



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Malcolm Ho

3km Run Time: 00:14:02

Total Time: 01:07:45

18km Bike Time: 00:34:09

Category Position: 13 of 36

3km Run Time: 00:15:41

Overall Rank: 236 of 706

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION


**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasp rintseries.com