

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Conor Kerlin
26.	18	Lorcan Mcguigan

Run1	00:04:27
SkiErg	00:04:45
Run2	00:04:30
Sled Push	00:01:48
Run3	00:04:41
Sled Pull	00:02:52
Run4	00:04:43
80m Burpee	00:02:47
Run5	00:04:45
1000m Row	00:04:57
Run6	00:04:40
Farmers carry	00:02:46
Run7	00:04:48
Sandbag Lunges	00:03:29
Run8	00:05:05
Wall Balls	00:04:00
Run Total	00:37:43
Total time	01:05:10