

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ryan Mccloskey
16.	2	

Run1	00:03:44
SkiErg	00:04:47
Run2	00:04:05
Sled Push	00:02:47
Run3	00:04:14
Sled Pull	00:03:44
Run4	00:04:09
80m Burpee	00:02:42
Run5	00:04:13
1000m Row	00:04:53
Run6	00:04:08
Farmers carry	00:03:13
Run7	00:04:03
Sandbag Lunges	00:03:35
Run8	00:04:13
Wall Balls	00:04:33
Run Total	00:32:54
Total time	01:03:11