

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Seán Ó'Cléirigh
39.	56	Damien Lundy

Run1	00:04:20
SkiErg	00:04:16
Run2	00:04:42
Sled Push	00:01:40
Run3	00:05:31
Sled Pull	00:02:55
Run4	00:05:21
80m Burpee	00:03:11
Run5	00:05:41
1000m Row	00:04:52
Run6	00:05:22
Farmers carry	00:02:28
Run7	00:05:10
Sandbag Lunges	00:03:14
Run8	00:05:33
Wall Balls	00:03:54
Run Total	00:41:44
Total time	01:08:20