

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Peter Nixon
25.	19	Ethan McClintock

Run1	00:04:21
SkiErg	00:04:23
Run2	00:04:42
Sled Push	00:01:48
Run3	00:04:57
Sled Pull	00:03:07
Run4	00:04:59
80m Burpee	00:02:56
Run5	00:04:45
1000m Row	00:04:37
Run6	00:04:57
Farmers carry	00:02:13
Run7	00:05:03
Sandbag Lunges	00:03:31
Run8	00:04:50
Wall Balls	00:03:38
Run Total	00:38:39
Total time	01:04:55