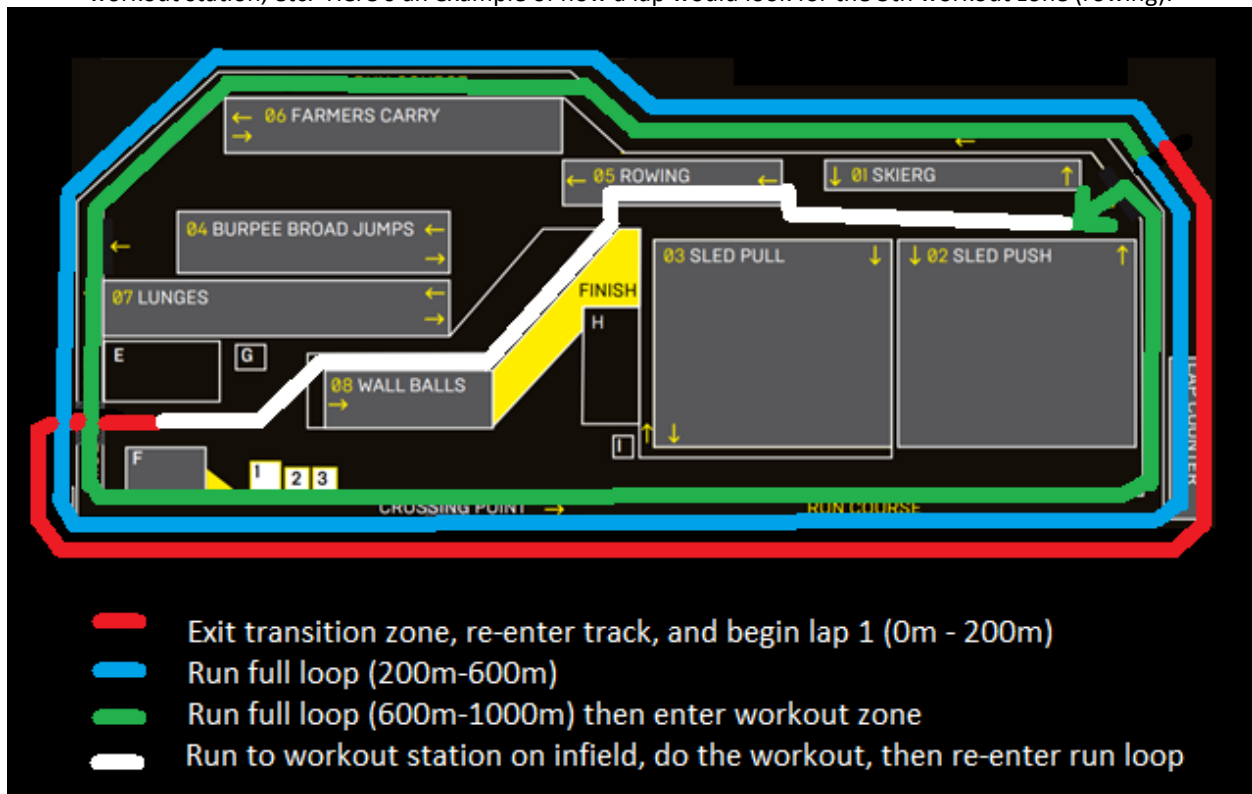


Hyrox is a race where you run 1000m, do a workout station that generally takes 2-5 minutes, run another 1000m, do a different workout station, etc. Here's an example of how a lap would look for the 5th workout zone (rowing):



All Hyrox races follow the same format:

Zone	Workout Type	Distance	Weight	
			Men	Women
1	Run	1000m	-	-
	Ski Erg	1000m	-	-
2	Run	1000m	-	-
	Sled Push*	2 x 25m	451 lbs	341 lbs
3	Run	1000m	-	-
	Sled Pull*	2 x 25m	341 lbs	231 lbs
4	Run	1000m	-	-
	Burpee Broad Jumps	80m	-	-
5	Run	1000m	-	-
	Rower	1000m	-	-
6	Run	1000m	-	-
	Farmer's Carry	200m	2 x 70 lbs	2 x 53 lbs
7	Run	1000m	-	-
	Sandbag Lunges	100m	45 lbs	66 lbs
8	Run	1000m	-	-
	Wall Balls	8' / 10'	9 kg (19.8 lbs)	6 kg (13.2 lbs)

*Includes weight of sled (66 lbs)

Here's a quick summary of who excelled or struggled at running and/or the workout stations:

8km Runs (Total)			
Rank	Name	Split	Slower
1	Faye Stenning	30:32	-
2	Imke Salander	32:18	1:46
3	Lauren Weeks	35:50	5:18
4	Corinna Coffin	36:05	5:33
5	Carolin Krupp	39:02	8:30
6	Sarah Toosarvandani	42:46	12:14
7	Aurelia Rieke	42:56	12:24
8	Jessica Mateer	49:36	19:04
9	Regine Santa Maria	53:16	22:44
10	Angelica Correa	67:44	37:12

Workout Stations (Total)			
Rank	Name	Split	Slower
1	Carolin Krupp	30:07	-
2	Lauren Weeks	30:51	0:44
3	Imke Salander	32:34	2:27
4	Corinna Coffin	36:52	6:45
5	Faye Stenning	37:11	7:04
6	Regine Santa Maria	40:21	10:14
7	Sarah Toosarvandani	40:33	10:26
8	Jessica Mateer	48:01	17:54
9	Aurelia Rieke	49:30	19:23
10	Angelica Correa	63:06	32:59

First half vs. second half comparison

First 4 Zones			
Rank	Name	Split	Slower
1	Imke Salander	33:24	-
2	Carolin Krupp	33:30	0:06
3	Faye Stenning	33:41	0:17
4	Lauren Weeks	33:50	0:26
5	Corinna Coffin	37:57	4:33
6	Sarah Toosarvandani	41:45	8:21
7	Aurelia Rieke	45:00	11:36
8	Regine Santa Maria	45:42	12:18
9	Jessica Mateer	46:42	13:18
10	Angelica Correa	62:31	29:07

Last 4 Zones			
Rank	Name	Split	Slower
1	Imke Salander	31:28	-
2	Lauren Weeks	32:51	1:23
3	Faye Stenning	34:02	2:34
4	Corinna Coffin	35:00	3:32
5	Carolin Krupp	35:39	4:11
6	Sarah Toosarvandani	41:34	10:06
7	Aurelia Rieke	47:26	15:58
8	Regine Santa Maria	47:55	16:27
9	Jessica Mateer	50:55	19:27
10	Angelica Correa	68:19	36:51

Workout stations comparison: with vs. without sled push/pull

Workout Stations (Total)			
Rank	Name	Split	Slower
1	Carolyn Krupp	30:07	-
2	Lauren Weeks	30:51	0:44
3	Imke Salander	32:34	2:27
4	Corinna Coffin	36:52	6:45
5	Faye Stenning	37:11	7:04
6	Regine Santa Maria	40:21	10:14
7	Sarah Toosarvandani	40:33	10:26
8	Jessica Mateer	48:01	17:54
9	Aurelia Rieke	49:30	19:23
10	Angelica Correa	63:06	32:59

Workout Stations (No Sled Push or Pull)				
Rank	Name	Split	Slower	Change
1	Lauren Weeks	21:52	-	-0:44
2	Carolyn Krupp	22:58	1:06	+1:06
3	Imke Salander	24:01	2:09	-0:18
4	Corinna Coffin	24:09	2:17	-4:28
5	Faye Stenning	25:54	4:02	-3:02
6	Sarah Toosarvandani	28:57	7:05	-3:21
7	Regine Santa Maria	30:12	8:20	-1:54
8	Jessica Mateer	34:40	12:48	-5:06
9	Aurelia Rieke	35:54	14:02	-5:21
10	Angelica Correa	46:06	24:14	-8:45

Race splits by zone

Run Start - 1km				1000m Ski Erg				Run 1 + Workout 1			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Faye Stenning	3:21	-	1	Lauren Weeks	4:19	-	1	Faye Stenning	7:44	-
2	Imke Salander	3:33	0:12	2	Faye Stenning	4:23	0:04	2	Lauren Weeks	7:57	0:13
3	Lauren Weeks	3:38	0:17	3	Corinna Coffin	4:28	0:09	3	Corinna Coffin	8:11	0:27
4	Corinna Coffin	3:43	0:22	4	Carolyn Krupp	4:30	0:11	4	Imke Salander	8:21	0:37
5	Aurelia Rieke	3:59	0:38	5	Sarah Toosarvandani	4:43	0:24	5	Carolyn Krupp	8:42	0:58
6	Carolyn Krupp	4:12	0:51	6	Aurelia Rieke	4:47	0:28	6	Aurelia Rieke	8:46	1:02
7	Jessica Mateer	4:29	1:08	7	Jessica Mateer	4:47	0:28	7	Jessica Mateer	9:16	1:32
8	Regine Santa Maria	4:51	1:30	8	Imke Salander	4:48	0:29	8	Regine Santa Maria	9:41	1:57
9	Sarah Toosarvandani	4:59	1:38	9	Regine Santa Maria	4:50	0:31	9	Sarah Toosarvandani	9:42	1:58
10	Angelica Correa	6:15	2:54	10	Angelica Correa	5:17	0:58	10	Angelica Correa	11:32	3:48



Run 1km - 2km				2x25m Sled Push				Run 2 + Workout 2			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Faye Stenning	3:42	-	1	Carolyn Krupp	3:06	-	1	Imke Salander	7:27	-
2	Jessica Mateer	3:45	0:03	2	Sarah Toosarvandani	3:17	0:11	2	Carolyn Krupp	7:47	0:20
3	Imke Salander	3:54	0:12	3	Imke Salander	3:33	0:27	3	Lauren Weeks	8:01	0:34
4	Corinna Coffin	4:07	0:25	4	Lauren Weeks	3:47	0:41	4	Sarah Toosarvandani	8:26	0:59
5	Lauren Weeks	4:14	0:32	5	Regine Santa Maria	4:24	1:18	5	Faye Stenning	8:36	1:09
6	Carolyn Krupp	4:41	0:59	6	Aurelia Rieke	4:50	1:44	6	Jessica Mateer	8:47	1:20
7	Sarah Toosarvandani	5:09	1:27	7	Faye Stenning	4:54	1:48	7	Aurelia Rieke	10:05	2:38
8	Aurelia Rieke	5:15	1:33	8	Jessica Mateer	5:02	1:56	8	Regine Santa Maria	10:31	3:04
9	Regine Santa Maria	6:07	2:25	9	Angelica Correa	7:47	4:41	9	Corinna Coffin	13:03	5:36
10	Angelica Correa	7:35	3:53	10	Corinna Coffin	8:56	5:50	10	Angelica Correa	15:22	7:55

Run 2km - 3km				2x25m Sled Pull				Run 3 + Workout 3			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Faye Stenning	3:52	-	1	Corinna Coffin	3:47	-	1	Corinna Coffin	8:19	-
2	Imke Salander	4:12	0:20	2	Carolyn Krupp	4:03	0:16	2	Carolyn Krupp	8:54	0:35
3	Corinna Coffin	4:32	0:40	3	Imke Salander	5:00	1:13	3	Imke Salander	9:12	0:53
4	Carolyn Krupp	4:51	0:59	4	Lauren Weeks	5:12	1:25	4	Lauren Weeks	10:04	1:45
5	Lauren Weeks	4:52	1:00	5	Regine Santa Maria	5:45	1:58	5	Faye Stenning	10:15	1:56
6	Sarah Toosarvandani	5:14	1:22	6	Faye Stenning	6:23	2:36	6	Regine Santa Maria	12:48	4:29
7	Aurelia Rieke	5:40	1:48	7	Sarah Toosarvandani	8:19	4:32	7	Sarah Toosarvandani	13:33	5:14
8	Jessica Mateer	6:24	2:32	8	Jessica Mateer	8:19	4:32	8	Aurelia Rieke	14:26	6:07
9	Regine Santa Maria	7:03	3:11	9	Aurelia Rieke	8:46	4:59	9	Jessica Mateer	14:43	6:24
10	Angelica Correa	7:39	3:47	10	Angelica Correa	9:13	5:26	10	Angelica Correa	16:52	8:33



Run 3km - 4km				80m Burpee Broad Jumps				Run 4 + Workout 4			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Faye Stenning	3:44	-	1	Carolyn Krupp	3:12	-	1	Faye Stenning	7:06	-
2	Imke Salander	4:00	0:16	2	Lauren Weeks	3:21	0:09	2	Lauren Weeks	7:48	0:42
3	Lauren Weeks	4:27	0:43	3	Faye Stenning	3:22	0:10	3	Carolyn Krupp	8:07	1:01
4	Corinna Coffin	4:43	0:59	4	Corinna Coffin	3:41	0:29	4	Corinna Coffin	8:24	1:18
5	Carolyn Krupp	4:55	1:11	5	Imke Salander	4:24	1:12	5	Imke Salander	8:24	1:18
6	Sarah Toosarvandani	5:21	1:37	6	Sarah Toosarvandani	4:43	1:31	6	Sarah Toosarvandani	10:04	2:58
7	Aurelia Rieke	5:43	1:59	7	Regine Santa Maria	5:54	2:42	7	Aurelia Rieke	11:43	4:37
8	Jessica Mateer	6:46	3:02	8	Aurelia Rieke	6:00	2:48	8	Regine Santa Maria	12:42	5:36
9	Regine Santa Maria	6:48	3:04	9	Jessica Mateer	7:10	3:58	9	Jessica Mateer	13:56	6:50
10	Angelica Correa	8:01	4:17	10	Angelica Correa	10:44	7:32	10	Angelica Correa	18:45	11:39

Run 4km - 5km				1000m Row				Run 5 + Workout 5			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Faye Stenning	3:53	-	1	Lauren Weeks	4:31	-	1	Faye Stenning	8:32	-
2	Imke Salander	4:03	0:10	2	Carolyn Krupp	4:35	0:04	2	Lauren Weeks	9:03	0:31
3	Lauren Weeks	4:32	0:39	3	Faye Stenning	4:39	0:08	3	Imke Salander	9:09	0:37
4	Corinna Coffin	4:45	0:52	4	Corinna Coffin	4:49	0:18	4	Corinna Coffin	9:34	1:02
5	Carolyn Krupp	5:05	1:12	5	Jessica Mateer	4:56	0:25	5	Carolyn Krupp	9:40	1:08
6	Sarah Toosarvandani	5:30	1:37	6	Aurelia Rieke	5:00	0:29	6	Sarah Toosarvandani	10:34	2:02
7	Aurelia Rieke	5:46	1:53	7	Sarah Toosarvandani	5:04	0:33	7	Aurelia Rieke	10:46	2:14
8	Jessica Mateer	6:32	2:39	8	Regine Santa Maria	5:05	0:34	8	Jessica Mateer	11:28	2:56
9	Regine Santa Maria	6:46	2:53	9	Imke Salander	5:06	0:35	9	Regine Santa Maria	11:51	3:19
10	Angelica Correa	8:37	4:44	10	Angelica Correa	5:30	0:59	10	Angelica Correa	14:07	5:35



Run 5km - 6km				200m Farmer's Carry (70 lbs)				Run 6 + Workout 6			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Faye Stenning	3:55	-	1	Faye Stenning	1:47	-	1	Faye Stenning	5:42	-
2	Imke Salander	4:02	0:07	2	Lauren Weeks	1:58	0:11	2	Imke Salander	6:06	0:24
3	Corinna Coffin	4:29	0:34	3	Carolyn Krupp	2:00	0:13	3	Lauren Weeks	6:32	0:50
4	Lauren Weeks	4:34	0:39	4	Imke Salander	2:04	0:17	4	Carolyn Krupp	6:53	1:11
5	Carolyn Krupp	4:53	0:58	5	Aurelia Rieke	2:08	0:21	5	Corinna Coffin	7:08	1:26
6	Sarah Toosarvandani	5:16	1:21	6	Sarah Toosarvandani	2:34	0:47	6	Sarah Toosarvandani	7:50	2:08
7	Aurelia Rieke	6:00	2:05	7	Corinna Coffin	2:39	0:52	7	Aurelia Rieke	8:08	2:26
8	Jessica Mateer	6:44	2:49	8	Regine Santa Maria	3:09	1:22	8	Regine Santa Maria	9:59	4:17
9	Regine Santa Maria	6:50	2:55	9	Jessica Mateer	4:07	2:20	9	Jessica Mateer	10:51	5:09
10	Angelica Correa	8:37	4:42	10	Angelica Correa	4:45	2:58	10	Angelica Correa	13:22	7:40

Run 6km - 7km				100m Sandbag Lunges (66 lbs)				Run 7 + Workout 7			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Faye Stenning	3:51	-	1	Imke Salander	3:23	-	1	Imke Salander	7:30	-
2	Imke Salander	4:07	0:16	2	Faye Stenning	3:44	0:21	2	Faye Stenning	7:35	0:05
3	Lauren Weeks	4:35	0:44	3	Lauren Weeks	3:59	0:36	3	Lauren Weeks	8:34	1:04
4	Corinna Coffin	4:45	0:54	4	Corinna Coffin	4:07	0:44	4	Corinna Coffin	8:52	1:22
5	Carolin Krupp	5:06	1:15	5	Carolin Krupp	4:22	0:59	5	Carolin Krupp	9:28	1:58
6	Sarah Toosarvandani	5:19	1:28	6	Sarah Toosarvandani	4:41	1:18	6	Sarah Toosarvandani	10:00	2:30
7	Aurelia Rieke	6:07	2:16	7	Aurelia Rieke	5:40	2:17	7	Aurelia Rieke	11:47	4:17
8	Regine Santa Maria	6:55	3:04	8	Regine Santa Maria	5:40	2:17	8	Regine Santa Maria	12:35	5:05
9	Jessica Mateer	7:00	3:09	9	Jessica Mateer	7:24	4:01	9	Jessica Mateer	14:24	6:54
10	Angelica Correa	9:08	5:17	10	Angelica Correa	9:33	6:10	10	Angelica Correa	18:41	11:11



Run 7km - 8km				100 Wall Balls (14 lbs)				Run 8 + Workout 8			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Faye Stenning	4:14	-	1	Lauren Weeks	3:44	-	1	Lauren Weeks	8:42	-
2	Aurelia Rieke	4:26	0:12	2	Imke Salander	4:16	0:32	2	Imke Salander	8:43	0:01
3	Imke Salander	4:27	0:13	3	Carolin Krupp	4:19	0:35	3	Corinna Coffin	9:26	0:44
4	Lauren Weeks	4:58	0:44	4	Corinna Coffin	4:25	0:41	4	Carolin Krupp	9:38	0:56
5	Corinna Coffin	5:01	0:47	5	Regine Santa Maria	5:34	1:50	5	Faye Stenning	12:13	3:31
6	Carolin Krupp	5:19	1:05	6	Jessica Mateer	6:16	2:32	6	Sarah Toosarvandani	13:10	4:28
7	Sarah Toosarvandani	5:58	1:44	7	Sarah Toosarvandani	7:12	3:28	7	Regine Santa Maria	13:30	4:48
8	Regine Santa Maria	7:56	3:42	8	Faye Stenning	7:59	4:15	8	Jessica Mateer	14:12	5:30
9	Jessica Mateer	7:56	3:42	9	Angelica Correa	10:17	6:33	9	Aurelia Rieke	16:45	8:03
10	Angelica Correa	11:52	7:38	10	Aurelia Rieke	12:19	8:35	10	Angelica Correa	22:09	13:27