

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Jonathan Dawson
23.	37	Gerard Maguire

Run1	00:03:55
SkiErg	00:04:22
Run2	00:04:42
Sled Push	00:02:07
Run3	00:04:44
Sled Pull	00:03:25
Run4	00:04:54
80m Burpee	00:02:46
Run5	00:04:59
1000m Row	00:04:47
Run6	00:04:43
Farmers carry	00:02:18
Run7	00:04:55
Sandbag Lunges	00:03:15
Run8	00:04:49
Wall Balls	00:03:41
Run Total	00:37:46
Total time	01:04:29