



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON YOUTH DISTANCE

FINISHER

Congratulations to:

Nicholas S. K. Long

250m Swim Time: 00:03:50

Total Time: _____

12km Bike Time: 00:23:12

Category Position: /35

2.5km Run Time: 00:06:17

Overall Rank: /103

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metaspintseries.com