

# 2XU TRIATHLON SERIES 2023

**WELL DONE!**

**Ryan Humphries**

**2XU Triathlon - Sprint**

**15-19**

**Swim: 00:07:38**

**T1: 00:02:53**

**Cycle: 00:36:35**

**T2: 00:01:22**

**Run: 00:21:44**

**01:10:14**

Category Rank: 13 / 40

**Race 1 | Elwood**

**27 November 2022**

**6 RACES**

**Race 1 | Elwood 27.11.22**

**Race 4 | Sandringham 12.02.23**

**Race 2 | Brighton 11.12.22**

**Race 5 | Elwood 05.03.23**

**Race 3 | St Kilda 15.01.23**

**Race 6 | St Kilda 26.03.23**

TWO TIMES YOU

**2XU**

**O2EVENTS**

**PILLAR**  
PERFORMANCE

**ENGINE**

**TRI-ALLIANCE**  
#trainingwithpurpose

Proudly supporting  
**Beyond Blue**

**LAKESIDE**  
SPORTS MEDICINE CENTRE

**TRIATHLON**  
VICTORIA

