

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ciara Farish
19.	68	Tom Armstrong

Run1	00:04:39
SkiErg	00:04:47
Run2	00:05:08
Sled Push	00:01:50
Run3	00:05:36
Sled Pull	00:04:26
Run4	00:05:09
80m Burpee	00:02:51
Run5	00:05:47
1000m Row	00:05:09
Run6	00:05:38
Farmers carry	00:02:37
Run7	00:05:31
Sandbag Lunges	00:03:46
Run8	00:05:33
Wall Balls	00:04:06
Run Total	00:43:05
Total time	01:12:40