

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Corey Mcauley
12.	99	Lauryn Bradley

Run1	00:04:02
SkiErg	00:04:37
Run2	00:04:30
Sled Push	00:02:14
Run3	00:04:53
Sled Pull	00:03:24
Run4	00:05:00
80m Burpee	00:03:01
Run5	00:05:08
1000m Row	00:04:58
Run6	00:05:04
Farmers carry	00:02:11
Run7	00:05:27
Sandbag Lunges	00:03:45
Run8	00:05:14
Wall Balls	00:03:57
Run Total	00:39:21
Total time	01:07:32