

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Derek Burnett
24.	20	Anthony O'connor

Run1	00:04:12
SkiErg	00:04:33
Run2	00:04:45
Sled Push	00:01:49
Run3	00:04:57
Sled Pull	00:02:40
Run4	00:05:00
80m Burpee	00:02:33
Run5	00:04:58
1000m Row	00:05:04
Run6	00:05:00
Farmers carry	00:02:14
Run7	00:04:53
Sandbag Lunges	00:03:07
Run8	00:04:55
Wall Balls	00:03:50
Run Total	00:38:43
Total time	01:04:37