



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Jo Friedmann

3km Run Time:	<u>00:10:05</u>	Total Time:	<u>00:52:07</u>
18km Bike Time:	<u>00:28:57</u>	Category Position:	<u>2 of 36</u>
3km Run Time:	<u>00:10:56</u>	Overall Rank:	<u>10 of 706</u>

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

The logo for Parkway Shenton, featuring a stylized blue circular pattern above the text 'Parkway Shenton'.

A FUN way to be a TRIATHLETE

www.metasp rintseries.com