

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Luke Fox
51.	30	Nathan Kerr

Run1	00:04:43
SkiErg	00:04:52
Run2	00:05:05
Sled Push	00:02:17
Run3	00:06:01
Sled Pull	00:04:20
Run4	00:06:04
80m Burpee	00:03:43
Run5	00:06:01
1000m Row	00:04:54
Run6	00:05:59
Farmers carry	00:02:18
Run7	00:05:56
Sandbag Lunges	00:03:54
Run8	00:04:57
Wall Balls	00:04:06
Run Total	00:44:49
Total time	01:15:17