



17 FEBRUARY 2019  
PALAWAN BEACH, SENTOSA

# METASPRINT SERIES SINGAPORE



## METASPRINT SERIES AQUATHLON SPRINT DISTANCE

# FINISHER

Congratulations to:

## Jo Friedmann

Swim 750m Split Time: 00:12:14

Total Time: 00:32:08

Transition Time: 00:00:45

Category Position: 2/60

Run 5km Split Time: 00:19:08

Overall Rank: 12/895

**METASPORT**

**GEMS**  
World Academy  
(Singapore)



**PURE**  
SPORTS NUTRITION



**CORE**  
COLLECTIVE  
BY AURUM

A FUN way to be a TRIATHLETE

[www.metasp rintseries.com](http://www.metasp rintseries.com)