



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Hans Nasemann

750M Swim Time:	00:18:00	Total Time:	01:28:06
18km Bike Time:	00:32:52	Category Position:	64/126
5km Run Time:	00:30:21	Overall Rank:	406/1003

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metaspintseries.com