

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Rob McFall
2.	92	Hannah Cornwell

Run1	00:03:45
SkiErg	00:04:33
Run2	00:04:05
Sled Push	00:02:05
Run3	00:04:20
Sled Pull	00:02:53
Run4	00:04:22
80m Burpee	00:03:11
Run5	00:04:29
1000m Row	00:04:31
Run6	00:04:36
Farmers carry	00:01:59
Run7	00:04:36
Sandbag Lunges	00:03:13
Run8	00:04:15
Wall Balls	00:03:23
Run Total	00:34:32
Total time	01:00:25