

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Roisin Mcallister
29.	206	Caroline Mcveigh

Run1	00:05:19
SkiErg	00:05:44
Run2	00:05:58
Sled Push	00:02:21
Run3	00:08:16
Sled Pull	00:05:38
Run4	00:06:23
80m Burpee	00:04:37
Run5	00:07:02
1000m Row	00:06:25
Run6	00:06:23
Farmers carry	00:02:29
Run7	00:06:42
Sandbag Lunges	00:02:38
Run8	00:06:12
Wall Balls	00:02:37
Run Total	00:52:17
Total time	01:24:52