

# 2XU TRIATHLON SERIES 2023

**WELL DONE!**

**Mia Grocock**

## 2XU Triathlon - Sprint Solo 15-19

**Swim:** 00:15:37

T1: 00:02:57

**Cycle:** 00:56:09

T2: 00:02:14

**Run:** 00:25:43

# 01:42:42

Category Rank: 8 / 17

**Race 3 | St Kilda**

15 January 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

