

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ciaran Dervan
26.	80	Teresa Coleman

Run1	00:05:00
SkiErg	00:05:13
Run2	00:05:21
Sled Push	00:02:17
Run3	00:05:35
Sled Pull	00:03:59
Run4	00:05:34
80m Burpee	00:04:06
Run5	00:05:47
1000m Row	00:05:15
Run6	00:05:36
Farmers carry	00:02:31
Run7	00:05:44
Sandbag Lunges	00:04:07
Run8	00:05:51
Wall Balls	00:04:17
Run Total	00:44:30
Total time	01:16:19