

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Orla Meenehan
20.	203	Nicole Lavery
	Run1	00:05:35
	SkiErg	00:05:35
	Run2	00:05:53
	Sled Push	00:01:38
	Run3	00:06:49
	Sled Pull	00:03:28
	Run4	00:06:36
	80m Burpee	00:02:47
	Run5	00:06:34
	1000m Row	00:05:58
	Run6	00:06:07
	Farmers carry	00:02:25
	Run7	00:06:10
	Sandbag Lunges	00:03:45
	Run8	00:05:47
	Wall Balls	00:02:45
	Run Total	00:49:35
	Total time	01:17:59