

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Emma Sheehy
13.	134	Colleen Regan

Run1	00:05:07
SkiErg	00:05:14
Run2	00:05:38
Sled Push	00:01:54
Run3	00:06:02
Sled Pull	00:03:32
Run4	00:06:01
80m Burpee	00:04:13
Run5	00:06:17
1000m Row	00:05:58
Run6	00:06:09
Farmers carry	00:02:29
Run7	00:05:59
Sandbag Lunges	00:03:36
Run8	00:05:55
Wall Balls	00:02:42
Run Total	00:47:12
Total time	01:16:54