

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Martin Reid
33.	21	Mark Burns

Run1	00:04:31
SkiErg	00:04:39
Run2	00:04:36
Sled Push	00:02:00
Run3	00:04:50
Sled Pull	00:03:04
Run4	00:05:03
80m Burpee	00:02:19
Run5	00:05:03
1000m Row	00:04:55
Run6	00:04:43
Farmers carry	00:02:17
Run7	00:05:18
Sandbag Lunges	00:03:34
Run8	00:05:29
Wall Balls	00:04:04
Run Total	00:39:36
Total time	01:06:32