



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Paul Lansdowne

750M Swim Time: 00:23:00

Total Time: _____

18km Bike Time: _____

Category Position: /149

5km Run Time: _____

Overall Rank: /1003

METASPORT

GENS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

A logo consisting of a stylized 'P' made of dots, with the text 'Parkway Shenton' below it.
**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasprintseries.com