

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ruth Matchett
2.	145	Sarah Graham
	Run1	00:05:44
	SkiErg	00:05:20
	Run2	00:02:39
	Sled Push	00:02:37
	Run3	00:04:40
	Sled Pull	00:02:26
	Run4	00:06:22
	80m Burpee	00:02:26
	Run5	00:08:04
	1000m Row	00:04:57
	Run6	00:05:22
	Farmers carry	00:02:06
	Run7	00:05:29
	Sandbag Lunges	00:03:35
	Run8	00:05:30
	Wall Balls	00:02:36
	Run Total	00:43:53
	Total time	01:10:01