



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Zhen Hong Ho

750M Swim Time:	00:16:51	Total Time:	01:18:13
18km Bike Time:	00:33:59	Category Position:	3/18
5km Run Time:	00:24:28	Overall Rank:	187/1003

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

Parkway
Shenton

A FUN way to be a TRIATHLETE

www.metaspintseries.com