

# FIT.HOUSE

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Michael Coney
45.	64	Joshua O'neill

Run1	00:04:56
SkiErg	00:04:48
Run2	00:04:48
Sled Push	00:01:36
Run3	00:05:17
Sled Pull	00:03:16
Run4	00:05:33
80m Burpee	00:03:11
Run5	00:05:37
1000m Row	00:04:56
Run6	00:05:28
Farmers carry	00:02:13
Run7	00:05:37
Sandbag Lunges	00:03:45
Run8	00:05:31
Wall Balls	00:04:00
Run Total	00:42:51
Total time	01:10:38