

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Jude Hans
1.	46	Nigel Mills
	Run1	00:03:35
	SkiErg	00:04:14
	Run2	00:03:41
	Sled Push	00:01:51
	Run3	00:03:51
	Sled Pull	00:02:54
	Run4	00:03:51
	80m Burpee	00:02:14
	Run5	00:03:52
	1000m Row	00:04:37
	Run6	00:03:50
	Farmers carry	00:01:51
	Run7	00:03:51
	Sandbag Lunges	00:02:34
	Run8	00:03:52
	Wall Balls	00:03:30
	Run Total	00:30:26
	Total time	00:54:16