

Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Sergio Caballero

41. 23 Pa Kearney

Run1 00:04:35

SkiErg 00:04:49

Run2 00:04:41

Sled Push 00:02:27

Run3 00:05:12

Sled Pull 00:03:33

Run4 00:05:03

80m Burpee 00:02:29

Run5 00:05:16

1000m Row 00:04:41

Run6 00:05:07

Farmers carry 00:02:47

Run7 00:05:13

Sandbag Lunges 00:03:41

Run8 00:05:24

Wall Balls 00:04:00

Run Total 00:40:34

Total time 01:09:05