

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Paul Burch
14.	95	Melanie Burch

Run1	00:04:32
SkiErg	00:04:41
Run2	00:04:52
Sled Push	00:02:00
Run3	00:05:14
Sled Pull	00:02:51
Run4	00:05:23
80m Burpee	00:02:57
Run5	00:05:25
1000m Row	00:04:42
Run6	00:05:14
Farmers carry	00:02:06
Run7	00:05:20
Sandbag Lunges	00:03:48
Run8	00:05:09
Wall Balls	00:03:56
Run Total	00:41:12
Total time	01:08:16