

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Rachael Johnson
------	------	-----------------

9.	104	Warren Nugent
----	-----	---------------

Run1	00:04:06
------	----------

SkiErg	00:04:41
--------	----------

Run2	00:04:31
------	----------

Sled Push	00:01:58
-----------	----------

Run3	00:04:52
------	----------

Sled Pull	00:03:27
-----------	----------

Run4	00:04:45
------	----------

80m Burpee	00:02:34
------------	----------

Run5	00:04:50
------	----------

1000m Row	00:04:57
-----------	----------

Run6	00:04:56
------	----------

Farmers carry	00:02:00
---------------	----------

Run7	00:04:54
------	----------

Sandbag Lunges	00:03:23
----------------	----------

Run8	00:04:43
------	----------

Wall Balls	00:03:51
------------	----------

Run Total	00:37:40
-----------	----------

Total time	01:04:35
------------	----------