



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Jo Friedmann

750M Swim Time:	00:11:35	Total Time:	01:03:32
18km Bike Time:	00:28:15	Category Position:	2/59
5km Run Time:	00:20:38	Overall Rank:	11/1003

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasprintseries.com