

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Conor Gervin
36.	11	Darren Morris

Run1	00:04:29
SkiErg	00:04:36
Run2	00:04:41
Sled Push	00:01:18
Run3	00:04:57
Sled Pull	00:02:44
Run4	00:05:15
80m Burpee	00:03:34
Run5	00:05:25
1000m Row	00:04:39
Run6	00:05:12
Farmers carry	00:02:06
Run7	00:05:09
Sandbag Lunges	00:03:55
Run8	00:05:19
Wall Balls	00:03:42
Run Total	00:40:31
Total time	01:07:08