



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Richard Firth

3km Run Time: 00:16:23

Total Time: 01:16:07

18km Bike Time: 00:38:31

Category Position: 30 of 50

3km Run Time: 00:17:07

Overall Rank: 409 of 706

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION


**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasprintseries.com