

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Michelle Fox
3.	148	Annemarie Farrell

Run1	00:04:46
SkiErg	00:05:11
Run2	00:05:04
Sled Push	00:01:53
Run3	00:05:20
Sled Pull	00:03:29
Run4	00:05:10
80m Burpee	00:02:52
Run5	00:05:12
1000m Row	00:04:56
Run6	00:05:17
Farmers carry	00:02:05
Run7	00:05:29
Sandbag Lunges	00:03:04
Run8	00:05:23
Wall Balls	00:02:37
Run Total	00:41:45
Total time	01:07:54