

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Bernard Doohan
19.	29	Gerard Mooney

Run1	00:04:06
SkiErg	00:04:15
Run2	00:04:27
Sled Push	00:02:27
Run3	00:04:40
Sled Pull	00:02:39
Run4	00:04:37
80m Burpee	00:03:12
Run5	00:04:57
1000m Row	00:04:23
Run6	00:04:44
Farmers carry	00:02:05
Run7	00:04:51
Sandbag Lunges	00:03:38
Run8	00:04:59
Wall Balls	00:03:42
Run Total	00:37:24
Total time	01:03:48