

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Michael Farry
29.	47	Kevin Mccauley

Run1	00:04:12
SkiErg	00:04:37
Run2	00:04:47
Sled Push	00:01:57
Run3	00:05:06
Sled Pull	00:02:43
Run4	00:05:06
80m Burpee	00:02:48
Run5	00:05:17
1000m Row	00:04:30
Run6	00:04:59
Farmers carry	00:02:04
Run7	00:05:08
Sandbag Lunges	00:03:38
Run8	00:05:05
Wall Balls	00:03:30
Run Total	00:39:44
Total time	01:05:35