

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	
1.	10	Other Competition
	Run1	00:03:20
	SkiErg	00:04:21
	Run2	00:03:31
	Sled Push	00:02:35
	Run3	00:03:38
	Sled Pull	00:03:01
	Run4	00:03:35
	80m Burpee	00:02:30
	Run5	00:03:37
	1000m Row	00:04:29
	Run6	00:03:38
	Farmers carry	00:01:55
	Run7	00:03:41
	Sandbag Lunges	00:03:28
	Run8	00:03:42
	Wall Balls	00:03:29
	Run Total	00:28:45
	Total time	00:54:36