



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Colin O'shea

750M Swim Time:	00:10:29	Total Time:	00:58:52
18km Bike Time:	00:27:09	Category Position:	1/147
5km Run Time:	00:18:50	Overall Rank:	1/1003

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metaspintseries.com