



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

James Instone

3km Run Time: 00:13:25

Total Time: 01:06:20

18km Bike Time: 00:36:14

Category Position: 3 of 28

3km Run Time: 00:14:19

Overall Rank: 199 of 706

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION


**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasprintseries.com