

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Ciara Morgan
13.	87	Stephen Phillips

Run1	00:04:35
SkiErg	00:04:30
Run2	00:05:08
Sled Push	00:01:57
Run3	00:05:23
Sled Pull	00:02:58
Run4	00:05:24
80m Burpee	00:02:39
Run5	00:05:23
1000m Row	00:04:27
Run6	00:05:23
Farmers carry	00:02:15
Run7	00:05:33
Sandbag Lunges	00:03:01
Run8	00:05:25
Wall Balls	00:03:39
Run Total	00:42:17
Total time	01:07:47