

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Christopher Brown
54.	52	John Tierney

Run1	00:05:25
SkiErg	00:05:03
Run2	00:05:34
Sled Push	00:02:10
Run3	00:05:43
Sled Pull	00:03:13
Run4	00:05:52
80m Burpee	00:02:56
Run5	00:06:21
1000m Row	00:05:27
Run6	00:06:15
Farmers carry	00:02:43
Run7	00:06:16
Sandbag Lunges	00:04:40
Run8	00:05:44
Wall Balls	00:04:12
Run Total	00:47:13
Total time	01:17:41