

# 2XU TRIATHLON SERIES 2024

**WELL DONE!**

**Ryan HARROD**

## 2XU Triathlon - Olympic Solo 45-49

Swim: 00:34:41

T1: 00:04:33

Bike: 01:06:08

T2: 00:04:32

Run: 00:50:03

# 02:39:58

14 / 27

Race | St Kilda

14 January 2024

**6 RACES**

Race 1 | Elwood 26.11.23

Race 4 | Sandringham 11.02.24

Race 2 | Brighton 10.12.23

Race 5 | Elwood 03.03.24

Race 3 | St Kilda 14.01.24

Race 6 | St Kilda 24.03.24

TWO TIMES YOU

**2XU**

**O2EVENTS**

**sis**  
SCIENCE IN SPORT

 **ENGINE**

**T3 #trishop**

**TRI-ALLIANCE**  
#trainingwithpurpose

Proudly supporting  
**Beyond Blue**

platinumphysio  
healthcare and fitness

**AUS TRIATHLON**

