

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Benny Mcelholm
3.	40	Conor Mc Court

Run1	00:03:32
SkiErg	00:04:02
Run2	00:03:48
Sled Push	00:02:08
Run3	00:03:59
Sled Pull	00:02:39
Run4	00:03:56
80m Burpee	00:01:58
Run5	00:03:57
1000m Row	00:04:38
Run6	00:03:52
Farmers carry	00:01:54
Run7	00:03:56
Sandbag Lunges	00:02:53
Run8	00:03:54
Wall Balls	00:03:34
Run Total	00:30:58
Total time	00:54:49