

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Padraig Roche
40.	59	Sami Roche
	Run1	00:04:41
	SkiErg	00:04:35
	Run2	00:04:47
	Sled Push	00:01:33
	Run3	00:05:05
	Sled Pull	00:03:28
	Run4	00:05:18
	80m Burpee	00:03:02
	Run5	00:05:23
	1000m Row	00:05:06
	Run6	00:05:15
	Farmers carry	00:02:14
	Run7	00:05:14
	Sandbag Lunges	00:04:15
	Run8	00:04:59
	Wall Balls	00:03:57
	Run Total	00:40:45
	Total time	01:08:58