



10 March 2019  
F1 VILLAGE

# METASPRINT SERIES SINGAPORE



## METASPRINT SERIES DUATHLON SPRINT DISTANCE

# FINISHER

Congratulations to:

## John Ross Aban

3km Run Time: 00:14:17

Total Time: 01:09:23

18km Bike Time: 00:33:25

Category Position: 42 of 90

3km Run Time: 00:18:13

Overall Rank: 268 of 706

**METASPORT**

**GEMS**  
World Academy  
(Singapore)



**smith&nephew**

**PURE**  
SPORTS NUTRITION

  
**Parkway  
Shenton**

A FUN way to be a TRIATHLETE

[www.metasprintseries.com](http://www.metasprintseries.com)