

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Alice Kelly
9.	126	Aine Mcgurgan
	Run1	00:05:05
	SkiErg	00:05:22
	Run2	00:05:16
	Sled Push	00:01:45
	Run3	00:05:36
	Sled Pull	00:04:12
	Run4	00:05:56
	80m Burpee	00:02:44
	Run5	00:05:48
	1000m Row	00:05:15
	Run6	00:05:54
	Farmers carry	00:02:22
	Run7	00:05:50
	Sandbag Lunges	00:03:40
	Run8	00:05:51
	Wall Balls	00:02:48
	Run Total	00:45:18
	Total time	01:13:29