

# 2XU TRIATHLON SERIES 2023

**WELL DONE!**

**James HOWISON**

## 2XU Triathlon - Olympic Solo 50-54

**Swim:** 00:35:20

T1: 00:05:39

**Cycle:** 01:08:20

T2: 00:02:31

**Run:** 00:41:38

# 02:33:30

Category Rank: 10 / 23

**Race 4 | Sandringham 12 February 2023**

**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



**Bayside**  
CITY OF BAYSWATER