



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Jamal Ismail

| | | | |
|------------------------|----------|---------------------------|----------|
| 750M Swim Time: | 00:25:56 | Total Time: | 01:51:29 |
| 18km Bike Time: | 00:36:56 | Category Position: | 120/126 |
| 5km Run Time: | 00:40:10 | Overall Rank: | 899/1003 |

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metaspintseries.com