

# 2XU TRIATHLON SERIES 2023

**WELL DONE!**

**Frank AMBESI**

## 2XU Triathlon - Sprint 25-29

**Swim:** 00:12:07

T1: 00:02:43

**Cycle:** 00:31:02

T2: 00:01:28

**Run:** 00:23:03

# 01:10:24

Category Rank: 20 / 96

**Race 5 | Elwood**

**05 March 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

