

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Julie Fisher
18.	133	Laura Fisher

Run1	00:05:11
SkiErg	00:05:32
Run2	00:05:24
Sled Push	00:02:00
Run3	00:06:09
Sled Pull	00:03:27
Run4	00:06:01
80m Burpee	00:03:59
Run5	00:06:04
1000m Row	00:06:40
Run6	00:05:36
Farmers carry	00:02:31
Run7	00:05:40
Sandbag Lunges	00:04:40
Run8	00:05:42
Wall Balls	00:03:00
Run Total	00:45:51
Total time	01:17:43