

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Nicola Donaghey
22.	83	Jonny Hadley

Run1	00:04:34
SkiErg	00:04:47
Run2	00:05:08
Sled Push	00:01:47
Run3	00:05:43
Sled Pull	00:03:41
Run4	00:05:53
80m Burpee	00:03:22
Run5	00:05:57
1000m Row	00:05:35
Run6	00:05:37
Farmers carry	00:02:42
Run7	00:05:34
Sandbag Lunges	00:04:12
Run8	00:05:23
Wall Balls	00:04:05
Run Total	00:43:51
Total time	01:14:05