

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Darren Ramsey
8.	94	Amanda Ramsey

Run1	00:04:02
SkiErg	00:04:34
Run2	00:04:27
Sled Push	00:01:48
Run3	00:04:47
Sled Pull	00:02:57
Run4	00:04:39
80m Burpee	00:02:45
Run5	00:04:50
1000m Row	00:04:33
Run6	00:04:55
Farmers carry	00:01:48
Run7	00:04:52
Sandbag Lunges	00:03:14
Run8	00:04:45
Wall Balls	00:03:50
Run Total	00:37:21
Total time	01:02:53