



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Frieda Wolmarans

3km Run Time: 00:14:22

Total Time: 01:11:00

18km Bike Time: 00:36:45

Category Position: 4 of 33

3km Run Time: 00:14:47

Overall Rank: 310 of 706

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION


**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasprintseries.com