

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Conor Rodgers
30.	4	David Mcilwrath

Run1	00:04:23
SkiErg	00:04:17
Run2	00:04:42
Sled Push	00:01:32
Run3	00:04:49
Sled Pull	00:04:03
Run4	00:04:47
80m Burpee	00:02:59
Run5	00:04:56
1000m Row	00:04:46
Run6	00:04:57
Farmers carry	00:01:59
Run7	00:05:02
Sandbag Lunges	00:03:09
Run8	00:04:57
Wall Balls	00:04:24
Run Total	00:38:37
Total time	01:05:50