

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Jason Traynor
27.	24	Gary Traynor

Run1	00:04:22
SkiErg	00:04:21
Run2	00:04:49
Sled Push	00:01:47
Run3	00:04:52
Sled Pull	00:03:12
Run4	00:04:58
80m Burpee	00:02:47
Run5	00:04:53
1000m Row	00:04:28
Run6	00:04:56
Farmers carry	00:02:24
Run7	00:05:02
Sandbag Lunges	00:03:52
Run8	00:04:37
Wall Balls	00:03:46
Run Total	00:38:32
Total time	01:05:13