31
Run6	00:04:44
Farmers carry	00:01:58
Run7	00:04:58
Sandbag Lunges	00:02:57
Run8	00:04:40
Wall Balls	00:03:32
Run Total	00:37:11
Total time	01:01:38