

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Darren Rowland
20.	61	Patrick Maguire

Run1	00:04:25
SkiErg	00:04:25
Run2	00:04:34
Sled Push	00:01:53
Run3	00:04:47
Sled Pull	00:03:00
Run4	00:05:06
80m Burpee	00:02:32
Run5	00:05:02
1000m Row	00:04:48
Run6	00:04:47
Farmers carry	00:02:14
Run7	00:04:50
Sandbag Lunges	00:03:27
Run8	00:04:47
Wall Balls	00:03:34
Run Total	00:38:20
Total time	01:04:16