



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Richard Ireland

3km Run Time: 00:17:33

Total Time: 01:27:33

18km Bike Time: 00:44:42

Category Position: 81 of 88

3km Run Time: 00:20:33

Overall Rank: 591 of 706

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

The logo for Parkway Shenton, featuring a stylized blue circular pattern above the text 'Parkway Shenton'.

A FUN way to be a TRIATHLETE

www.metasp rintseries.com