



28 April 2019  
EAST COAST PARK

# METASPRINT SERIES SINGAPORE



## METASPRINT SERIES TRIATHLON SPRINT DISTANCE

# FINISHER

Congratulations to:

Jo Friedmann

750M Swim Time:	00:11:35	Total Time:	01:03:32
18km Bike Time:	00:28:15	Category Position:	2/59
5km Run Time:	00:20:38	Overall Rank:	11/1003

**METASPORT**

**GEMS**  
World Academy  
(Singapore)



**smith&nephew**

**PURE**  
SPORTS NUTRITION

**Parkway  
Shenton**

A FUN way to be a TRIATHLETE

[www.metaspintseries.com](http://www.metaspintseries.com)