

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Sarah Quinn
32.	118	Seanna Mc Bennett
	Run1	00:06:05
	SkiErg	00:05:41
	Run2	00:06:25
	Sled Push	00:02:05
	Run3	00:07:41
	Sled Pull	00:04:08
	Run4	00:07:46
	80m Burpee	00:04:36
	Run5	00:07:49
	1000m Row	00:05:25
	Run6	00:08:01
	Farmers carry	00:02:32
	Run7	00:08:09
	Sandbag Lunges	00:04:11
	Run8	00:07:27
	Wall Balls	00:02:45
	Run Total	00:59:27
	Total time	01:30:53