

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ross Hayden
1.	77	Shelly Behan

Run1	00:04:04
SkiErg	00:04:19
Run2	00:04:03
Sled Push	00:01:38
Run3	00:04:13
Sled Pull	00:03:00
Run4	00:04:13
80m Burpee	00:02:25
Run5	00:04:21
1000m Row	00:04:31
Run6	00:04:15
Farmers carry	00:02:05
Run7	00:04:20
Sandbag Lunges	00:03:00
Run8	00:04:13
Wall Balls	00:03:49
Run Total	00:33:45
Total time	00:58:36