

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Matthew Dunbar
49.	33	Iain Semple

Run1	00:04:52
SkiErg	00:04:38
Run2	00:04:57
Sled Push	00:01:36
Run3	00:05:20
Sled Pull	00:03:07
Run4	00:05:59
80m Burpee	00:03:11
Run5	00:06:10
1000m Row	00:04:56
Run6	00:05:58
Farmers carry	00:02:17
Run7	00:05:52
Sandbag Lunges	00:03:29
Run8	00:06:12
Wall Balls	00:03:46
Run Total	00:45:25
Total time	01:12:29