

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Lindsey Ilona Brady
23.	90	Paddy Fitzgerald

Run1	00:05:31
SkiErg	00:05:03
Run2	00:05:34
Sled Push	00:01:36
Run3	00:06:02
Sled Pull	00:03:11
Run4	00:06:16
80m Burpee	00:02:18
Run5	00:06:11
1000m Row	00:05:08
Run6	00:06:00
Farmers carry	00:01:53
Run7	00:06:10
Sandbag Lunges	00:03:55
Run8	00:05:47
Wall Balls	00:03:35
Run Total	00:47:34
Total time	01:14:17