



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Paul Lansdowne

3km Run Time: 00:14:30

Total Time: 01:05:02

18km Bike Time: 00:33:19

Category Position: 31 of 84

3km Run Time: 00:14:30

Overall Rank: 175 of 706

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION


**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasprintseries.com