

## Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Jack Brannigan
28.	89	Isabelle Smith

Run1	00:05:14
SkiErg	00:05:25
Run2	00:05:31
Sled Push	00:01:54
Run3	00:05:46
Sled Pull	00:04:25
Run4	00:06:13
80m Burpee	00:03:13
Run5	00:06:09
1000m Row	00:05:22
Run6	00:06:02
Farmers carry	00:02:00
Run7	00:05:54
Sandbag Lunges	00:03:18
Run8	00:06:01
Wall Balls	00:04:16
Run Total	00:46:54
Total time	01:16:51