

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Micheal Dolan
8.	45	Declan Ryan

Run1	00:03:53
SkiErg	00:04:29
Run2	00:04:09
Sled Push	00:01:51
Run3	00:04:26
Sled Pull	00:02:34
Run4	00:04:25
80m Burpee	00:02:38
Run5	00:04:27
1000m Row	00:04:27
Run6	00:04:19
Farmers carry	00:01:52
Run7	00:04:35
Sandbag Lunges	00:03:22
Run8	00:04:15
Wall Balls	00:03:43
Run Total	00:34:32
Total time	00:59:31