

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Paul Quinn
28.	8	07766740 Spence

Run1	00:04:01
SkiErg	00:04:20
Run2	00:04:14
Sled Push	00:01:58
Run3	00:04:52
Sled Pull	00:02:59
Run4	00:06:04
80m Burpee	00:02:28
Run5	00:05:02
1000m Row	00:04:17
Run6	00:05:01
Farmers carry	00:01:56
Run7	00:04:59
Sandbag Lunges	00:04:01
Run8	00:04:52
Wall Balls	00:04:01
Run Total	00:39:09
Total time	01:05:13