

FIT.HOUSE

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Matthew Conn
27.	73	Anna Lawther

Run1	00:05:20
SkiErg	00:04:52
Run2	00:05:43
Sled Push	00:02:01
Run3	00:05:54
Sled Pull	00:03:24
Run4	00:05:50
80m Burpee	00:03:07
Run5	00:06:11
1000m Row	00:04:57
Run6	00:06:39
Farmers carry	00:02:25
Run7	00:07:14
Sandbag Lunges	00:03:06
Run8	00:05:59
Wall Balls	00:04:03
Run Total	00:48:53
Total time	01:16:50