RoxOpt

Hyrox Race Performance Report

Rich Ryan

S7 2024 Chicago Navy Pier

Pro, 35-39

Overview

Total Time	Run Time	Run + Roxzone Time	Station Time
0:54:28 vs Personal Best ▲ 0:00:00	0:27:49 vs Personal Best ▲ 0:00:00	0:31:27 vs Personal Best ▲ 0:00:45	0:23:01 vs Personal Best ▲ 0:00:00

All-Time Division Percentile Performances

Overall Time Ranks

Race Event Specific

Division Rank	Division-Age Group Rank
1/ 197	1 / 37

99th

All-Time Division Percentile Rank

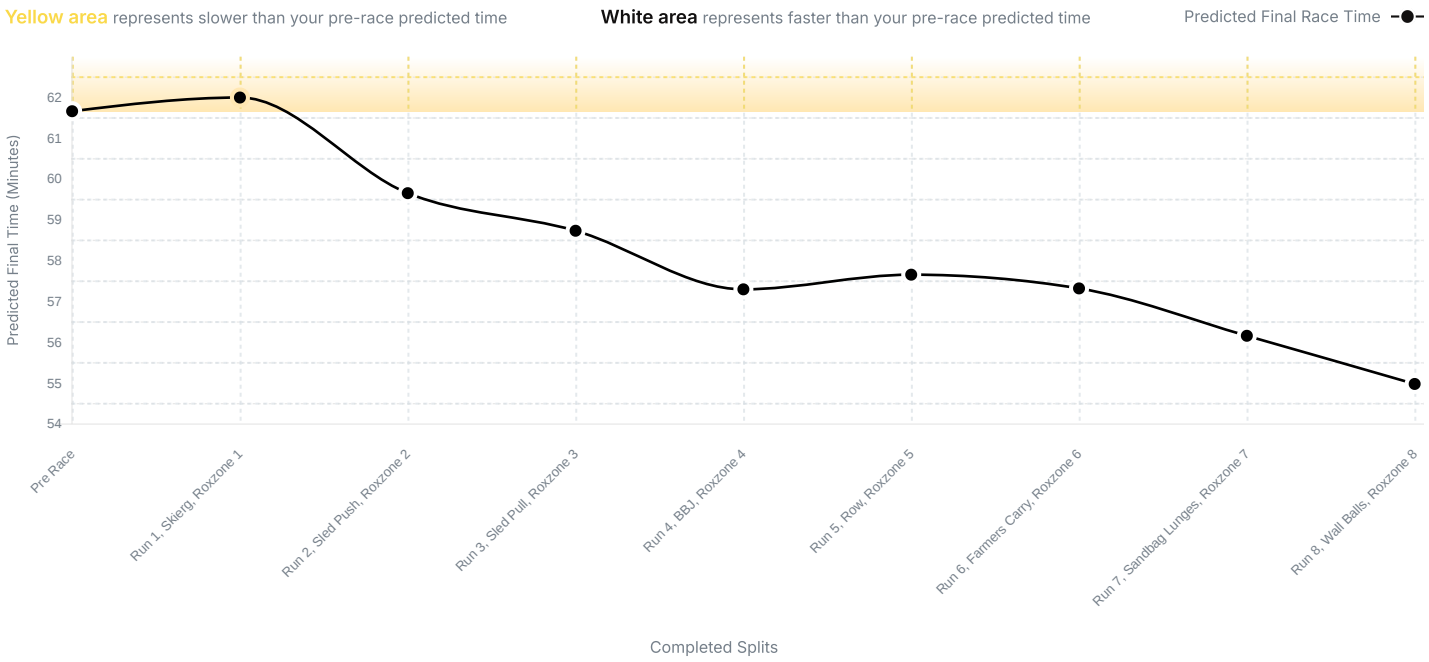
99th

All-Time Division Age-Group Percentile Rank (Elite Combined - No Age Groups)

Race Pace

What is the story of my race?

See how your predicted finish time changed as you progressed through your race. These predictions are powered by RoxOpt's machine learning simulation engine which continuously updates your predicted finish time as you complete a race.



Coach's Perspective

Rich Ryan, Elite 15 Hyrox Athlete

I love this chart. It's a great way to visualize the story of your race. Ideally, the predicted finish time should gradually decrease, especially in the second half. We want to get stronger as the race progresses, not blow up!

It's fine if the prediction increases a bit early on.
This means you didn't start too fast and are pacing yourself well. If the prediction spikes upwards later in the race, it might indicate an area to focus on in training or that you may have pushed too hard earlier in the race.

Performance vs Predicted Potential

How did you perform compared to RoxOpt's personalized pre-race prediction?

Compare your performance to your pre-race predicted potential, calculated by RoxOpt's machine learning simulation engine. This comparison helps you understand what went well and what didn't, based on realistic expectations.

It also shows where being conservative or aggressive affected your overall time. Use this information to reflect on your past training and race strategy.

Excellent (5% probability)
Your absolute peak potential

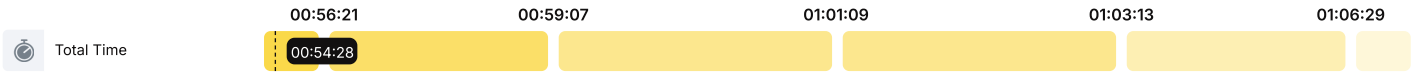
Great (25% probability)
A very impressive performance

Expected (50% probability)
Not easy, but very achievable

Subpar (75% probability)
A bit of a step back

Poor (95% probability)
Lowest end of your potential

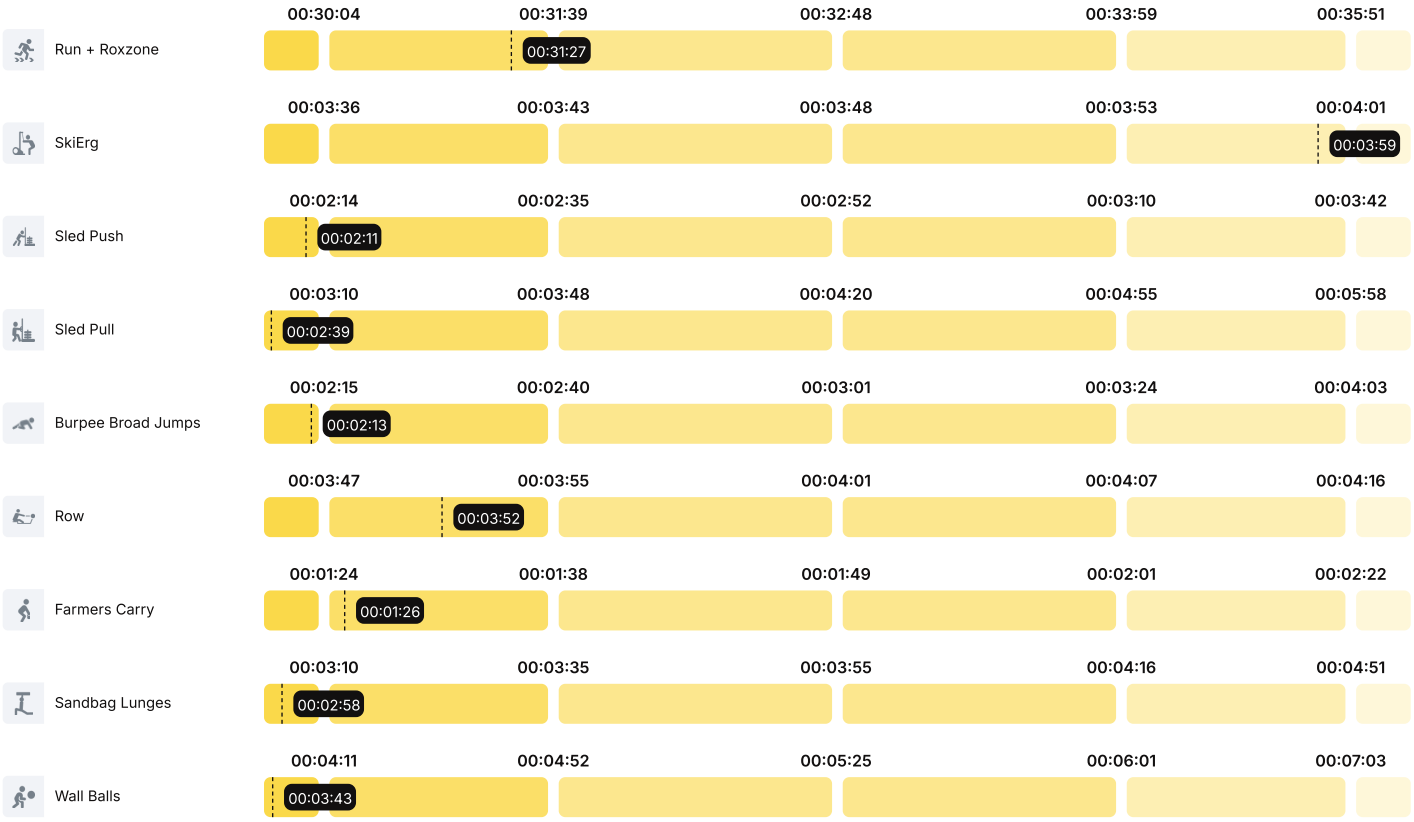
Overall Performance



Split Performance

Consider these predicted station ranges independently. These are estimates of what was possible to achieve leading into the race. However, performance in one station can affect another.

This is why the sum of the fastest times for each station range is less than the fastest overall time above. The overall time range accounts for these interactions.



Performance vs Predicted Potential

Coach's Perspective

Rich Ryan, Elite 15 Hyrox Athlete

When reviewing individual split ranges, remember that going all-out on every station isn't ideal. Seeing a result in the middle or lower-end isn't always a bad thing. Pushing too hard on each station won't give you the fastest overall time. It's a balancing act. Pace yourself and play to your strengths.

For example, setting a personal best on the SkiErg might save you 10 seconds, but if it depletes your energy and you lose 20 seconds on the next run trying to recover, it's not worth it.

Running Assessment

How well did you pace your running?

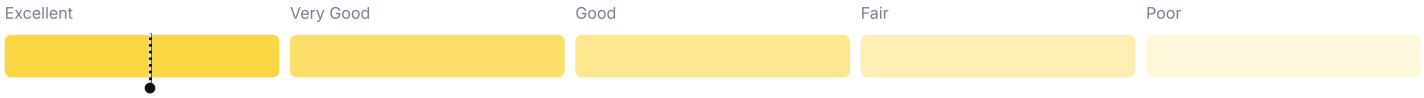
Check how well you paced your runs by looking at the run time % variation. Focus on runs 2-7 since they are always the same distance for any race.

While the total running distance is constant in Hyrox, the first run usually varies a bit depending on the course set up and the 8th run split includes the roxzone transition time to the Wall Balls station.

- **Excellent:** Top 20th percentile
- **Very Good:** 21st-40th Percentile
- **Good:** 41st-60th Percentile
- **Fair:** 61st-80th Percentile
- **Poor:** 81st-100th Percentile

Running Pace Rating

See how your run time % variation ranked all-time for all athletes, calculated using runs 2-7.



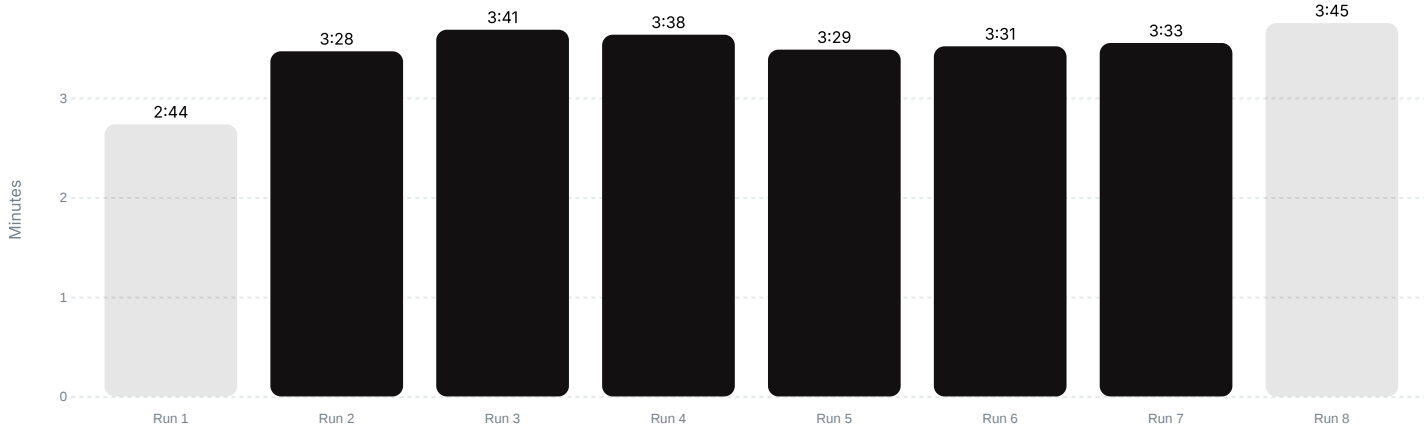
Running Splits

See your run splits used to calculate run time % variation.

Run Time
0:27:49 vs Personal Best ▲ 0:00:00

Run Time % Variation (Runs 2-7)

This Race	Last Race	Personal Best
2.4%	5.6%	1.4%



Included in Run Time % Variation

Not Included in Run Time % Variation

Running Assessment

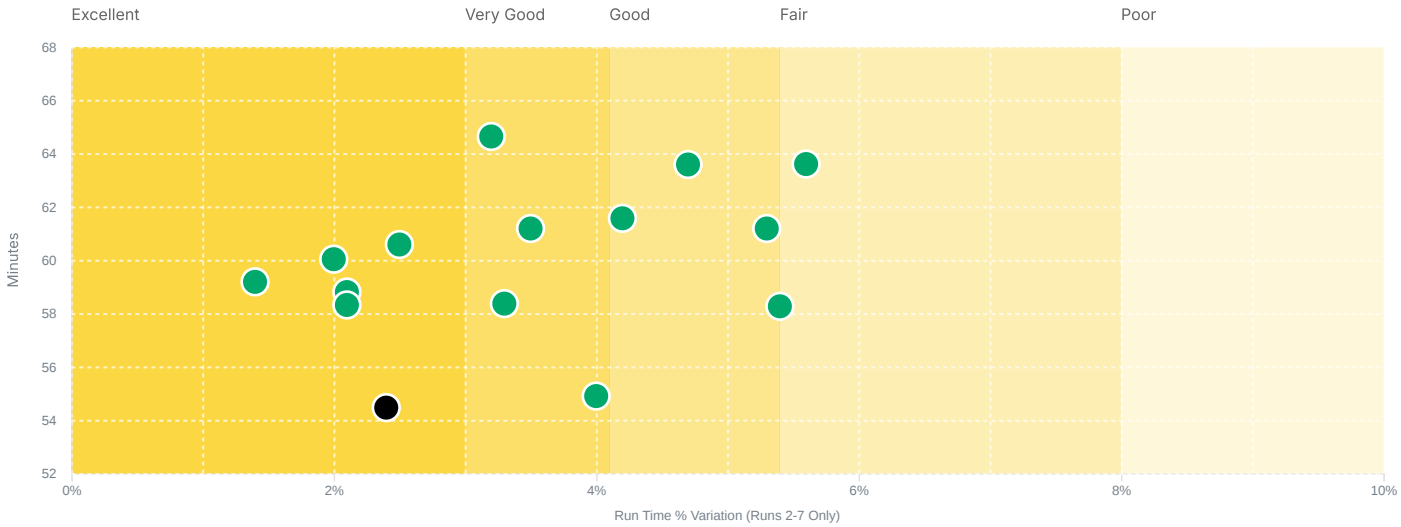
How well did you pace your running?

See how your run time % variation correlates with your overall time. We tend to see athletes run a bit faster as they decrease their run time % variation.

Keep in mind, this is just one of many factors in a race and the correlation with overall time is just moderate across all athletes.

- **Excellent:** Top 20th percentile
- **Very Good:** 21st-40th Percentile
- **Good:** 41st-60th Percentile
- **Fair:** 61st-80th Percentile
- **Poor:** 81st-100th Percentile

Total Race Time vs Run Time % Variation (Runs 2-7)



Coach's Perspective

Ryan Kent, Elite 15 Athlete

Lower run time % variation may indicate a few things. Your compromised running fitness is strong. You paced well and didn't come out too hard. If you have a higher % variation, look at which of the run splits is driving it and identify the station you completed beforehand. That could be a great place to focus your compromised running training for your next race.

Also, beware of running extra laps as that will significantly impact your run time % variation.

Last Race Comparison

What changed from your last race?

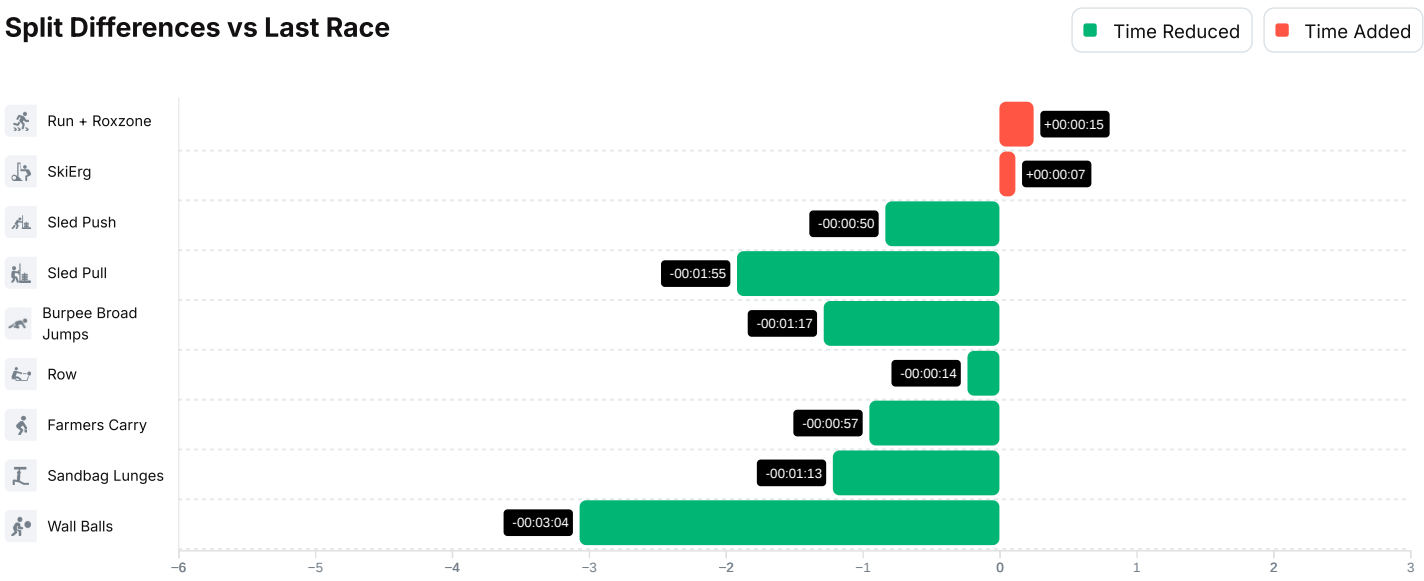
See split comparisons to your previous race.

This Race		Last Race	
S7 2024 Chicago Navy Pier 2024-11-16 00:00:00	**Pro: 0:54:28**	**S6 2024 World Championships Nice** 2024-06-08 00:00:00	**Pro: 1:03:36**

The chart below shows the time difference between each station and total run plus roxzone. Run and roxzone splits are combined to account for slight differences in roxzone course layouts and grid courses for elite athletes.

Total Net Difference
-00:09:08

Split Differences vs Last Race



Coach's Perspective

Rich Ryan, Elite 15 Hyrox Athlete

This chart is great for quickly identifying what changed from your last race. It is important to reflect on your performance both from an individual split perspective as well as how these individual components impacted the progression of your race overall. Also, consider whether any course conditions (e.g. 2 vs 3 run laps per 1000m) had an impact.

Split Benchmark

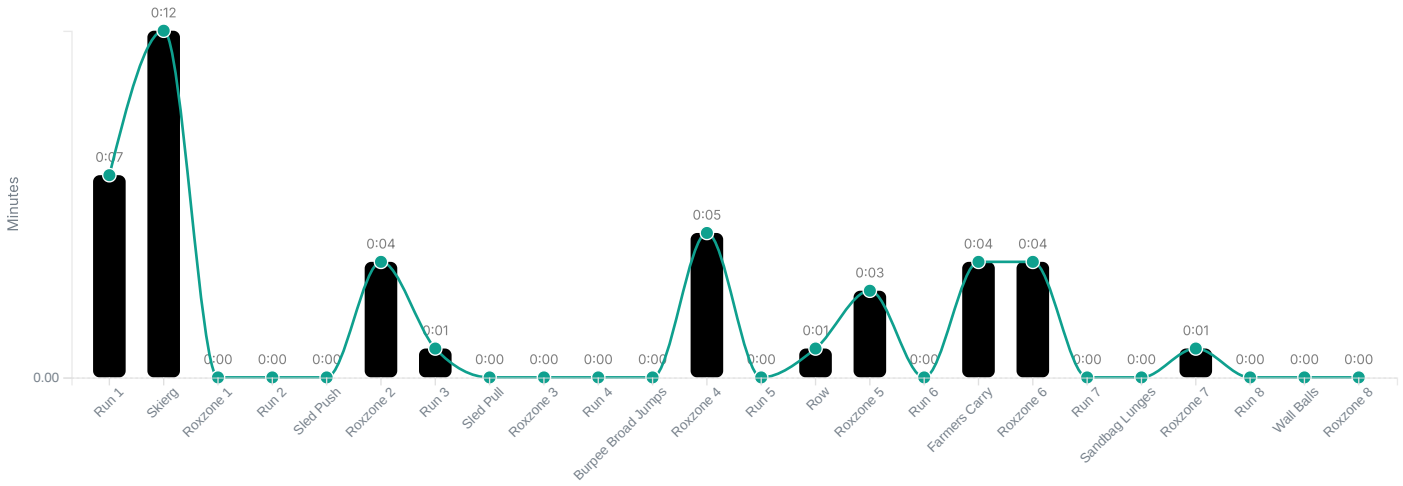
How did you compare to the fastest splits and the 1st place finisher in your age-group?

The graph below shows the differences between your splits and the fastest splits of the race for your division age-group. The graph also shows how the 1st place finisher in your division age-group compared.

Division	Age Group
Pro	35-39

Difference From Fastest Splits

Rich Ryan | 1st Place Pro Division - Age Group 35-39 00:54:28



Detailed Split Breakdown

The table below details the individual split times used to calculate the differences in the graph above.

	Fastest Split	Rich Ryan	1st Place Finisher
Run 1	0:02:37	0:02:44 +0:00:07	0:02:44 +0:00:07
SkiErg	0:03:47	0:03:59 +0:00:12	0:03:59 +0:00:12
Roxzone 1	0:00:23	0:00:23 +0:00:00	0:00:23 +0:00:00
Run 2	0:03:28	0:03:28 +0:00:00	0:03:28 +0:00:00
Sled Push	0:02:11	0:02:11 +0:00:00	0:02:11 +0:00:00
Roxzone 2	0:00:15	0:00:19 +0:00:04	0:00:19 +0:00:04
Run 3	0:03:40	0:03:41 +0:00:01	0:03:41 +0:00:01
Sled Pull	0:02:39	0:02:39 +0:00:00	0:02:39 +0:00:00

Split Benchmark

Roxzone 3	0:00:21	0:00:21 +0:00:00	0:00:21 +0:00:00
Run 4	0:03:38	0:03:38 +0:00:00	0:03:38 +0:00:00
Burpee Broad Jumps	0:02:13	0:02:13 +0:00:00	0:02:13 +0:00:00
Roxzone 4	0:00:09	0:00:14 +0:00:05	0:00:14 +0:00:05
Run 5	0:03:29	0:03:29 +0:00:00	0:03:29 +0:00:00
Row	0:03:51	0:03:52 +0:00:01	0:03:52 +0:00:01
Roxzone 5	0:00:37	0:00:40 +0:00:03	0:00:40 +0:00:03
Run 6	0:03:31	0:03:31 +0:00:00	0:03:31 +0:00:00
Farmers Carry	0:01:22	0:01:26 +0:00:04	0:01:26 +0:00:04
Roxzone 6	0:00:45	0:00:49 +0:00:04	0:00:49 +0:00:04
Run 7	0:03:33	0:03:33 +0:00:00	0:03:33 +0:00:00
Sandbag Lunges	0:02:58	0:02:58 +0:00:00	0:02:58 +0:00:00
Roxzone 7	0:00:51	0:00:52 +0:00:01	0:00:52 +0:00:01
Run 8	0:03:45	0:03:45 +0:00:00	0:03:45 +0:00:00
Wall Balls	0:03:43	0:03:43 +0:00:00	0:03:43 +0:00:00
Roxzone 8	0:00:00	0:00:00 +0:00:00	0:00:00 +0:00:00

Coach's Perspective

Rich Ryan, Elite 15 Hyrox Athlete

The important takeaway here is that winning the race isn't about winning every split. That is not the only template for success, especially for winning at the age-group level or just improving your time.

Sure, a personal best overall time can come with personal best station performances but that shouldn't be the focus. There are many paths to a new personal best. Lean into your strengths but always balance recovery as this is a long race. You'll thank me at wall balls!

Next Race Predicted Performance Range

What times are achievable in your next race?

See your predicted performance range for your next race, both overall and for each individual station. These predictions are influenced by all races that you have completed as of this report's generation date. Use these ranges to set achievable goals and realistic expectations for your next race.

Division	Race Simulations
Pro	10,000

Excellent (5% probability)
Your absolute peak potential

Great (25% probability)
A very impressive performance

Expected (50% probability)
Not easy, but very achievable

Subpar (75% probability)
A bit of a step back

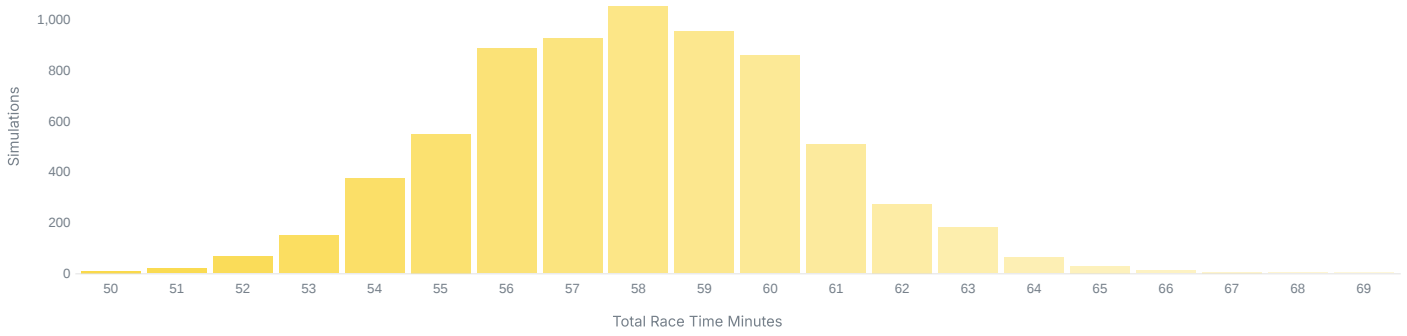
Poor (95% probability)
Lowest end of your potential

Overall Time

Excellent	Great	Expected	Subpar	Poor
0:54:10	0:56:30	0:58:12	0:59:55	1:02:38
vs Last Race	vs Last Race	vs Last Race	vs Last Race	vs Last Race
▼ 0:00:43	▲ 0:01:36	▲ 0:03:18	▲ 0:05:01	▲ 0:07:44

Simulated Race Outcomes

RoxOpt uses machine learning and simulations to predict your next race potential based on your past performances, trends from other athletes, and historical patterns. See the simulation results below. Performance variability accounts for both favorable and unfavorable course conditions.



Next Race Predicted Performance Range

Predicted Station Performance Ranges

Consider these predicted station ranges independently. These are estimates of what is possible for your next race. However, performance in one station can affect another. This is why the sum of the fastest times for each station range is less than the fastest overall time above. The overall time range accounts for these interactions.

Station	Excellent	Great	Expected	Subpar	Poor	Last Race	Total Range (Excellent vs Poor)
Run + Roxzone	0:30:05	0:31:27	0:32:27	0:33:28	0:35:04	0:30:42	0:04:59
SkiErg	0:03:34	0:03:42	0:03:48	0:03:53	0:04:02	0:03:47	0:00:28
Sled Push	0:01:48	0:02:04	0:02:17	0:02:32	0:02:57	0:02:02	0:01:09
Sled Pull	0:02:43	0:03:05	0:03:23	0:03:42	0:04:13	0:03:06	0:01:30
Burpee Broad Jumps	0:02:21	0:02:42	0:02:58	0:03:16	0:03:46	0:03:01	0:01:24
Row	0:03:45	0:03:53	0:03:59	0:04:05	0:04:14	0:03:58	0:00:28
Farmers Carry	0:01:04	0:01:17	0:01:26	0:01:37	0:01:57	0:01:14	0:00:52
Sandbag Lunges	0:02:56	0:03:16	0:03:31	0:03:47	0:04:13	0:03:36	0:01:17
Wall Balls	0:03:13	0:03:37	0:03:55	0:04:15	0:04:48	0:03:28	0:01:34

Coach's Perspective

Rich Ryan, Elite 15 Hyrox Athlete

Setting goals is important, but setting realistic goals is even more important. I love this output to help athletes understand what is achievable in an upcoming race.

However, just because it is possible doesn't mean it is easy. Training, recovery, nutrition, race strategy and execution all need to be on point to hit your highest potential.

Also, notice the range between your highest and lowest end potential for each station of the race. This puts into perspective where to focus your training and where you have the biggest opportunities to improve your overall time (Hint - Run!).

Your Recommended Race Plan and Split Targets

Rich Ryan, Elite 15 Hyrox Athlete

Your personalized split targets are based on your predicted station performance ranges and are optimized using the most effective strategies revealed by data. The total run + roxzone time is distributed based on the average Hyrox course patterns, though it may vary slightly by venue.

Division

Pro

- Time Reduced From Last Race
- Time Added From Last Race

Excellent
0:54:10
vs Last Race
▲ 00:44

Great
0:56:30
vs Last Race
▲ +01:36

	Last Race	Split Targets	Cumulative Targets (includes expected roxzone)	Split Targets	Cumulative Targets (includes expected roxzone)
Run 1	0:04:01	0:02:48 -01:12	0:02:48	0:02:55 -01:05	0:02:55
SkiErg	0:03:47	0:03:49 +00:03	0:06:38	0:03:50 +00:04	0:06:46
Run 2	0:03:33	0:03:16 -00:16	0:10:19	0:03:24 -00:08	0:10:36
Sled Push	0:02:02	0:02:06 +00:05	0:12:26	0:02:16 +00:14	0:12:52
Run 3	0:03:58	0:03:16 -00:41	0:16:16	0:03:24 -00:33	0:16:51
Sled Pull	0:03:06	0:03:04 -00:01	0:19:21	0:03:16 +00:11	0:20:08
Run 4	0:03:50	0:03:16 -00:33	0:23:13	0:03:24 -00:25	0:24:09
Burpee Broad Jumps	0:03:01	0:02:40 -00:21	0:25:53	0:02:49 -00:11	0:26:59
Run 5	0:03:43	0:03:16 -00:26	0:29:43	0:03:24 -00:18	0:30:58
Row	0:03:58	0:03:55 -00:02	0:33:38	0:03:59 +00:02	0:34:58
Run 6	0:03:39	0:03:16 -00:22	0:37:29	0:03:24 -00:14	0:38:58
Farmers Carry	0:01:14	0:01:19 +00:06	0:38:49	0:01:25 +00:12	0:40:23
Run 7	0:03:39	0:03:16 -00:22	0:42:50	0:03:24 -00:14	0:44:34
Sandbag Lunges	0:03:36	0:03:15 -00:20	0:46:05	0:03:27 -00:09	0:48:01
Run 8	0:04:19	0:03:42 -00:37	0:50:35	0:03:51 -00:28	0:52:42
Wall Balls	0:03:28	0:03:34 +00:06	0:54:10	0:03:47 +00:19	0:56:30
Total Roxzone	0:00:00	0:04:10 +04:10		0:04:20 +04:20	
Total Run	0:30:42	0:26:13 -04:29		0:27:16 -03:26	
Total Run + Roxzone	0:30:42	0:30:23 -00:18		0:31:36 +00:55	
1km Pace	0:03:31	0:03:29 -00:02		0:03:38 +00:06	
Total Time	0:54:54	0:54:10 -00:44		0:56:30 +01:36	

Podium Sim Results

What are your chances of achieving a podium finish in your next race?

RoxOpt's machine learning engine predicts the times needed for a podium finish in any division and age group for upcoming races within the next 12 weeks. These predictions consider various patterns and trends for different cities and geographies. Podium Sim estimates your chances of finishing on the podium in those races.

Division	Age Group	Race Simulations
Pro	35-39	10,000

Simulation Results

Darker represents faster threshold time

Lighter represents slower threshold time

Race	Predicted Podium Threshold	Podium Probability
S7 2025 Barcelona	1:03:14	89.0%
S7 2025 Atlanta	1:07:51	94.9%
S7 2025 London	1:02:04	84.9%
S7 2025 Mumbai	1:12:26	99.1%
S7 2025 Heerenveen	1:06:05	92.7%
S7 2025 Berlin	1:02:10	81.0%
S7 2025 Incheon	1:08:31	98.7%
S7 2025 Bangkok	1:12:26	99.0%
S7 2025 New York	1:05:26	93.2%
S7 2025 Rimini	1:03:48	93.5%

Coach's Perspective

Ryan Kent, Elite 15 Athlete

The predicted podium threshold represents an estimated time you would need to exceed to have a reasonable chance at a podium for your division age-group.

All Hyrox races aren't equally competitive. If your goal is to finish on a podium or qualify for the age-group world championships, this output is a great way to identify your best potential opportunity.

Countries hosting their first race, especially outside of Europe, tend to have slower times. Keep in mind, there is a lot of uncertainty with these predictions.

Race History

How are you trending over time?

See your race history splits below for reference. Use the heatmap to quickly identify your faster and slower times for each column (split).

Division
Pro

Race History (limited to past 10 for this division)

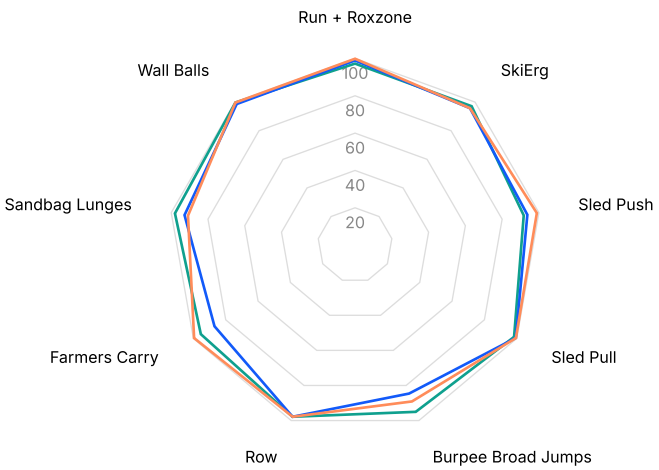
Darker represents faster time

Lighter represents slower time

Race	Total Time	Run+Roxzone	Stations	Skierg	Sled Push	Sled Pull	Burpee Broad Jumps	Row	Farmers Carry	Sandbag Lunges	Wall Balls
S5 2023 Anaheim	1:01:11	0:34:18	0:26:53	0:03:38	0:03:19	0:04:09	0:02:01	0:03:50	0:01:46	0:03:59	0:04:11
S6 2023 Madrid	1:01:34	0:34:04	0:27:30	0:03:54	0:03:36	0:04:28	0:02:34	0:04:04	0:01:35	0:03:29	0:03:50
S6 2023 Chicago	0:58:48	0:31:17	0:27:31	0:04:11	0:03:08	0:03:25	0:02:37	0:04:15	0:02:10	0:03:43	0:04:02
S6 2024 Vienna - Europ...	1:01:11	0:31:16	0:29:55	0:04:08	0:02:58	0:04:10	0:03:36	0:04:16	0:01:39	0:04:31	0:04:37
S6 2024 Washington - N...	0:58:16	0:31:57	0:26:19	0:03:49	0:02:13	0:03:23	0:03:01	0:03:57	0:02:15	0:03:40	0:04:01
S6 2024 World Champion...	1:03:36	0:31:12	0:32:24	0:03:52	0:03:01	0:04:34	0:03:30	0:04:06	0:02:23	0:04:11	0:06:47
S7 2024 Chicago Navy P...	0:54:28	0:31:27	0:23:01	0:03:59	0:02:11	0:02:39	0:02:13	0:03:52	0:01:26	0:02:58	0:03:43
S7 2024 Dallas	0:58:19	0:33:54	0:24:25	0:03:45	0:02:31	0:03:25	0:02:43	0:03:58	0:01:29	0:03:06	0:03:28
S7 2025 Las Vegas	0:58:22	0:32:47	0:25:26	0:03:47	0:02:26	0:03:08	0:03:12	0:03:58	0:01:38	0:03:30	0:03:47
S7 2025 Glasgow	0:54:54	0:30:42	0:24:12	0:03:47	0:02:02	0:03:06	0:03:01	0:03:58	0:01:14	0:03:36	0:03:28

All-Time Division Age-Group Percentile Rank

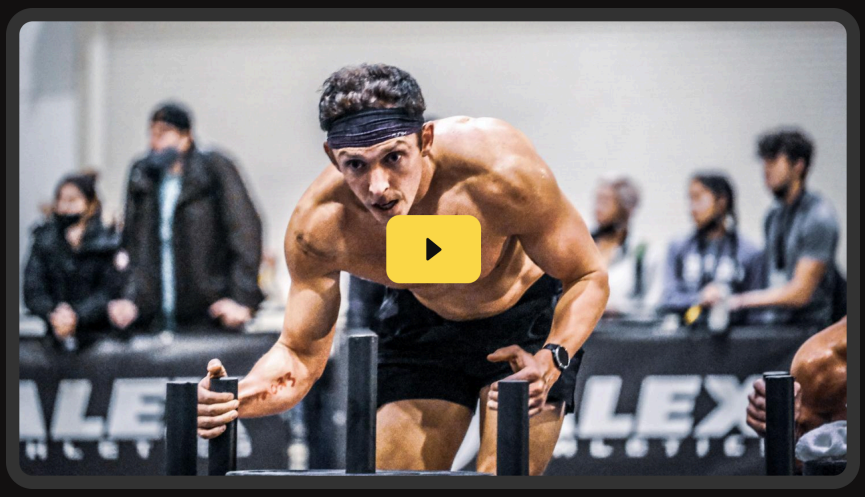
Limited to last 3 races for visibility



S7 2024 Dallas 0:58:19 **S7 2025 Las Vegas** 0:58:22 **S7 2025 Glasgow** 0:54:54

RoxOpt

Learn how to interpret your race report from an Elite 15 athlete



Looking to unlock your RoxOpt predicted potential for your next race?

Check out the RMR Training app, created by Elite 15 athletes Meg Jacoby, Rich Ryan, and Ryan Kent!

RMR TRAINING

7 DAYS FREE

GET IT ON Google Play

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