Tell us about one race decision

Open the results, screenshot or notes you actually used after your most recent HYROX.

Talk this through before opening the next page

Which split did you look at first? Walk us through one decision you actually made during the race or after reviewing it. What did you choose, and what other option did you have?

Race, division and split you looked at

What happened, and what did you choose? Use your own words.

What were you hoping to protect or change later in the race?

What did the results show afterward? What still seems uncertain?

If no specific decision comes to mind, say so. Your facilitator will give you a separate race case for the timed tasks.

Where would you save five minutes?

Matthew Nebel / Miami Beach, April 19, 2025 / Open Men, ages 30-34

RECORDED FINISH	TARGET FINISH	SAVINGS NEEDED
1:13:03	1:08:03	300 sec

The offers below come from 19 Open Men finishers near the goal at Miami Beach. RoxTimes rates each one as low confidence. Keep SkiErg and Row at their recorded times.

For each offer, enter how many seconds you accept, from 0 to the amount offered. Write 0 to decline. Add any extra seconds you choose in the next column. A blank extra counts as zero.

Part	Last race m:ss	Offered sec	I accept sec	My extra sec	If all used* m:ss	My split* m:ss
Runs 1-8 combined	34:18	5			34:13	
SkiErg [locked]	3:59	0	0	**0**	3:59	**3:59**
Sled push	2:47	18			2:29	
Sled pull	4:56	41			4:15	
Burpee broad jumps	4:57	47			4:10	
Row [locked]	4:35	0	0	**0**	4:35	**4:35**
Farmers carry	2:09	27			1:42	
Sandbag lunges	4:14	14			4:00	
Wall balls	5:49	47			5:02	
Roxzone	5:22	0	0		5:22	

*If you accept the full offer and add zero extra, the printed split is your final time. Otherwise fill in My split: last race minus accepted seconds minus extra seconds.

Accepted (sec)	Extra (sec)	Base gap (sec)	Base finish
Sum of I accept	Sum of My extra	300 - accepted - extra	1:13:03 - both savings

Allocate the running row to individual runs (seconds saved)

Include accepted + extra running seconds once. Blank = 0. Your eight entries must add to the running row savings.

Run 1	Run 2	Run 3	Run 4	Run 5	Run 6	Run 7	Run 8

Miami Beach race report

Timing check: sum the final row times and subtract 0:03.

Use these base targets for both outcomes on page 3.

What if the time comes back?

Use one base plan for both columns. Keep SkiErg and Row fixed.

One decision for both outcomes

Station to slow down	Base (m:ss)	Spend (sec)	New split (m:ss)

New station split = base station split + time spent. For no trade, enter 0 seconds spent.

Later run or station to protect	Its base split (m:ss)

For a run, take its original lap from the case and subtract only the base seconds assigned to that run on page 2.

Outcome	Expected recovery	No recovery
Seconds recovered		0 sec
Later split (m:ss)		
Net seconds saved (+/-)		
Revised finish (h:mm:ss)		
Remaining to goal (sec)		

Later split = later base split minus recovery. Net saved = recovery minus time spent. Revised finish and remaining gap each equal their base value minus net saved. A negative net means the trade costs time.

Why might you recover that time? What would you check in training or on race day?