

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Conor Doran
34.	53	Jordan O'Neill

Run1	00:04:29
SkiErg	00:04:47
Run2	00:04:26
Sled Push	00:02:07
Run3	00:05:05
Sled Pull	00:02:46
Run4	00:05:01
80m Burpee	00:02:45
Run5	00:05:11
1000m Row	00:05:10
Run6	00:04:55
Farmers carry	00:02:18
Run7	00:05:13
Sandbag Lunges	00:03:47
Run8	00:04:55
Wall Balls	00:03:45
Run Total	00:39:20
Total time	01:06:48