

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Kyle Carragher
15.	7	Eoghan Murphy

Run1	00:04:16
SkiErg	00:04:12
Run2	00:04:38
Sled Push	00:01:39
Run3	00:04:58
Sled Pull	00:02:56
Run4	00:04:56
80m Burpee	00:02:36
Run5	00:05:01
1000m Row	00:04:35
Run6	00:04:52
Farmers carry	00:02:13
Run7	00:05:03
Sandbag Lunges	00:03:10
Run8	00:04:32
Wall Balls	00:03:23
Run Total	00:38:18
Total time	01:03:06