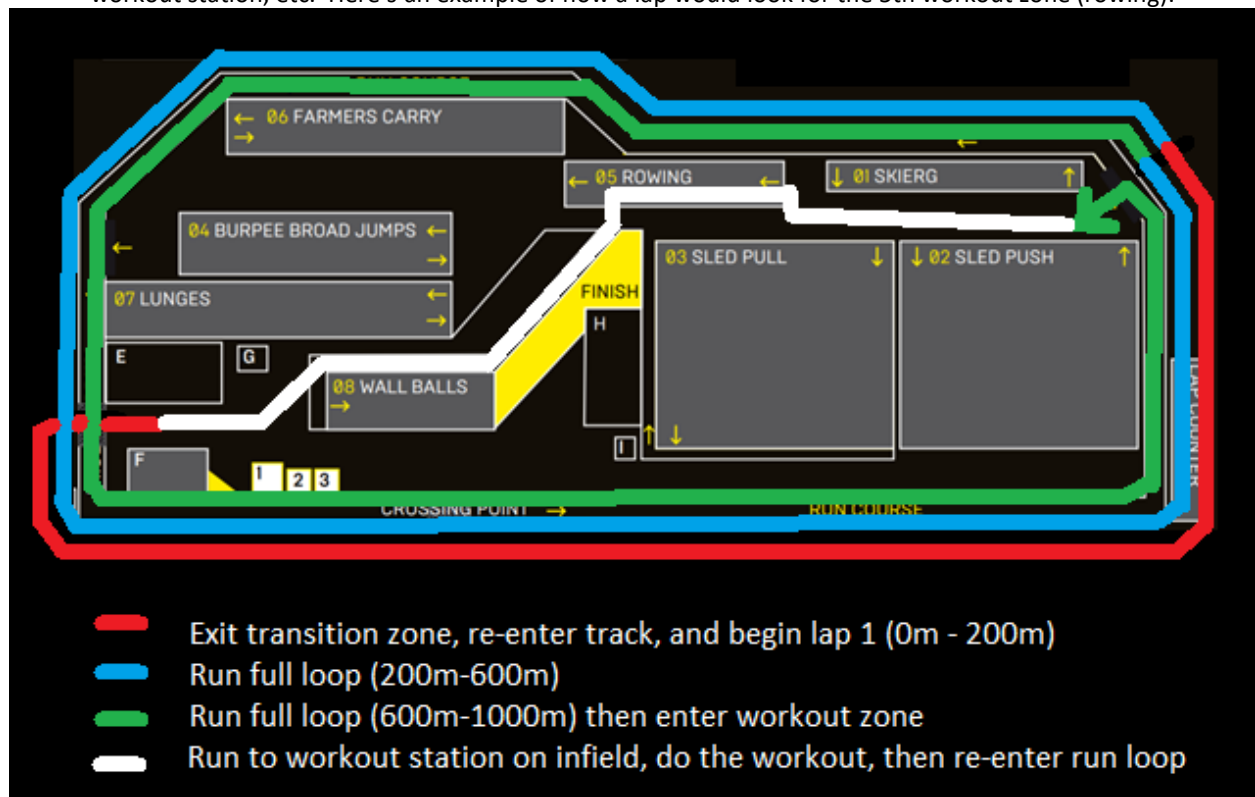


Hyrox is a race where you run 1000m, do a workout station that generally takes 2-5 minutes, run another 1000m, do a different workout station, etc. Here's an example of how a lap would look for the 5th workout zone (rowing):



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	Derek Yorek	29:45	-
2	Hunter McIntyre	30:51	1:06
3	Ryan Kent	30:54	1:09
4	Lukas Storath	30:58	1:13
5	Brakken Kraker	32:02	2:17
6	Jack Bauer	32:16	2:31
7	Cole Schwartz	33:44	3:59
8	Matt Kempson	33:54	4:09
9	Isaiah Vidal	34:09	4:24
10	Dylan Miraglia	35:28	5:43
11	Jeremiah Mahar	35:38	5:53
12	Djamal Zaoul	36:12	6:27
13	Jeff Thomas	36:13	6:28
14	Jens Ludeke	36:37	6:52
15	Dominic D'Antino	38:49	9:04
16	Anthony Howard	39:28	9:43
17	Joseph Roberto	39:47	10:02
18	Michael Holland	40:20	10:35
19	Jonathan Hippensteel	41:21	11:36
20	Alex Osuna	45:42	15:57

Workout Stations (Total)			
Rank	Name	Split	Slower
1	Isaiah Vidal	24:47	-
2	Hunter McIntyre	25:16	0:29
3	Michael Holland	27:21	2:34
4	Lukas Storath	28:41	3:54
5	Matt Kempson	29:16	4:29
6	Cole Schwartz	29:30	4:43
7	Jens Ludeke	30:08	5:21
8	Ryan Kent	30:59	6:12
9	Anthony Howard	32:58	8:11
10	Jonathan Hippensteel	32:58	8:11
11	Jack Bauer	33:52	9:05
12	Dylan Miraglia	33:53	9:06
13	Dominic D'Antino	34:07	9:20
14	Alex Osuna	34:33	9:46
15	Djamal Zaoul	34:54	10:07
16	Jeremiah Mahar	37:09	12:22
17	Jeff Thomas	38:20	13:33
18	Brakken Kraker	38:21	13:34
19	Joseph Roberto	38:52	14:05
20	Derek Yorek	44:03	19:16

First half vs. second half comparison

First 4 Zones			
Rank	Name	Split	Slower
1	Hunter McIntyre	27:30	-
2	Lukas Storath	28:23	0:53
3	Ryan Kent	28:40	1:10
4	Isaiah Vidal	28:44	1:14
5	Cole Schwartz	29:41	2:11
6	Matt Kempson	29:41	2:11
7	Djamal Zaoul	31:07	3:37
8	Jens Ludeke	31:36	4:06
9	Michael Holland	31:45	4:15
10	Brakken Kraker	33:02	5:32
11	Dylan Miraglia	33:07	5:37
12	Dominic D'Antino	33:25	5:55
13	Anthony Howard	33:58	6:28
14	Jack Bauer	34:06	6:36
15	Jerimiah Mahar	34:43	7:13
16	Jeff Thomas	35:51	8:21
17	Alex Osuna	37:28	9:58
18	Jonathan Hippensteel	37:50	10:20
19	Derek Yorek	39:26	11:56
20	Joseph Roberto	39:48	12:18

Last 4 Zones			
Rank	Name	Split	Slower
1	Hunter McIntyre	28:37	-
2	Isaiah Vidal	30:12	1:35
3	Lukas Storath	31:16	2:39
4	Jack Bauer	32:02	3:25
5	Ryan Kent	33:13	4:36
6	Matt Kempson	33:29	4:52
7	Cole Schwartz	33:33	4:56
8	Derek Yorek	34:22	5:45
9	Jens Ludeke	35:09	6:32
10	Michael Holland	35:56	7:19
11	Dylan Miraglia	36:14	7:37
12	Jonathan Hippensteel	36:29	7:52
13	Brakken Kraker	37:21	8:44
14	Jerimiah Mahar	38:04	9:27
15	Anthony Howard	38:28	9:51
16	Jeff Thomas	38:42	10:05
17	Joseph Roberto	38:51	10:14
18	Dominic D'Antino	39:31	10:54
19	Djamal Zaoul	39:59	11:22
20	Alex Osuna	42:47	14:10

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

Workout Stations (Total)			
Rank	Name	Split	Slower
1	Isaiah Vidal	24:47	-
2	Hunter McIntyre	25:16	0:29
3	Michael Holland	27:21	2:34
4	Lukas Storath	28:41	3:54
5	Matt Kempson	29:16	4:29
6	Cole Schwartz	29:30	4:43
7	Jens Ludeke	30:08	5:21
8	Ryan Kent	30:59	6:12
9	Anthony Howard	32:58	8:11
10	Jonathan Hippensteel	32:58	8:11
11	Jack Bauer	33:52	9:05
12	Dylan Miraglia	33:53	9:06
13	Dominic D'Antino	34:07	9:20
14	Alex Osuna	34:33	9:46
15	Djamal Zaoul	34:54	10:07
16	Jerimiah Mahar	37:09	12:22
17	Jeff Thomas	38:20	13:33
18	Brakken Kraker	38:21	13:34
19	Joseph Roberto	38:52	14:05
20	Derek Yorek	44:03	19:16

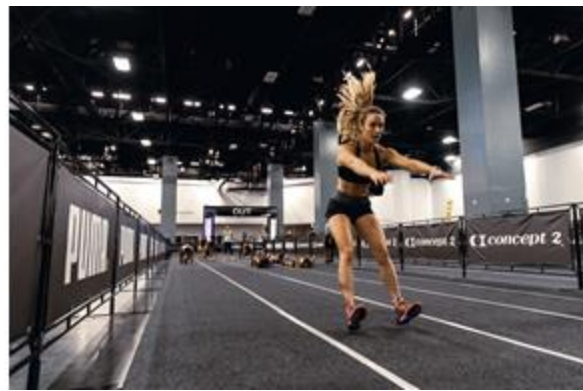
Workout Stations (No Sled Push or Pull)				
Rank	Name	Split	Slower	Change
1	Isaiah Vidal	18:16	-	
2	Hunter McIntyre	19:06	0:50	0:21
3	Michael Holland	21:35	3:19	+0:45
4	Lukas Storath	22:00	3:44	-0:10
5	Matt Kempson	22:16	4:00	-0:29
6	Jens Ludeke	22:26	4:10	-1:11
7	Cole Schwartz	22:31	4:15	-0:28
8	Jack Bauer	23:26	5:10	-3:55
9	Anthony Howard	23:58	5:42	-2:29
10	Ryan Kent	24:23	6:07	-0:05
11	Dylan Miraglia	24:41	6:25	-2:41
12	Derek Yorek	25:14	6:58	-12:18
13	Jonathan Hippensteel	25:30	7:14	-0:57
14	Dominic D'Antino	26:06	7:50	-1:30
15	Alex Osuna	26:33	8:17	-1:29
16	Jerimiah Mahar	26:48	8:32	-3:50
17	Jeff Thomas	27:35	9:19	-4:14
18	Joseph Roberto	27:56	9:40	-4:25
19	Brakken Kraker	28:00	9:44	-3:50
20	Djamal Zaoul	28:40	10:24	+0:17

Run Start - 1km				1000m Ski Erg				After Run 1 + Workout 1			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Derek Yorek	3:08	-	1	Hunter McIntyre	3:44	-	1	Lukas Storath	6:53	-
2	Lukas Storath	3:09	0:01	2	Lukas Storath	3:44	0:00	2	Hunter McIntyre	7:07	0:14
3	Djamal Zaoul	3:16	0:08	3	Isaiah Vidal	3:45	0:01	3	Derek Yorek	7:11	0:18
4	Brakken Kraker	3:18	0:10	4	Jens Ludeke	3:45	0:01	4	Isaiah Vidal	7:12	0:19
5	Ryan Kent	3:21	0:13	5	Ryan Kent	3:53	0:09	5	Ryan Kent	7:14	0:21
6	Hunter McIntyre	3:23	0:15	6	Michael Holland	3:58	0:14	6	Jens Ludeke	7:19	0:26
7	Matt Kempson	3:24	0:16	7	Jerimiah Mahar	4:01	0:17	7	Djamal Zaoul	7:23	0:30
8	Jack Bauer	3:25	0:17	8	Dylan Miraglia	4:02	0:18	8	Brakken Kraker	7:26	0:33
9	Dylan Miraglia	3:25	0:17	9	Dominic D'Antino	4:02	0:18	9	Jerimiah Mahar	7:26	0:33
10	Jerimiah Mahar	3:25	0:17	10	Derek Yorek	4:03	0:19	10	Dylan Miraglia	7:27	0:34
11	Isaiah Vidal	3:27	0:19	11	Joseph Roberto	4:03	0:19	11	Jack Bauer	7:29	0:36
12	Cole Schwartz	3:29	0:21	12	Jack Bauer	4:04	0:20	12	Matt Kempson	7:29	0:36
13	Anthony Howard	3:30	0:22	13	Matt Kempson	4:05	0:21	13	Cole Schwartz	7:34	0:41
14	Jeff Thomas	3:31	0:23	14	Cole Schwartz	4:05	0:21	14	Jeff Thomas	7:39	0:46
15	Jens Ludeke	3:34	0:26	15	Djamal Zaoul	4:07	0:23	15	Dominic D'Antino	7:53	1:00
16	Dominic D'Antino	3:51	0:43	16	Brakken Kraker	4:08	0:24	16	Joseph Roberto	7:56	1:03
17	Joseph Roberto	3:53	0:45	17	Jeff Thomas	4:08	0:24	17	Anthony Howard	7:58	1:05
18	Alex Osuna	3:57	0:49	18	Jonathan Hippensteel	4:14	0:30	18	Alex Osuna	8:13	1:20
19	Michael Holland	4:15	1:07	19	Alex Osuna	4:16	0:32	19	Michael Holland	8:13	1:20
20	Jonathan Hippensteel	4:21	1:13	20	Anthony Howard	4:28	0:44	20	Jonathan Hippensteel	8:35	1:42



Run 1km - 2km				2x25m Sled Push				2x25m Sled Push			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Derek Yorek	3:30	-	1	Michael Holland	1:47	-	1	Ryan Kent	5:51	-
2	Lukas Storath	3:33	0:03	2	Jonathan Hippensteel	1:51	0:04	2	Cole Schwartz	6:12	0:21
3	Ryan Kent	3:34	0:04	3	Cole Schwartz	2:14	0:27	3	Matt Kempson	6:26	0:35
4	Brakken Kraker	3:35	0:05	4	Ryan Kent	2:17	0:30	4	Michael Holland	6:32	0:41
5	Hunter McIntyre	3:41	0:11	5	Jens Ludeke	2:22	0:35	5	Isaiah Vidal	6:33	0:42
6	Jack Bauer	3:44	0:14	6	Matt Kempson	2:38	0:51	6	Jens Ludeke	6:35	0:44
7	Matt Kempson	3:48	0:18	7	Dylan Miraglia	2:40	0:53	7	Jonathan Hippensteel	6:35	0:44
8	Isaiah Vidal	3:50	0:20	8	Isaiah Vidal	2:43	0:56	8	Dylan Miraglia	6:38	0:47
9	Cole Schwartz	3:58	0:28	9	Djamal Zaoul	2:44	0:57	9	Hunter McIntyre	6:48	0:57
10	Dylan Miraglia	3:58	0:28	10	Joseph Roberto	2:46	0:59	10	Lukas Storath	6:56	1:05
11	Jerimiah Mahar	4:03	0:33	11	Alex Osuna	2:56	1:09	11	Jerimiah Mahar	7:08	1:17
12	Jeff Thomas	4:10	0:40	12	Jerimiah Mahar	3:05	1:18	12	Brakken Kraker	7:10	1:19
13	Jens Ludeke	4:13	0:43	13	Hunter McIntyre	3:07	1:20	13	Djamal Zaoul	7:10	1:19
14	Dominic D'Antino	4:20	0:50	14	Dominic D'Antino	3:12	1:25	14	Joseph Roberto	7:24	1:33
15	Anthony Howard	4:24	0:54	15	Lukas Storath	3:23	1:36	15	Dominic D'Antino	7:32	1:41
16	Djamal Zaoul	4:26	0:56	16	Jeff Thomas	3:23	1:36	16	Jeff Thomas	7:33	1:42
17	Joseph Roberto	4:38	1:08	17	Brakken Kraker	3:35	1:48	17	Jack Bauer	7:42	1:51
18	Jonathan Hippensteel	4:44	1:14	18	Jack Bauer	3:58	2:11	18	Alex Osuna	7:45	1:54
19	Michael Holland	4:45	1:15	19	Anthony Howard	6:48	5:01	19	Anthony Howard	11:12	5:21
20	Alex Osuna	4:49	1:19	20	Derek Yorek	8:35	6:48	20	Derek Yorek	12:05	6:14

Run 2km - 3km				2x25m Sled Pull				2x25m Sled Pull			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Derek Yorek	3:51	-	1	Anthony Howard	2:12	-	1	Anthony Howard	6:55	-
2	Hunter McIntyre	3:55	0:04	2	Hunter McIntyre	3:03	0:51	2	Hunter McIntyre	6:58	0:03
3	Ryan Kent	3:55	0:04	3	Lukas Storath	3:18	1:06	3	Lukas Storath	7:25	0:30
4	Brakken Kraker	3:58	0:07	4	Djamal Zaoul	3:30	1:18	4	Djamal Zaoul	8:05	1:10
5	Jack Bauer	4:01	0:10	5	Isaiah Vidal	3:48	1:36	5	Ryan Kent	8:14	1:19
6	Cole Schwartz	4:03	0:12	6	Michael Holland	3:59	1:47	6	Isaiah Vidal	8:18	1:23
7	Lukas Storath	4:07	0:16	7	Ryan Kent	4:19	2:07	7	Matt Kempson	8:42	1:47
8	Matt Kempson	4:20	0:29	8	Matt Kempson	4:22	2:10	8	Cole Schwartz	8:48	1:53
9	Jens Ludeke	4:21	0:30	9	Cole Schwartz	4:45	2:33	9	Michael Holland	8:59	2:04
10	Dylan Miraglia	4:24	0:33	10	Dominic D'Antino	4:49	2:37	10	Jens Ludeke	9:41	2:46
11	Isaiah Vidal	4:30	0:39	11	Alex Osuna	5:04	2:52	11	Dominic D'Antino	10:04	3:09
12	Djamal Zaoul	4:35	0:44	12	Jens Ludeke	5:20	3:08	12	Jack Bauer	10:29	3:34
13	Anthony Howard	4:43	0:52	13	Jonathan Hippensteel	5:37	3:25	13	Jonathan Hippensteel	10:31	3:36
14	Jerimiah Mahar	4:44	0:53	14	Jack Bauer	6:28	4:16	14	Alex Osuna	10:41	3:46
15	Jeff Thomas	4:44	0:53	15	Dylan Miraglia	6:32	4:20	15	Brakken Kraker	10:44	3:49
16	Jonathan Hippensteel	4:54	1:03	16	Brakken Kraker	6:46	4:34	16	Dylan Miraglia	10:56	4:01
17	Michael Holland	5:00	1:09	17	Jerimiah Mahar	7:16	5:04	17	Jerimiah Mahar	12:00	5:05
18	Dominic D'Antino	5:15	1:24	18	Jeff Thomas	7:22	5:10	18	Jeff Thomas	12:06	5:11
19	Joseph Roberto	5:21	1:30	19	Joseph Roberto	8:10	5:58	19	Joseph Roberto	13:31	6:36
20	Alex Osuna	5:37	1:46	20	Derek Yorek	10:14	8:02	20	Derek Yorek	14:05	7:10



Run 3km - 4km				80m Burpee Broad Jumps				80m Burpee Broad Jumps			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Derek Yorek	3:51	-	1	Derek Yorek	2:14	-	1	Derek Yorek	6:05	-
2	Hunter McIntyre	3:53	0:02	2	Isaiah Vidal	2:21	0:07	2	Hunter McIntyre	6:37	0:32
3	Brakken Kraker	3:57	0:06	3	Dominic D'Antino	2:42	0:28	3	Isaiah Vidal	6:41	0:36
4	Lukas Storath	4:00	0:09	4	Hunter McIntyre	2:44	0:30	4	Matt Kempson	7:04	0:59
5	Ryan Kent	4:01	0:10	5	Cole Schwartz	2:48	0:34	5	Cole Schwartz	7:07	1:02
6	Jack Bauer	4:04	0:13	6	Matt Kempson	2:49	0:35	6	Lukas Storath	7:09	1:04
7	Matt Kempson	4:15	0:24	7	Michael Holland	2:56	0:42	7	Ryan Kent	7:21	1:16
8	Cole Schwartz	4:19	0:28	8	Lukas Storath	3:09	0:55	8	Brakken Kraker	7:42	1:37
9	Isaiah Vidal	4:20	0:29	9	Anthony Howard	3:14	1:00	9	Anthony Howard	7:53	1:48
10	Jerimiah Mahar	4:22	0:31	10	Dylan Miraglia	3:19	1:05	10	Dominic D'Antino	7:56	1:51
11	Jens Ludeke	4:32	0:41	11	Ryan Kent	3:20	1:06	11	Jens Ludeke	8:01	1:56
12	Anthony Howard	4:39	0:48	12	Jens Ludeke	3:29	1:15	12	Michael Holland	8:01	1:56
13	Djamal Zaoul	4:40	0:49	13	Brakken Kraker	3:45	1:31	13	Dylan Miraglia	8:06	2:01
14	Jeff Thomas	4:45	0:54	14	Jerimiah Mahar	3:47	1:33	14	Jerimiah Mahar	8:09	2:04
15	Dylan Miraglia	4:47	0:56	15	Jeff Thomas	3:48	1:34	15	Jack Bauer	8:26	2:21
16	Michael Holland	5:05	1:14	16	Djamal Zaoul	3:49	1:35	16	Djamal Zaoul	8:29	2:24
17	Dominic D'Antino	5:14	1:23	17	Jack Bauer	4:22	2:08	17	Jeff Thomas	8:33	2:28
18	Joseph Roberto	5:46	1:55	18	Alex Osuna	4:54	2:40	18	Alex Osuna	10:49	4:44
19	Alex Osuna	5:55	2:04	19	Joseph Roberto	5:11	2:57	19	Joseph Roberto	10:57	4:52
20	Jonathan Hippensteel	6:44	2:53	20	Jonathan Hippensteel	5:25	3:11	20	Jonathan Hippensteel	12:09	6:04

Run 4km - 5km				1000m Row				1000m Row			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Derek Yorek	3:49	-	1	Hunter McIntyre	3:46	-	1	Hunter McIntyre	7:44	-
2	Lukas Storath	3:52	0:03	2	Lukas Storath	3:53	0:07	2	Lukas Storath	7:45	0:01
3	Hunter McIntyre	3:58	0:09	3	Isaiah Vidal	3:57	0:11	3	Ryan Kent	8:01	0:17
4	Cole Schwartz	4:01	0:12	4	Ryan Kent	3:57	0:11	4	Derek Yorek	8:09	0:25
5	Ryan Kent	4:04	0:15	5	Michael Holland	3:58	0:12	5	Cole Schwartz	8:21	0:37
6	Matt Kempson	4:08	0:19	6	Jens Ludeke	4:04	0:18	6	Isaiah Vidal	8:22	0:38
7	Brakken Kraker	4:09	0:20	7	Dylan Miraglia	4:13	0:27	7	Matt Kempson	8:22	0:38
8	Jack Bauer	4:10	0:21	8	Matt Kempson	4:14	0:28	8	Brakken Kraker	8:29	0:45
9	Isaiah Vidal	4:25	0:36	9	Djamal Zaoul	4:14	0:28	9	Jack Bauer	8:30	0:46
10	Dylan Miraglia	4:39	0:50	10	Jerimiah Mahar	4:19	0:33	10	Dylan Miraglia	8:52	1:08
11	Djamal Zaoul	4:42	0:53	11	Cole Schwartz	4:20	0:34	11	Djamal Zaoul	8:56	1:12
12	Jeff Thomas	4:47	0:58	12	Jack Bauer	4:20	0:34	12	Michael Holland	9:05	1:21
13	Jerimiah Mahar	4:49	1:00	13	Derek Yorek	4:20	0:34	13	Jerimiah Mahar	9:08	1:24
14	Jonathan Hippensteel	4:54	1:05	14	Brakken Kraker	4:20	0:34	14	Jens Ludeke	9:09	1:25
15	Dominic D'Antino	4:55	1:06	15	Dominic D'Antino	4:23	0:37	15	Dominic D'Antino	9:18	1:34
16	Joseph Roberto	5:00	1:11	16	Jonathan Hippensteel	4:24	0:38	16	Jonathan Hippensteel	9:18	1:34
17	Jens Ludeke	5:05	1:16	17	Joseph Roberto	4:27	0:41	17	Joseph Roberto	9:27	1:43
18	Michael Holland	5:07	1:18	18	Anthony Howard	4:33	0:47	18	Jeff Thomas	9:34	1:50
19	Anthony Howard	5:08	1:19	19	Alex Osuna	4:45	0:59	19	Anthony Howard	9:41	1:57
20	Alex Osuna	6:15	2:26	20	Jeff Thomas	4:47	1:01	20	Alex Osuna	11:00	3:16



Run 5km - 6km				200m Farmer's Carry (70 lbs)				200m Farmer's Carry (70 lbs)			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Derek Yorek	3:44	-	1	Hunter McIntyre	1:26	-	1	Hunter McIntyre	5:22	-
2	Ryan Kent	3:53	0:09	2	Isaiah Vidal	1:33	0:07	2	Jack Bauer	5:43	0:21
3	Lukas Storath	3:54	0:10	3	Jack Bauer	1:33	0:07	3	Ryan Kent	5:49	0:27
4	Hunter McIntyre	3:56	0:12	4	Ryan Kent	1:56	0:30	4	Isaiah Vidal	5:53	0:31
5	Brakken Kraker	4:04	0:20	5	Jens Ludeke	2:00	0:34	5	Derek Yorek	5:58	0:36
6	Jack Bauer	4:10	0:26	6	Michael Holland	2:00	0:34	6	Lukas Storath	6:02	0:40
7	Matt Kempson	4:10	0:26	7	Dylan Miraglia	2:03	0:37	7	Matt Kempson	6:17	0:55
8	Isaiah Vidal	4:20	0:36	8	Jonathan Hippensteel	2:03	0:37	8	Dylan Miraglia	6:33	1:11
9	Jeff Thomas	4:25	0:41	9	Matt Kempson	2:07	0:41	9	Cole Schwartz	6:39	1:17
10	Cole Schwartz	4:29	0:45	10	Lukas Storath	2:08	0:42	10	Jerimiah Mahar	6:39	1:17
11	Dylan Miraglia	4:30	0:46	11	Jerimiah Mahar	2:09	0:43	11	Jeff Thomas	6:42	1:20
12	Jerimiah Mahar	4:30	0:46	12	Cole Schwartz	2:10	0:44	12	Jens Ludeke	6:45	1:23
13	Joseph Roberto	4:42	0:58	13	Derek Yorek	2:14	0:48	13	Joseph Roberto	7:02	1:40
14	Djamal Zaoul	4:44	1:00	14	Anthony Howard	2:15	0:49	14	Jonathan Hippensteel	7:03	1:41
15	Jens Ludeke	4:45	1:01	15	Jeff Thomas	2:17	0:51	15	Djamal Zaoul	7:04	1:42
16	Dominic D'Antino	4:54	1:10	16	Djamal Zaoul	2:20	0:54	16	Michael Holland	7:07	1:45
17	Anthony Howard	4:58	1:14	17	Joseph Roberto	2:20	0:54	17	Brakken Kraker	7:13	1:51
18	Jonathan Hippensteel	5:00	1:16	18	Dominic D'Antino	2:42	1:16	18	Anthony Howard	7:13	1:51
19	Michael Holland	5:07	1:23	19	Alex Osuna	2:51	1:25	19	Dominic D'Antino	7:36	2:14
20	Alex Osuna	5:42	1:58	20	Brakken Kraker	3:09	1:43	20	Alex Osuna	8:33	3:11

Run 6km - 7km				100m Sandbag Lunges (66 lbs)				100m Sandbag Lunges (66 lbs)			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Derek Yorek	3:40	-	1	Jens Ludeke	3:00	-	1	Hunter McIntyre	6:58	-
2	Ryan Kent	3:52	0:12	2	Hunter McIntyre	3:02	0:02	2	Ryan Kent	7:19	0:21
3	Hunter McIntyre	3:56	0:16	3	Isaiah Vidal	3:06	0:06	3	Lukas Storath	7:20	0:22
4	Lukas Storath	3:57	0:17	4	Michael Holland	3:20	0:20	4	Isaiah Vidal	7:33	0:35
5	Jack Bauer	4:11	0:31	5	Lukas Storath	3:23	0:23	5	Jens Ludeke	7:52	0:54
6	Brakken Kraker	4:14	0:34	6	Ryan Kent	3:27	0:27	6	Jack Bauer	7:53	0:55
7	Matt Kempson	4:15	0:35	7	Cole Schwartz	3:39	0:39	7	Cole Schwartz	8:12	1:14
8	Isaiah Vidal	4:27	0:47	8	Jack Bauer	3:42	0:42	8	Matt Kempson	8:13	1:15
9	Dylan Miraglia	4:29	0:49	9	Anthony Howard	3:43	0:43	9	Derek Yorek	8:29	1:31
10	Cole Schwartz	4:33	0:53	10	Matt Kempson	3:58	0:58	10	Dylan Miraglia	8:34	1:36
11	Djamal Zaoul	4:35	0:55	11	Dylan Miraglia	4:05	1:05	11	Michael Holland	8:34	1:36
12	Jeff Thomas	4:38	0:58	12	Dominic D'Antino	4:28	1:28	12	Anthony Howard	8:58	2:00
13	Jerimiah Mahar	4:39	0:59	13	Jonathan Hippensteel	4:29	1:29	13	Jerimiah Mahar	9:21	2:23
14	Joseph Roberto	4:46	1:06	14	Alex Osuna	4:33	1:33	14	Dominic D'Antino	9:24	2:26
15	Jens Ludeke	4:52	1:12	15	Jerimiah Mahar	4:42	1:42	15	Jonathan Hippensteel	9:30	2:32
16	Dominic D'Antino	4:56	1:16	16	Derek Yorek	4:49	1:49	16	Brakken Kraker	10:05	3:07
17	Jonathan Hippensteel	5:01	1:21	17	Jeff Thomas	5:30	2:30	17	Jeff Thomas	10:08	3:10
18	Michael Holland	5:14	1:34	18	Brakken Kraker	5:51	2:51	18	Alex Osuna	10:41	3:43
19	Anthony Howard	5:15	1:35	19	Joseph Roberto	6:30	3:30	19	Joseph Roberto	11:16	4:18
20	Alex Osuna	6:08	2:28	20	Djamal Zaoul	6:52	3:52	20	Djamal Zaoul	11:27	4:29



Run 7km - 8km				100 Wall Balls (20 lbs)				100 Wall Balls (20 lbs)			
Rank	Name	Split	Slower	Rank	Name	Split	Slower	Rank	Name	Split	Slower
1	Hunter McIntyre	4:09	-	1	Isaiah Vidal	3:34	-	1	Isaiah Vidal	8:24	-
2	Derek Yorek	4:12	0:03	2	Hunter McIntyre	4:24	0:50	2	Hunter McIntyre	8:33	0:09
3	Ryan Kent	4:14	0:05	3	Jonathan Hippensteel	4:55	1:21	3	Jack Bauer	9:56	1:32
4	Lukas Storath	4:26	0:17	4	Matt Kempson	5:03	1:29	4	Lukas Storath	10:09	1:45
5	Jack Bauer	4:31	0:22	5	Alex Osuna	5:14	1:40	5	Cole Schwartz	10:21	1:57
6	Brakken Kraker	4:47	0:38	6	Michael Holland	5:23	1:49	6	Matt Kempson	10:37	2:13
7	Isaiah Vidal	4:50	0:41	7	Jack Bauer	5:25	1:51	7	Jonathan Hippensteel	10:38	2:14
8	Cole Schwartz	4:52	0:43	8	Joseph Roberto	5:25	1:51	8	Joseph Roberto	11:06	2:42
9	Jerimiah Mahar	5:06	0:57	9	Cole Schwartz	5:29	1:55	9	Michael Holland	11:10	2:46
10	Jeff Thomas	5:13	1:04	10	Lukas Storath	5:43	2:09	10	Jens Ludeke	11:23	2:59
11	Djamal Zaoul	5:14	1:05	11	Anthony Howard	5:45	2:11	11	Brakken Kraker	11:34	3:10
12	Jens Ludeke	5:15	1:06	12	Jens Ludeke	6:08	2:34	12	Derek Yorek	11:46	3:22
13	Dylan Miraglia	5:16	1:07	13	Brakken Kraker	6:47	3:13	13	Ryan Kent	12:04	3:40
14	Dominic D'Antino	5:24	1:15	14	Dylan Miraglia	6:59	3:25	14	Dylan Miraglia	12:15	3:51
15	Matt Kempson	5:34	1:25	15	Jeff Thomas	7:05	3:31	15	Jeff Thomas	12:18	3:54
16	Joseph Roberto	5:41	1:32	16	Djamal Zaoul	7:18	3:44	16	Djamal Zaoul	12:32	4:08
17	Jonathan Hippensteel	5:43	1:34	17	Derek Yorek	7:34	4:00	17	Alex Osuna	12:33	4:09
18	Michael Holland	5:47	1:38	18	Dominic D'Antino	7:49	4:15	18	Anthony Howard	12:36	4:12
19	Anthony Howard	6:51	2:42	19	Ryan Kent	7:50	4:16	19	Jerimiah Mahar	12:56	4:32
20	Alex Osuna	7:19	3:10	20	Jerimiah Mahar	7:50	4:16	20	Dominic D'Antino	13:13	4:49