

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Shannon Armstrong
------	------	-------------------

4.	130	Aimee Johnston
----	-----	----------------

Run1	00:04:57
------	----------

SkiErg	00:04:52
--------	----------

Run2	00:05:27
------	----------

Sled Push	00:01:35
-----------	----------

Run3	00:05:43
------	----------

Sled Pull	00:03:06
-----------	----------

Run4	00:05:39
------	----------

80m Burpee	00:02:19
------------	----------

Run5	00:05:32
------	----------

1000m Row	00:04:43
-----------	----------

Run6	00:05:31
------	----------

Farmers carry	00:02:03
---------------	----------

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

Sandbag Lunges	00:02:56
----------------	----------

Run8	00:05:17
------	----------

Wall Balls	00:02:36
------------	----------

Run Total	00:43:43
-----------	----------

Total time	01:07:56
------------	----------