

Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Claire Mclaughlin

19. 209 Emma Gregson

Run1 00:05:15

SkiErg 00:05:35

Run2 00:05:37

Sled Push 00:01:44

Run3 00:06:10

Sled Pull 00:04:26

Run4 00:06:17

80m Burpee 00:03:46

Run5 00:06:26

1000m Row 00:05:42

Run6 00:06:21

Farmers carry 00:02:11

Run7 00:06:20

Sandbag Lunges 00:03:25

Run8 00:06:04

Wall Balls 00:02:34

Run Total 00:48:31

Total time 01:17:56