

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Paul Mcentee
6.	9	Dermot Bellew

Run1	00:03:44
SkiErg	00:04:02
Run2	00:04:03
Sled Push	00:02:32
Run3	00:04:21
Sled Pull	00:03:00
Run4	00:04:17
80m Burpee	00:02:30
Run5	00:04:25
1000m Row	00:04:10
Run6	00:04:29
Farmers carry	00:01:57
Run7	00:04:24
Sandbag Lunges	00:02:35
Run8	00:04:13
Wall Balls	00:03:29
Run Total	00:33:59
Total time	00:58:18