

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Oisin Mccullagh
46.	14	Ryan Gervin

Run1	00:04:34
SkiErg	00:04:29
Run2	00:05:03
Sled Push	00:01:42
Run3	00:06:02
Sled Pull	00:02:48
Run4	00:05:45
80m Burpee	00:03:44
Run5	00:05:45
1000m Row	00:04:39
Run6	00:05:17
Farmers carry	00:01:58
Run7	00:05:27
Sandbag Lunges	00:04:18
Run8	00:05:25
Wall Balls	00:03:51
Run Total	00:43:22
Total time	01:10:54