

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ryan Templeton
10.	22	Nathan Cameron

Run1	00:04:08
SkiErg	00:04:08
Run2	00:04:28
Sled Push	00:02:07
Run3	00:04:39
Sled Pull	00:03:09
Run4	00:04:26
80m Burpee	00:02:25
Run5	00:04:31
1000m Row	00:04:16
Run6	00:04:40
Farmers carry	00:01:56
Run7	00:04:38
Sandbag Lunges	00:02:52
Run8	00:04:28
Wall Balls	00:03:26
Run Total	00:36:02
Total time	01:00:25