

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	
26.	110	Laura Laverty Sorcha Lavery
	Run1	00:05:18
	SkiErg	00:05:18
	Run2	00:06:17
	Sled Push	00:01:57
	Run3	00:06:32
	Sled Pull	00:03:55
	Run4	00:06:38
	80m Burpee	00:03:56
	Run5	00:06:44
	1000m Row	00:05:47
	Run6	00:06:20
	Farmers carry	00:02:33
	Run7	00:06:51
	Sandbag Lunges	00:03:56
	Run8	00:06:40
	Wall Balls	00:02:46
	Run Total	00:51:24
	Total time	01:21:36