

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Conor Scullion
35.	39	Jacqueline Scullion

Run1	00:04:28
SkiErg	00:04:39
Run2	00:04:42
Sled Push	00:02:09
Run3	00:05:03
Sled Pull	00:03:28
Run4	00:05:12
80m Burpee	00:02:41
Run5	00:04:57
1000m Row	00:04:52
Run6	00:04:53
Farmers carry	00:02:27
Run7	00:04:51
Sandbag Lunges	00:03:33
Run8	00:04:55
Wall Balls	00:04:02
Run Total	00:39:05
Total time	01:06:59