

Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Donna Steele

35. 138 Nikki Murrau

Run1 00:06:30

SkiErg 00:05:39

Run2 00:07:06

Sled Push 00:02:21

Run3 00:07:42

Sled Pull 00:04:32

Run4 00:07:27

80m Burpee 00:05:14

Run5 00:07:36

1000m Row 00:05:55

Run6 00:07:37

Farmers carry 00:02:44

Run7 00:07:43

Sandbag Lunges 00:04:38

Run8 00:07:22

Wall Balls 00:02:51

Run Total 00:59:06

Total time 01:33:04