

Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Nicola McCluskey

38. 115 Kirsty Corbett

Run1 00:06:29

SkiErg 00:05:38

Run2 00:06:46

Sled Push 00:02:34

Run3 00:07:01

Sled Pull 00:04:21

Run4 00:07:18

80m Burpee 00:05:53

Run5 00:07:42

1000m Row 00:06:58

Run6 00:08:16

Farmers carry 00:03:05

Run7 00:06:40

Sandbag Lunges 00:05:10

Run8 00:06:33

Wall Balls 00:03:51

Run Total 00:56:49

Total time 01:34:23