

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Reece Currie
52.	31	JP Canavan

Run1	00:04:45
SkiErg	00:04:51
Run2	00:05:02
Sled Push	00:02:41
Run3	00:05:26
Sled Pull	00:03:30
Run4	00:05:29
80m Burpee	00:03:44
Run5	00:05:39
1000m Row	00:05:15
Run6	00:05:41
Farmers carry	00:02:53
Run7	00:05:46
Sandbag Lunges	00:05:03
Run8	00:05:43
Wall Balls	00:03:56
Run Total	00:43:33
Total time	01:15:30