

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Julie-Anne Richmond
37.	149	Lauren Patterson

Run1	00:05:44
SkiErg	00:05:36
Run2	00:07:19
Sled Push	00:02:09
Run3	00:07:25
Sled Pull	00:04:13
Run4	00:10:01
80m Burpee	00:04:00
Run5	00:07:51
1000m Row	00:06:11
Run6	00:08:09
Farmers carry	00:02:36
Run7	00:07:59
Sandbag Lunges	00:04:32
Run8	00:07:41
Wall Balls	00:02:46
Run Total	01:02:13
Total time	01:34:20