

# 2XU TRIATHLON SERIES 2023

**WELL DONE!**

**Sam Proud**

## 2XU Triathlon - Sprint Open

**Swim:** 00:11:43

**T1:** 00:05:29

**Cycle:** 00:43:29

**T2:** 00:02:17

**Run:** 00:23:21

**01:26:22**

Category Rank: 30 / 44

**Race 1 | Elwood**

**27 November 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

