

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Christina Stafford
31.	96	Micheal Fay

Run1	00:05:29
SkiErg	00:04:42
Run2	00:05:52
Sled Push	00:01:59
Run3	00:06:28
Sled Pull	00:02:45
Run4	00:06:29
80m Burpee	00:03:21
Run5	00:06:21
1000m Row	00:05:28
Run6	00:06:21
Farmers carry	00:02:02
Run7	00:06:47
Sandbag Lunges	00:04:07
Run8	00:07:00
Wall Balls	00:03:54
Run Total	00:50:51
Total time	01:19:14