

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Jay Mccrum
22.	63	Jamie Mottram

Run1	00:04:50
SkiErg	00:04:35
Run2	00:04:41
Sled Push	00:01:36
Run3	00:05:06
Sled Pull	00:03:12
Run4	00:04:53
80m Burpee	00:02:28
Run5	00:05:00
1000m Row	00:04:28
Run6	00:04:46
Farmers carry	00:01:46
Run7	00:04:55
Sandbag Lunges	00:03:23
Run8	00:04:38
Wall Balls	00:03:52
Run Total	00:38:53
Total time	01:04:18