

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Patrick McNally
42.	35	Pearse Loughlin

Run1	00:04:13
SkiErg	00:04:28
Run2	00:04:36
Sled Push	00:01:45
Run3	00:04:56
Sled Pull	00:02:50
Run4	00:04:53
80m Burpee	00:03:13
Run5	00:05:15
1000m Row	00:05:13
Run6	00:05:29
Farmers carry	00:02:53
Run7	00:05:52
Sandbag Lunges	00:03:51
Run8	00:05:56
Wall Balls	00:03:36
Run Total	00:41:14
Total time	01:09:06