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Hyrox barcelona 2025

HYROX es la carrera de fitness para todo el mundo donde cada evento sigue el mismo formato de carrera, por lo que se crea una clasificación mundial de todos los atletas. La carrera empieza con 1km de carrera, seguido por un workout funcional, repetido 8 veces. Todos los eventos se celebran en grandes pabellones indoor con una atmósfera única para todos los atletas.HYROX is the global fitness race for everybody, where each event follows the exact same race format, allowing for a comparable global leaderboard for all athletes. The race format starts with a 1km run, followed by 1 functional workout, repeated 8 times. With all global races taking place in large indoor venues, a unique stadium-like atmosphere with an incomparable race experience is created for all athletes. The latest HYROX Barcelona event was held on 25th, 26th and 27th April 2025, at the Fira de Barcelona. A lot of excitement surrounded the event, in no small part due to the fact it was the Elite 15 Last Chance Qualifier for the 2024/25 season - which meant that the top 3 finishers in the Mens and Womens Pro division would secure themselves a spot at the Elite 15 race at the 2025 World Championships in Chicago. More information on the Elite races (qualification, structure, etc) can be found here. There was a hugely talented line-up for the Women's LCQ - including former World Champion Kris Rugloski; Elite 15 athletes such as Zara Piergianni, Jade Skillen, Camilla Massa, Viola Oberlander, Tanja Stroschneider and Maria Fecik; as well as women who had raced some incredible times so far this season such as Lena Putters, Margot Vandenlindenloof, Sinéad Bent, and many many more. This set the scene for an incredibly competitive race and a very open field where the qualifying positions could have been claimed by any 3 of a huge number of women. The race started out very fast, with Lena Putters leading the early stages, only to fall back after struggling at the sled push. Young Dutch athlete Emilie Dahmen took the lead at the sled pull and dominated the field, ultimately taking the win by 63 seconds, in only her 3rd Pro race. British athlete (and former Women's Open World Record holder) Sinéad Bent moved into 2nd place at the sled pull and largely held on to that position, despite fierce competition from triathlete Tanja Stroschneider and Camilla Massa. American athlete Kris Rugloski moved up into 3rd place at the Farmer's carry and finished 3rd in the first wave, holding off Tanja, Margot and Gabriella Moriarty at the wall balls, but was eventually pushed down into 4th by Swiss endurance athlete Melanie Maurer, who ran in a later wave and took the 3rd qualifying spot by just 4 seconds! The final results were: 1. Emilie Dahmen - 01:01:102. Sinéad Bent - 01:02:133. Melanie Maurer - 01:03:20 Hasta la capital catalana viajaron algunos grandes atletas americanos, australianos y por supuesto toda la élite europea no clasificada. Todos en busca de las tres primeras posiciones que daban acceso directo a la final elite del campeonato del mundo de junio en Chicago. A nivel popular aproximadamente un 40% de británicos, 30% españoles, 10% franceses e irlandeses copaban esas miles de plazas. A nivel organizativo se cumplió la tónica de otros HYROX nacionales. Eventos que ya están estandarizados y que vuelven a mostrar sus fortalezas. Check in impoluto, horarios británicos y unos jueces predisuestos a que se cumpla el reglamento más que nunca. Bravo. También hubo pegas. Quiero destacar tres. Las tres probablemente inevitables. En mi caso me tocó un 55% por dentro y un 45% por fuera. Lo conté. Si lo unes a que la moqueta agarraba más de lo habitual, el resultado es que los tiempos no fueron para batir muchas marcas. Mira esta comparativa si sumas los dos parciales de los sleds (en Málaga fueron sleds más suaves). Pablo Sánchez 6:49 en Málaga y 7:12 en Barcelona. Hugo Hugemarq 6:34 en Málaga y 6:53 en Barcelona. Igor Arruti 6:16 en Málaga y 7:10 en Barcelona. Un buen puñado de competidores élite se han quejado de lo complicada que estaba la moqueta en redes sociales. Por ejemplo, mi darkhorse el portgues Joao Rosa o la favorita belga Lenna Putters. El motivo parece que fue que HYROX global no quería dar ventaja a los competidores de otras wave (en el live web se pueden ver los parciales al segundo) y que no querían dar la imagen de ver tres supuestos vencedores y que llegará algún atleta por detrás y diera el sorpasso. Vamos, lo que pasó en la clasificación para el dobles pro de París con Rober Viciado y Luis García (primeros pese a salir en la última wave). En chicos no hubo sorpasso. El inglés McRoary (dos sub 58 previos) quedó sexto saliendo hora y veinte minutos más tarde que los favoritos. Seis competiciones del top 20 también salieron en waves posteriores. En chicas sí que hubo sorpasso. HYROX evitó mostrar la cara de alegría de la norteamérica Kris Ruglosky y que luego se supiese que la suiza Melanie Maurer (antigua campeona del mundo de duatlón de larga distancia) la sobrepase mientras recuperaba el aliento un buen puñado de minutos mas tarde. La centroeuropa consiguió la clasificación quedando tercera pese a llevar solo siete meses entrenando HYROX. Melanie dos días más tarde seguía en Barcelona sufriendo las consecuencias del gran apogeo. Pese a esta circunstancia, puede estar feliz porque ya está entre las 15 mejores del mundo. El hecho que una duetleta con meses de entrenamiento esté ya en la élite mundial más que una anécdota es una nueva confirmación de que HYROX es un deporte eminentemente de resistencia. Los atletas con background de CrossFit y mucho mas de deportes de fuerza que llegan en la élite mundial son una rara avis. Una élite mundial que cada vez está más plagada de triatletas como Emilio Aguayo. Con una locura de ritmo comienza la prueba con los 30 primeros clasificados rozando el tres el mil. Varios competidores desconocidos encabezan la llegada al ski con Emilo Aguayo tercero, quinto Lukas Storah (campeón del mundo en el 2018 y primer sub60 de la historia) o el Holandes Weersma en sexta. El altísimo holandés (especialista en dobles y con solo un sub 60 precisamente en el mundial de Niza) sale primero del sled push con Pablo Sanchez sexto, Storath septimo y Aguayo octavo. Muchos de los competidores que salieron arriesgando empiezan a decaer su ritmo por la dureza de los sled y el ritmo de carrera. Comenzan a aparecer cadáveres deportivos y se acumulan las retiradas al verse los competidores ya sin opciones. Dos australianos, el favorito residente en Mallorca Jon Wynn y el semidesconocido Tom Rodgers remontan en el sled pull. El valenciano Aguayo es el que mejores parciales de carrera está haciendo solo seguido por el Weersma y Rodgers. Tom Rodgers El resto de españoles no aparece por el top 10 con Aitor Lizararu, Pablo Sanchez (que venía tocado del gemelo) y Rober Viciado rondando las 10ª y 20ª plaza. Emilio es un tema diferente. Está aguantando continuamente las tres primeras posiciones. Emilio Aguayo Entra primero en los lunges y se ve sobrepasado por las dos grandes sorpresas del día, el australiano y el holandés. Storath y Wynn a un minuto por lo que parece que lo tienen los tres de cabeza casi hecho. En los wall balls nuestro héroe local, que había perdido los guantes durante la prueba, comienza a no ser capaz de acertar en muchas ocasiones en la diana porque le resbalaba el balón. 26 no reps. Rodgers vence con una locura de tiempo en un circuito tan lento, seguido de Weersma y tercero con los wall balls unbroken remonta Jon Wynn. Emilio tardó en los wall balls 6:23. Con una marca lógica para su nivel hubiese quedado probablemente tercero. Emilio Aguayo Su entrada en la élite mundial es ya un hecho que confirmará en las próximas pruebas que participe. Deportistas como él van a ser los que dominen el futuro de HYROX. Ser capaces de correr cada vez mas cerca de tres el mil y con nivel suficiente para hacer workouts con solvencia Hidde Weersma Jon Wynn Clasificación Primeros españoles: 13.- Emilio Aguayo - 00:58:4818.- Roberto Viciado Gimeno - 00:59:1921.- Aitor Lizarazu Hormilla - 00:59:2942.- Pablo Valverde Reyes - 01:01:3344.- Igor Arruti - 01:01:4745.- Pablo Sánchez Santos - 01:01:5047.- Yeray Toquero - 01:02:0650.- Jorge Gonzalez - 01:02:181.- Tom Rodgers [] - 56:052.- Hidde Weersma [] - 56:333.- Jonathon Wynn [] - 57:14 Al igual que los chicos la salida es extremadamente rápida. Cero sorpresas. La belga Putters encabeza el ski con la inglesa Sinead Bent cerca de ella. En el duro sled push, cuando quedaba más de un 70% de la prueba, se define mucho más de lo que podíamos pensar. Dos de las grandes favoritas, Putters y la inglesa Piergiani se retrasan demasiado. Las otras dos grandes favoritas (la alemana Overlander y la italiana Massa) se mantienen con ciertos problemas en las posiciones semiadelantadas. Justo en ese momento emerge una nueva estrella a nivel global. La holandesa semidesconocida Emilie Dahmen (tenía 1h03 pero nunca había competido fuera de su país donde los eventos suelen ser muy rápidos) no solo se va de todas sino que las mete un buen puñado de segundos. Emilie Dahmen Solo Sinead Bent la sigue a una distancia mínima. Esta inglesa con el mismo nombre que una de las mejores voces que ha dado la música de los últimos 50 años (DEP Sinead O'Connor) batió el récord del mundo open hace unos meses. Luego Sophia Parvici Wayne (que alterno las primeras posiciones durante buena parte de la prueba) y posteriormente la reina Weeks lo volvieron a batir. Por cierto, es increíble lo rápido que va la inglesa y la mala técnica que tiene en casi todos los workouts. Verla remar era un poema de Carcilaro. Por detrás con su inteligencia habitual Manuela García va sobrepasando los cadáveres que habían apretado en los sleds más de la cuenta. La austriaca de apellido impronunciable Stroschneider, la estadounidense Rugloski y la inglesa Moriarty (como fan de Sherlock Holmes me flipa este apellido) mantienen cierta distancia con el duo. La única favorita que mantiene el tipo mínimamente es Massa. Mientras Manuela entra octava a las lunges. Carreron de la almeriense y una locura de carrera con sorpresa tras sorpresa. Manuela García Dahmen, que parece la hermana gemela de Joanna Wiertzyk (nunca me aprenderé este apellido) vence con una solvencia aplastante. Sinead a un minuto. Mientras la austriaca de apellido impronunciable está muy cerca de la tercera posición pero el hombre del mazo sale tras una columna y la golpea con toda la fuerza. Rugloski la supera y logra la tercera posición hasta que llegó la suiza Maurer proveniente de otra tanda y consiguió el ansiado slot. Melanie Maurer Manuela con problemas en los wall balls (algo normal para su gran nivel en esta prueba) pierde alguna posición. Si hubiese hecho el mismo tiempo en este workout que en Málaga hubiera rondado la quinta posición. Españolas 13.- Manuela Garcia - 01:05:2034.- Muntsa Ciuró Boixadera - 01:09:4942.- Noelia González Timón - 01:11:4646.- Marta Maria Real Amengual - 01:12:4947.- Paula Bernabé - 01:13:1648.- Melania Timón -01:13:2750.- Jennifer Marín Palacios - 01:14:171.- Emilie Dahmen [] - 1:01:102.- Sinéad Bent [] - 1:02:133.- Melanie Maurer [] - 1:03:20 ¿Cambio de paradigma? Durante los dos últimos años un puñado de competidores se han mantenido en las Majors y mundial élite 15. Cada vez más competidores están llamando a la puerta y este evento barcelonés es quizás el punto de inflexión para nuevos y frescos competidores entren en el circuito. Emilio y Manuela son sin lugar a dudas dos de ellos. Cada uno con sus características particulares pero con un firme convencimiento y mucha inteligencia se unirán más pronto que tarde a Pelayo. Por supuesto Pablo, Aitor y Roberto y unos cuantos más estarán también al acecho. Lo bueno es que lo disfrutaremos y yo te lo contaré. Te puede interesar Our Official Photography Partner Sportograf will follow you during your race to capture your performance on camera. Through facial recognition technology, you can download your digital photo package after the event as a souvenir of your HYROX Race! If you have pre-purchased your Sportograf Photo Package, follow the steps below to redeem it. For those that haven't pre-purchased Sportograf, you will have the opportunity to purchase your photos post-race directly on the Sportograf website. How to Redeem Your Pre-Purchased Package After the Race Photos are taken of all participants during the race. Since you've pre-purchased your photo package, there's no need to worry about "activating" anything on-site. Simply follow these steps to redeem your photos for free, approximately 48 hours after the race. Go to sportograf.com/en and search for the respective HYROX event. Enter the email address you used for race entry and click "Send Validation Link." Check your inbox for the email titled "Validation successful - Search for your images now" and click "Validate and Search." Upload a selfie. Select "Buy Foto-Flat." Enter your Sportograf Ticket ID (below the barcode on your receipt) at checkout to bring the total to €0. Important: Make sure your Sportograf ticket is personalised to reveal your Ticket ID - if not, log in to your HYROX account, to complete it. Description Lieu : Barcelone, Espagne Dates : du 25 au 27 avril 2025 Last Chance Qualifier : Dernière opportunité pour décrocher votre place aux Championnats du Monde !Pour sa troisième édition, HYROX Barcelone promet un week-end intense avec 12 000 athlètes prêts à repousser leurs limites. L'énergie sera à son comble dans cette ville vibrante ! Vous êtes prêt ? Programme des Courses HYROX Barcelone 2025(Horaires provisoires, sous réserve de modifications.) Vendredi 25 avrilHYROX DOUBLES HOMMES : 08h30 - 10h30HYROX HOMMES : 10h50 - 13h50HYROX DOUBLES MIXTE : 14h10 - 15h50HYROX FEMMES : 16h20 - 17h10HYROX DOUBLES FEMMES : 17h30 - 18h40 Samedi 26 avrilHYROX HOMMES : 08h30 - 12h40HYROX DOUBLES HOMMES : 13h00 - 16h20HYROX PRO DOUBLES FEMMES : 17h00HYROX PRO FEMMES : 17h20 - 17h50HYROX PRO HOMMES : 18h50 - 20h10HYROX PRO DOUBLES HOMMES : 20h40 - 21h10 Dimanche 27 avrilHYROX DOUBLES MIXTE : 08h30 - 11h50HYROX FEMMES : 12h20 - 14h20HYROX DOUBLES FEMMES : 14h40 - 17h00HYROX RELAIS : 17h30 - 18h00A Laps à parcourir et briefing relais : Informations à venir. Ce Que Vous Recevez en Participant✓ Patch officiel HYROX Finisher pour célébrer votre performance.✓ Classement en temps réel sur le leaderboard.✓ Temps de course détaillé avec les splits de chaque épreuve.✓ Remise des prix par catégorie d'âge pour honorer les meilleurs athlètes.✓ Places qualificatives pour certains groupes d'âge aux Championnats du Monde.✓ Postes de ravitaillement avant, pendant et après la course.✓ Vue imprenable depuis la Thunderdome pour suivre la compétition en direct.✓ Zone HYROX Entertainment, avec partenaires et animations exclusives.✓ Photos professionnelles disponibles à l'achat pour immortaliser votre effort. Un Souvenir Inoubliable avec Sportograf(Notre partenaire officiel Sportograf capturera chaque moment de votre course grâce à la reconnaissance faciale. Vous pourrez récupérer vos photos numériques personnalisées après l'événement !Comment Récupérer Vos Photos Après la Course Si vous avez pré-acheté un package photo :Rendez-vous sur sportograf.com/en et recherchez l'événement HYROX Barcelone.Entrez l'e-mail utilisé lors de l'inscription et validez le lien reçu.Téléchargez un selfie pour activer la reconnaissance faciale.Sélectionnez « Buy Foto-Flat » et entrez votre Ticket ID pour récupérer vos photos sans frais. Si vous n'avez pas pré-acheté : Vous pourrez toujours acheter vos photos après l'événement sur le site de Sportograf. Informations Importantes Enregistrement sur place : Ouvre 90 minutes avant la première wave de départ de chaque division. Si vous souhaitez entrer dans la salle plus tôt, présentez votre ticket et une pièce d'identité au Spectators Desk. Horaires de départ définitifs : Publiés environ 3 jours avant l'événement. Aucun changement d'horaire ne sera possible, alors organisez-vous en conséquence ! Pourquoi Participer à HYROX Barcelone ? Dernière chance de qualification pour les Championnats du Monde HYROX. Une ambiance électrique avec plus de 12 000 athlètes et un public survolté. Un défi accessible à tous : Que vous soyez un compétiteur aguerri ou un amateur en quête de dépassement personnel, HYROX est fait pour vous. Un cadre exceptionnel : Barcelone, ville dynamique et ensoleillée, parfaite pour allier sport et plaisir. Ne manquez pas cette édition incontournable ! Inscrivez-vous maintenant et entrez dans l'histoire de HYROX ! Restez Connectés Suivez WOD-Open.com pour les dernières news, conseils d'entraînement et témoignages exclusifs des athlètes HYROX ! HYRESULT is your source for athlete profiles, race analytics and race comparisons. You have feedback? Let us know! HYROX: The Sport of Fitness Racing that you have always been training for. With over 80+ global races in 2025 seeing over 550,000 athletes & 350,000 spectators, welcome to the World Series of Fitness Racing. Are you ready to take your training to the next level & join the #HYROXFAMILY? Planning your trip to HYROX Barcelona 2025? You're in the right place. This guide covers everything you need to know, from venue details and travel tips to the best places to eat and visit while you're in town. Let's get straight to the good stuff. . Make sure you get the following sorted to be at your best on race day: Clothing - The best HYROX clothing for race day Training - A 6 Week HYROX Training Guide to follow Nutrition - What to eat and drink in the build up to your HYROX HYROX Barcelona 2025 will take place at: Fira Barcelona Gran Via av. Joan Carles I 64, 08908, L'Hospitalet de Llobregat, Barcelona Barcelona is a city bursting with creativity, stunning architecture, and a lively Mediterranean vibe. It's home to the legendary architect Antoni Gaudí, whose unique and colourful designs have shaped the city's identity. His masterpieces, like the Sagrada Família, Park Güell, and Casa Batlló, are some of the most famous landmarks in the world. History: Explore the Gothic Quarter, wander through the ancient streets of El Born, or visit the Montjuïc Castle for breathtaking views. Culture: Marvel at Gaudí's architectural wonders, stroll down La Rambla, or soak up the city's beachside energy. Food: Feast on tapas, try the famous paella, or sip on cava while enjoying fresh seafood by the sea. [] Date: Friday, 25th April 2025 - Sunday, 27th April 2025 [] Secure your spot early to avoid missing out! Let's figure out easiest way to get there! ➔ Nearest Airport: Barcelona-El Prat Airport (BCN) is the closest airport. It's about 12 km (7.5 miles) from Fira Barcelona Gran Via. [] Getting to the Venue: Taxi/Rideshare: You can grab a taxi or use a ride-sharing app like Uber or Cabify at the airport. The ride to Fira Barcelona usually takes about 20-30 minutes, depending on traffic. Just make sure you know how much it will cost before you get in. Aerobus: The Aerobus is a special bus that goes directly from the airport to Plaça Espanya, which is pretty close to Fira Barcelona. From Plaça Espanya, you can take the Metro (subway) or walk (it's about a 20-minute walk). The Aerobus is a quick and easy option. Train: You can also take the train from the airport to Sants Estació (Barcelona Sants Station). From there, you can connect to the Metro or walk to Fira Barcelona. Nearest Train Station: Sants Estació is the main train station in Barcelona. It has lots of trains connecting to other cities in Spain and even France. From Sants Estació, you can take the Metro or walk to Fira Barcelona. The Metro is the best way to get around Barcelona. Take Line L8 to Fira 2 station. It's right by Fira Barcelona Gran Via. You can also use other lines to get to stations near Fira and walk. The Fira has two stations: Fira 2 and Europa | Fira. Barcelona has a good bus system too. Several bus lines go near Fira Barcelona. You can use the TMB website or app to find the best route. Navigation: Type "Fira Barcelona Gran Via" or "Av. Joan Carles I, 64, 08908 L'Hospitalet de Llobregat, Barcelona" into Google Maps, Waze, or Apple Maps. Or you can just click the pre-programmed route we've done for you below: Google Maps Guidance by Car [] Parking: Fira Barcelona has parking, but it can get full quickly. Getting there early is a good idea if you're driving. You can also check the Fira Barcelona and HYROX websites for parking information. [] Public Transport Resources: [] Travel Tips: ✓ Check transport schedules: Use the TMB website or app to check the Metro and bus schedules before you leave. ✓ Arrive early: Give yourself at least 1-2 hours before your race to travel, park (if you're driving), find your way around Fira Barcelona (it's a big place!), check in, and warm up. ✓ Stay nearby: Staying near Fira Barcelona or in the city center (with good Metro connections) will make getting to HYROX much easier. ✓ T-Casual/T-10 Ticket: If you're going to be using public transport a lot, get a T-Casual or T-10 ticket. It's cheaper than buying individual tickets every time. ✓ Cash & Cards: Most places in Barcelona accept credit cards, but it's always good to have some Euros (€) with you for small things, tips, or just in case a place doesn't take cards. ✓ Spanish helps: While a lot of people in tourist areas speak English, knowing a few basic Spanish phrases can be helpful. Disclaimer: Travel times and costs are estimates and may vary. Always refer to the official HYROX website and the websites of transportation providers for the most up-to-date information and to help plan your route. While in Barcelona, explore these must-visit spots: Sagrada Família Gaudí's crazy-cool basilica is a masterpiece, even though it's still being built! Imagine soaring towers, stained glass that'll blow your mind, and details you won't believe. It's like something out of a dream. Park Güell - This isn't your average park. Gaudí designed it with colourful mosaics, wacky buildings, and views of Barcelona that are Insta-worthy. It's a fun, almost magical place to explore. Camp Nou - Ever heard of FC Barcelona? This is their legendary stadium, and it's HUGE. Even if you're not a football fan, it's a stunning sight to see, where Lionel Messi played for most of his career. Casa Batlló - Gaudí's "House of Bones" is like no other building you've seen. It's got a crazy, organic design with a colorful facade that'll make your jaw drop. Trust me, you have to see it to believe it. Casa Milà (La Pedrera) Another one of Gaudí's masterpieces, this building looks like it's made of waves. The rooftop is especially wild, with chimneys that look like sculptures. It's a totally unique piece of architecture. » Sagra Specialty Coffee: A stylish coffee spot known for its award-winning brews. Location: Carrer del Rosselló, 419, Eixample, 08025 Barcelona, Spain » Parcelona Coffee Bar: A popular spot for coffee and pastries. Location: Carrer de Bilbao, 68, Sant Martí, 08005 Barcelona, Spain » Lodetto Café: A cozy café with a focus on sustainability. Location: Carrer de Valldonzella, 36, Ciutat Vella, 08001 Barcelona, Spain » BLACKBIRD Coffee Corner: A trendy spot with great coffee and a lively atmosphere. Location: Carrer de València, 418, L'Eixample, 08013 Barcelona, Spain » Ombú Café: A classic French café with a wide selection of coffee and tea. Location: Carrer d'Àvila, 51, Sant Martí, 08005 Barcelona, Spain La Lolita Barcelona: Indulge in a culinary journey with tapas, paella, and other Spanish specialties in a lively atmosphere at La Lolita Barcelona. El Nacional Barcelona: This expansive space houses various restaurants and bars, offering a diverse culinary experience. Enjoy grilled meats, seafood, tapas, and more in a stylish setting. Disfrutar: Embark on a gastronomic adventure at Disfrutar, where innovative dishes with surprising flavours are presented in a unique way. ABANIC: Experience a vibrant atmosphere and delicious tapas at ABANIC, a popular spot known for its creative and flavourful small plates. Casa Lolea Barcelona: Enjoy contemporary Spanish cuisine and sangria in a relaxed, industrial-chic setting at Casa Lolea Barcelona. FRIDAY 25th APRIL 9:00 > 10:40 HYROX DOUBLES MEN11:00 > 14:00 HYROX MEN 14:20 > 15:50 HYROX DOUBLES MIXED16:20 > 17:20 HYROX DOUBLES WOMEN 17:40 > 18:30 HYROX WOMEN DATE: April 25-27, 2025Location: Fira Barcelona Gran ViaBarcelona, Spain From Friday to Sunday, April 25-27, 2025, Barcelona plays host to the final HYROX Last Chance Qualifier (LCQ) event of the season. The final 3 championship spots for the individual Elite 15 are on the line. The top 3 finishers in the Men's & Women's Pro division will earn their way into the 2025 HYROX World Championship. There are 411 men & 187 women currently signed up to race in the Pro divisions. Every HYROX division will be offered at HYROX Barcelona, so age groupers will be racing throughout the 3-day event. Check out the preview section below for a list of names to watch out for. Athletes do not need to purchase a spectator ticket. Your athlete wristband gives you access to the race hall to watch other athletes compete throughout the day. On-site registration opens for each division 90 minutes before the first start wave of that division. You must bring a photo ID Checking in on behalf of others is not allowed Here's the race map for HYROX Barcelona: HYROX Barcelona race map for April 25-27, 2025 Watch the technical briefing – Station Order: This is a pretty standard 2-loop course in an oval format, with stations 1-4 in order, the wall balls near the middle of the venue, followed by stations 5 & 7, and the farmer's carry (station 6) positioned at the very end. Course Crossing: There is one course crossing for spectators (and for the athletes to exit the venue). It's unclear if there is a separate athlete entrance. Water Stations: There are usually 1 or 2 water stations located inside the Rozxzone, but none are listed on this map. Be careful as the floor is often slippery around this area. Bathrooms: There are 3 bathrooms located just outside of the race area. Runs 1-8: 2 laps Farmer's Carry: All athletes must perform 2 LAPS of the farmer's carry course Here are some of the top athletes competing for one of the final 3 spots in the Elite 15 individual race at the World Championship in June. Pro women racing HYROX Barcelona 2025 Sinéad Bent - Former Women's Open division world record holder Alina Bräuer - Elite 15 experience from earlier this year Maria Fecik - Elite 15 experience from earlier this year Simone Feld Terra Jackson - We think Terra is racing HYROX Atlanta instead Jezabel Kremer - Elite 15 experience from earlier this year Jana Lehenstedt Camilla Massa - Former Elite 15 athlete Rebecca Naether Viola Oberlander - Former Elite 15 athlete Zara Piergianni - Former Elite 15 athlete Lena Putters - One of the fastest times of any athlete on this list this year Kris Rugloski - 2022 HYROX World Champion Jade Skillen - Elite 15 experience from earlier this year Tanja Stroschneider - Elite 15 experience from earlier this year Jess Wotl Margot Vandenlindenloof Mirjam von Rohr Pro men racing HYROX Barcelona 2025 Austin Azar Eugenio Bianchi - HYROX veteran with 26 races under his belt Charlie Botterill - Finished 1st in Doubles & 2nd in Open at the 2025 HYROX DC Open Championships a few weeks ago Alan Cao Jannik Czaplá - Elite 15 experience from earlier this year Alfons Deu Ruiz Sadiq Eliftouti Thomas Fry Florian Gast Gabe Heck Afan Humphries Greyson Kilgore Tobias Lautwein - 2021 HYROX World Champion Tiago Lousa Sean Noble - Previous Elite 15 experience from this year Alen Ploj Krystian Poremba Tom Rodgers Peter Schiller Lukas Storath - 2019 HYROX World Champion Ben & Harry Sutherland - Brothers who finished 3rd at HYROX Miami a week ago. They are riding momentum. Harry Thompson - 24 total races with a 57:21 personal best Aaron Travers - 56:27 personal best at HYROX Glasgow earlier this year Tomas Trvdik - Previous Elite 15 experience from this year Joffrey Voisin Jake Williamson - Previous Elite 15 experience Jonathon Wynn - Previous Elite 15 experience Spectator tickets for HYROX Barcelona are €12/day or €28 for a 3-day spectator pass. If you're curious what it's like to attend a HYROX race, check out our HYROX spectator guide → Watch the highlights of the men's race here: Watch the women's highlights here: So who won each division at HYROX Barcelona 2025? Women's Pro Men's Pro Women's Pro Doubles Men's Pro Doubles We've included the overall results below, regardless of age group. To see who podiumed in each age group, please see the official results. 162 women competed for a spot in the Elite 15 in the Women's Pro division at HYROX Barcelona. The top 6 finishers were all from different countries We saw one familiar name and 2 newer names on the podium Each podium spot was taken by a different age group Emilie Dahmen [] took the top spot in 1:01:10. Emilie has only been racing since October of 2024. This was her 3rd Pro race in less than a year of racing HYROX. Sinéad Bent [] finished in 2nd with a time of 1:02:13. Sinéad was the former world record holder in the Women's Open division. This was only her 3rd Pro race, but she drastically improved each time, going from a 1:09:11 to a 1:04:52 to her new personal best of 1:02:13. In her two previous Pro races, she was 1st place in both, beating out the likes of Camilla Massa & Rebecca Naether. Melanie Maurer [] took the final qualifying spot in 1:03:20, beating out fan favorite and 2022 World Champion, Kris Rugloski, by 4 seconds [] . Melanie has also been racing for less than a year, and this was her 4th Pro race. ☺ It's great to see some new faces, and relative rookies entering the Elite 15 this year. PlaceAthleteTime[]Emilie Dahmen []01:01:10[]Sinéad Bent []1:02:13[]Mel Maurer []01:03:20Top 3 Women's Pro results from 2025 HYROX Barcelona Here's where some of the other ladies ended up: 4th place: Kris Rugloski 5th place: Margot Vandenlindenloof 6th place: Tanja Stroschneider 8th place: Camilla Massa 9th place: Lena Putters 10th place: Zara Piergianni 11th place: Jade Skillen 12th place: Viola Oberlander 13th place: Manuela Garcia 20th place: Maria Fecik 21st place: Alice Schürer 25th place: Simone Feld 29th place: Jana Lehenstedt 340 men competed in the Men's Pro division at HYROX Barcelona, all vying for a spot in the Elite 15 World Championships in June. The field was STACKED, but some lesser known names rose to the top. Tom Rodgers [] has been gradually improving since his first race in Hong Kong in 2023 (1:03:54). He took over 2 minutes off his previous PR of 58:18 to finish in 56:05, and grab the first qualifying spot. Hidde Weersma [] is not a name many had on their radar, but he's no stranger to HYROX. He's raced 35 times in the past 3.5 years, across almost every division. He was also part of Team Netherlands in the Elite Team Relay at HYROX World Championships in Nice last year. Jonathon Wynn [], a well known name in the Elite 15, was able to punch the final ticket to World Champs, finishing with a time of 57:14, about 30 seconds ahead of 4th place finisher Joffrey Voisin. PlaceAthleteTime[]Tom Rodgers []56:05[]Hidde Weersma []56:33[]Jonathon Wynn []57:14Top 3 Men's Pro results from 2025 HYROX Barcelona Here's where some of the other big names ended up: 4th place: Joffrey Voisin 5th place: Alen Ploj 7th place: Alan Cao 9th place: Krystian Poremba 10th place: Sean Noble 11th place: Aaron Travers 12th place: Harry Thompson 23rd place: Eugenio Bianchi 26th place: Jannik Czaplá 28th place: Lukas Storath 29th place: Sadiq Eliftouti 38th place: Peter Schiller PlaceAthleteTimeNoelia Pérez Tur, Anna Orozco Torres1:02:09Antonia Turner, Hannah Vaughan1:03:20Saskia Blackburn, Petra Blackburn1:05:39Top 3 Women's Pro Doubles results from 2025 HYROX Barcelona PlaceAthleteTimeDanny Johnson, Robert Livesey55:49Harvey Williams, Liam Miller56:26David Preciado, David Queiroz56:35Top 3 Men's Pro Doubles results from 2025 HYROX Barcelona Find your exact start time – Friday, 25th April HYROX DOUBLES MEN: 8:30 - 10:30 HYROX MEN: 10:50 - 1:50 HYROX DOUBLES MIXED: 2:10 - 4:00 HYROX WOMEN: 4:30 - 5:20 HYROX DOUBLES WOMEN: 5:40 - 6:50 Saturday, 26th April HYROX MEN: 8:30 - 12:50 HYROX DOUBLES MEN: 1:10 - 4:40 HYROX PRO DOUBLES WOMEN: 5:20 HYROX PRO WOMEN: 5:40 - 6:10 HYROX PRO MEN: 7:10 - 8:30 HYROX PRO DOUBLES MEN: 9:00 - 9:30 Sunday, 27th April HYROX DOUBLES MIXED: 8:30 - 12:00 HYROX WOMEN: 12:30 - 2:40 HYROX DOUBLES WOMEN: 3:00 - 5:20 HYROX RELAYS: 5:50 - 6:00 Friday, 25th April No ceremonies on this day Saturday, 26th April HYROX MEN - 2:45 HYROX DOUBLES MEN - 6:30 HYROX PRO DOUBLES WOMEN - 8:00 HYROX PRO WOMEN - 8:00 HYROX PRO MEN - 10:15 HYROX PRO DOUBLES MEN - 11:15 Sunday, 27th April HYROX DOUBLES MIXED - 1:45 HYROX WOMEN - 4:30 HYROX DOUBLES WOMEN - 7:15 HYROX RELAYS - 7:45 There is no prize money for the 2025 HYROX Barcelona winners. In the 2024/25 season, only the 4 major races and the World Championships award prize money to top 10 finishers. To learn more about athlete payouts this season, see our HYROX prize money guide →