

# 2XU TRIATHLON SERIES 2023

**WELL DONE!**

**Deborah Friedlander**

## 2XU Triathlon - Sprint Solo 45-49

**Swim:** 00:13:03

T1: 00:02:57

**Cycle:** 00:50:20

T2: 00:01:41

**Run:** 00:23:08

# 01:31:11

Category Rank: 6 / 18

**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

