

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Niamh Rafferty
34.	125	Sarah O'Donnell
	Run1	00:05:43
	SkiErg	00:05:53
	Run2	00:06:42
	Sled Push	00:02:10
	Run3	00:06:59
	Sled Pull	00:04:36
	Run4	00:07:10
	80m Burpee	00:05:00
	Run5	00:07:27
	1000m Row	00:05:55
	Run6	00:07:38
	Farmers carry	00:02:54
	Run7	00:08:01
	Sandbag Lunges	00:05:02
	Run8	00:07:14
	Wall Balls	00:03:13
	Run Total	00:56:57
	Total time	01:31:43