



28 April 2019  
EAST COAST PARK

# METASPRINT SERIES SINGAPORE



## METASPRINT SERIES TRIATHLON SPRINT DISTANCE

# FINISHER

Congratulations to:

John Friedman

750M Swim Time: 00:18:40

Total Time: 01:19:13

18km Bike Time: 00:34:26

Category Position: 43/149

5km Run Time: 00:21:50

Overall Rank: 205/1003

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)