

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Robbie Marks
34.	88	Emily Barron-Marks

Run1	00:04:22
SkiErg	00:05:22
Run2	00:04:43
Sled Push	00:02:21
Run3	00:05:21
Sled Pull	00:04:43
Run4	00:05:17
80m Burpee	00:07:39
Run5	00:05:36
1000m Row	00:05:48
Run6	00:05:04
Farmers carry	00:02:53
Run7	00:05:15
Sandbag Lunges	00:07:26
Run8	00:05:12
Wall Balls	00:06:46
Run Total	00:40:53
Total time	01:23:53