

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Michael Banahan
55.	44	Geoff Adams

Run1	00:04:53
SkiErg	00:05:19
Run2	00:05:06
Sled Push	00:02:55
Run3	00:06:01
Sled Pull	00:04:10
Run4	00:06:01
80m Burpee	00:03:27
Run5	00:06:06
1000m Row	00:05:38
Run6	00:05:52
Farmers carry	00:02:48
Run7	00:05:51
Sandbag Lunges	00:04:43
Run8	00:05:54
Wall Balls	00:04:24
Run Total	00:45:49
Total time	01:19:19