



28 April 2019  
EAST COAST PARK

# METASPRINT SERIES SINGAPORE



## METASPRINT SERIES TRIATHLON SPRINT DISTANCE

# FINISHER

Congratulations to:

Gary Lam

750M Swim Time: 00:20:02

Total Time: 01:29:30

18km Bike Time: 00:33:16

Category Position: 76/147

5km Run Time: 00:32:18

Overall Rank: 440/1003

METASPORT

GENS  
World Academy  
(Singapore)



smith&nephew

PURE  
SPORTS NUTRITION

Parkway  
Shenton

A FUN way to be a TRIATHLETE

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