

# 2XU TRIATHLON SERIES 2024

**WELL DONE!**

**Ryan HUMPHRIES**

## 2XU Triathlon - Sprint 15-19

Swim: 00:09:17

T1: 00:03:22

Bike: 00:37:32

T2: 00:01:19

Run: 00:20:27

# 01:11:59

13 / 47

**Race 5 | Elwood**

**3rd March 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**

