

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Anna O'Brien
11.	101	Connor Mcconvey

Run1	00:04:24
SkiErg	00:04:58
Run2	00:05:01
Sled Push	00:01:56
Run3	00:05:07
Sled Pull	00:03:28
Run4	00:05:10
80m Burpee	00:02:45
Run5	00:05:09
1000m Row	00:04:50
Run6	00:04:58
Farmers carry	00:02:11
Run7	00:05:06
Sandbag Lunges	00:03:25
Run8	00:04:48
Wall Balls	00:03:52
Run Total	00:39:47
Total time	01:07:16