

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Peter Lockhart
14.	16	Johnny Stevenson

Run1	00:04:21
SkiErg	00:04:26
Run2	00:04:18
Sled Push	00:01:50
Run3	00:04:32
Sled Pull	00:02:44
Run4	00:04:35
80m Burpee	00:02:53
Run5	00:05:18
1000m Row	00:04:41
Run6	00:04:40
Farmers carry	00:02:03
Run7	00:04:47
Sandbag Lunges	00:03:24
Run8	00:04:31
Wall Balls	00:03:41
Run Total	00:37:05
Total time	01:02:51