

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Leroy Mills
7.	55	Sean Donnelly

Run1	00:03:44
SkiErg	00:04:19
Run2	00:04:07
Sled Push	00:01:44
Run3	00:04:33
Sled Pull	00:02:45
Run4	00:04:23
80m Burpee	00:02:23
Run5	00:04:35
1000m Row	00:04:38
Run6	00:04:19
Farmers carry	00:02:02
Run7	00:04:29
Sandbag Lunges	00:03:18
Run8	00:04:11
Wall Balls	00:03:36
Run Total	00:34:25
Total time	00:59:14