

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ibar Conway
5.	65	Anthony Ryan

Run1	00:04:09
SkiErg	00:04:21
Run2	00:04:15
Sled Push	00:01:33
Run3	00:04:32
Sled Pull	00:02:29
Run4	00:04:44
80m Burpee	00:02:51
Run5	00:04:41
1000m Row	00:04:38
Run6	00:04:38
Farmers carry	00:02:08
Run7	00:04:41
Sandbag Lunges	00:03:22
Run8	00:04:45
Wall Balls	00:03:34
Run Total	00:36:29
Total time	01:01:30