

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Tony Byrne
17.	6	Aidan Murphy

Run1	00:03:58
SkiErg	00:04:19
Run2	00:04:18
Sled Push	00:01:51
Run3	00:04:50
Sled Pull	00:03:20
Run4	00:04:49
80m Burpee	00:02:44
Run5	00:04:55
1000m Row	00:04:42
Run6	00:04:45
Farmers carry	00:01:59
Run7	00:05:13
Sandbag Lunges	00:03:19
Run8	00:04:34
Wall Balls	00:03:28
Run Total	00:37:26
Total time	01:03:12