

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Kate Allison
21.	136	Laura McClure
	Run1	00:05:24
	SkiErg	00:05:54
	Run2	00:05:43
	Sled Push	00:01:59
	Run3	00:06:06
	Sled Pull	00:03:50
	Run4	00:06:08
	80m Burpee	00:05:00
	Run5	00:06:07
	1000m Row	00:05:45
	Run6	00:05:52
	Farmers carry	00:02:36
	Run7	00:05:58
	Sandbag Lunges	00:04:30
	Run8	00:05:50
	Wall Balls	00:02:55
	Run Total	00:47:11
	Total time	01:19:44