Swim Rum	METASPRINT SERIESSINGAPORE		
28 April 2019	METASPRINT S	SERIES TRIATHLON SPRINT DISTANCE	
EAST COAST PARK		Ulations to:	
Yan Qing Hong			
750M Swim Time:	00:20:26	Total Time: 01:38:14	
18km Bike Time:	00:40:46	Category Position: 21/40	
5km Run Time:	00:32:03	Overall Rank: 684/1003	
METASPORT	World Academy	Smith&nephew PURE Parkway Shenton	
A FUN way to be	9 TRIATHLET	www.metasprintseries.com	