

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Gerard Woods
32.	57	Ronan Mccabe

Run1	00:04:41
SkiErg	00:04:22
Run2	00:05:00
Sled Push	00:01:38
Run3	00:05:23
Sled Pull	00:02:59
Run4	00:05:18
80m Burpee	00:02:41
Run5	00:05:27
1000m Row	00:04:29
Run6	00:05:19
Farmers carry	00:02:09
Run7	00:05:14
Sandbag Lunges	00:03:14
Run8	00:04:49
Wall Balls	00:03:36
Run Total	00:41:14
Total time	01:06:26