

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Sean O'Neill
37.	50	Michael Brady

Run1	00:04:38
SkiErg	00:04:44
Run2	00:04:47
Sled Push	00:02:23
Run3	00:05:11
Sled Pull	00:03:17
Run4	00:05:08
80m Burpee	00:02:47
Run5	00:05:08
1000m Row	00:04:52
Run6	00:04:47
Farmers carry	00:02:04
Run7	00:05:02
Sandbag Lunges	00:03:27
Run8	00:04:53
Wall Balls	00:04:31
Run Total	00:39:38
Total time	01:07:47