

## Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Aidan Mcgale

5. 49 Gary Martin

Run1 00:03:47

SkiErg 00:04:10

Run2 00:04:01

Sled Push 00:01:44

Run3 00:04:16

Sled Pull 00:02:53

Run4 00:04:08

80m Burpee 00:02:05

Run5 00:04:22

1000m Row 00:04:35

Run6 00:04:23

Farmers carry 00:01:59

Run7 00:04:19

Sandbag Lunges 00:02:45

Run8 00:04:24

Wall Balls 00:03:26

Run Total 00:33:44

Total time 00:57:25