

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Eamonn Hunt
43.	27	Conor Finnegan

Run1	00:04:04
SkiErg	00:04:36
Run2	00:04:26
Sled Push	00:02:08
Run3	00:05:11
Sled Pull	00:03:35
Run4	00:05:02
80m Burpee	00:03:31
Run5	00:05:02
1000m Row	00:05:20
Run6	00:05:18
Farmers carry	00:02:30
Run7	00:05:19
Sandbag Lunges	00:03:52
Run8	00:05:09
Wall Balls	00:03:58
Run Total	00:39:34
Total time	01:09:08