

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Claire Duffy
30.	117	Shannon O'neill

Run1	00:05:51
SkiErg	00:05:41
Run2	00:06:09
Sled Push	00:02:11
Run3	00:06:33
Sled Pull	00:04:33
Run4	00:06:38
80m Burpee	00:05:48
Run5	00:06:38
1000m Row	00:05:51
Run6	00:06:49
Farmers carry	00:02:52
Run7	00:06:50
Sandbag Lunges	00:04:22
Run8	00:07:00
Wall Balls	00:02:57
Run Total	00:52:32
Total time	01:26:52