

Belfast Hyrox Sim 2024 @ Girdwood

Rank Team Amanda Oliver

39. 137 Debi Knowles

Run1 00:06:41

SkiErg 00:06:52

Run2 00:07:49

Sled Push 00:02:31

Run3 00:08:57

Sled Pull 00:05:10

Run4 00:08:41

80m Burpee 00:06:32

Run5 00:08:42

1000m Row 00:06:12

Run6 00:08:33

Farmers carry 00:02:51

Run7 00:08:40

Sandbag Lunges 00:04:33

Run8 00:08:29

Wall Balls 00:03:18

Run Total 01:06:34

Total time 01:44:36