



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Colin Ryan

| | | | |
|-----------------|----------|--------------------|----------|
| 750M Swim Time: | 00:16:54 | Total Time: | 01:13:54 |
| 18km Bike Time: | 00:29:38 | Category Position: | 1/6 |
| 5km Run Time: | 00:23:12 | Overall Rank: | 111/1003 |

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metaspintseries.com