

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Michele Morgan
25.	202	Niamh Stewart

Run1	00:05:50
SkiErg	00:05:19
Run2	00:06:14
Sled Push	00:01:44
Run3	00:06:57
Sled Pull	00:03:26
Run4	00:06:49
80m Burpee	00:03:28
Run5	00:06:40
1000m Row	00:05:37
Run6	00:06:35
Farmers carry	00:02:40
Run7	00:06:35
Sandbag Lunges	00:03:49
Run8	00:06:38
Wall Balls	00:02:27
Run Total	00:52:22
Total time	01:20:56