

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Brian Harding
12.	43	Paddy Maloney

Run1	00:04:18
SkiErg	00:04:22
Run2	00:04:24
Sled Push	00:01:57
Run3	00:04:49
Sled Pull	00:02:09
Run4	00:04:48
80m Burpee	00:02:05
Run5	00:05:30
1000m Row	00:04:27
Run6	00:04:48
Farmers carry	00:01:46
Run7	00:04:55
Sandbag Lunges	00:03:11
Run8	00:04:38
Wall Balls	00:03:23
Run Total	00:38:14
Total time	01:01:39