

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Viliam Nagy
33.	86	Klaudia Czaplá

Run1	00:05:09
SkiErg	00:04:58
Run2	00:05:52
Sled Push	00:02:29
Run3	00:06:27
Sled Pull	00:04:04
Run4	00:06:27
80m Burpee	00:04:21
Run5	00:07:01
1000m Row	00:05:20
Run6	00:06:20
Farmers carry	00:02:41
Run7	00:06:30
Sandbag Lunges	00:04:52
Run8	00:06:55
Wall Balls	00:04:13
Run Total	00:50:45
Total time	01:23:48