

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Moira Leheny
17.	109	Niamh Mckearney

Run1	00:04:33
SkiErg	00:05:24
Run2	00:05:08
Sled Push	00:02:02
Run3	00:05:49
Sled Pull	00:04:55
Run4	00:05:42
80m Burpee	00:03:38
Run5	00:05:48
1000m Row	00:06:21
Run6	00:06:32
Farmers carry	00:02:57
Run7	00:05:53
Sandbag Lunges	00:03:21
Run8	00:06:33
Wall Balls	00:02:32
Run Total	00:46:01
Total time	01:17:15