

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Danielle Tubridy
------	------	------------------

1.	129	Michelle Price
----	-----	----------------

Run1	00:05:03
------	----------

SkiErg	00:04:50
--------	----------

Run2	00:05:04
------	----------

Sled Push	00:01:34
-----------	----------

Run3	00:05:23
------	----------

Sled Pull	00:03:01
-----------	----------

Run4	00:05:24
------	----------

80m Burpee	00:02:15
------------	----------

Run5	00:05:29
------	----------

1000m Row	00:04:41
-----------	----------

Run6	00:05:24
------	----------

Farmers carry	00:01:51
---------------	----------

Run7	00:05:33
------	----------

Sandbag Lunges	00:02:33
----------------	----------

Run8	00:05:15
------	----------

Wall Balls	00:02:32
------------	----------

Run Total	00:42:38
-----------	----------

Total time	01:05:59
------------	----------