## METASPRINT SERIES simapoat

## FINISHER

Congratulations to:

## John Friedman

| 750m Swim Time: | 00:17:00 | Total Time: | 01:16:36 |
| :---: | :---: | :---: | :---: |
| 18km Bike Time: | 00:33:35 | Category Position: | 17/123 |
| 5km Run Time: | 00:21:31 | Overall Rank: | 151/985 |

A FUN way to be a TRIATHLETE

