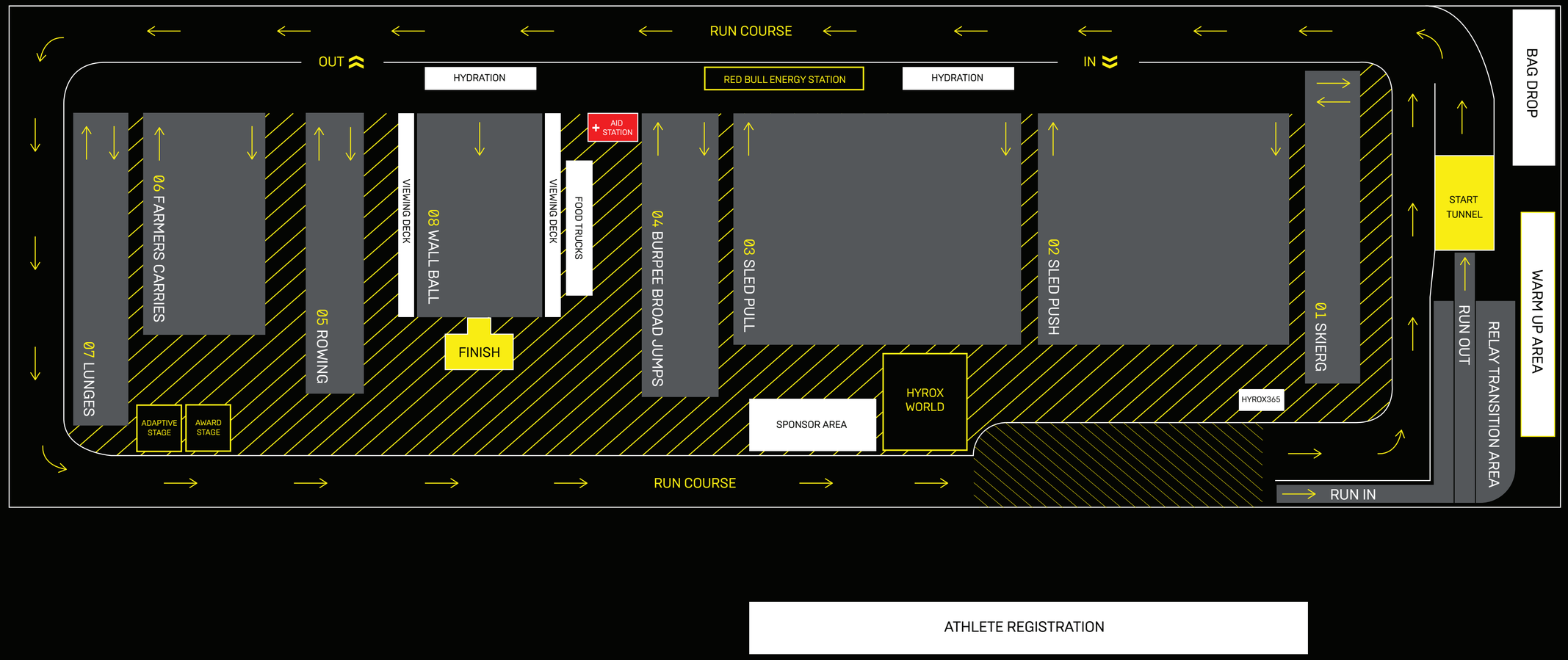
RUN COURSE
OUT
IN
HYDRATION
RED BULL ENERGY STATION
HYDRATION
AID STATION
07 LUNGES
06 FARMERS CARRIES
05 ROWING
VIEWING DECK
08 WALL BALL
VIEWING DECK
FOOD TRUCKS
04 BURPEE BROAD JUMPS
03 SLED PULL
02 SLED PUSH
01 SKIERG
FINISH
ADAPTIVE STAGE
AWARD STAGE
SPONSOR AREA
HYROX WORLD
HYROX365
START TUNNEL
BAG DROP
WARM UP AREA
RUN OUT
RELAY TRANSITION AREA
RUN COURSE
RUN IN
ATHLETE REGISTRATION