



28 April 2019
EAST COAST PARK

METASPRINT SERIES SINGAPORE



METASPRINT SERIES TRIATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Ming Kwang Lau

750M Swim Time: 00:15:27

Total Time: 01:16:40

18km Bike Time: 00:33:17

Category Position: 35/149

5km Run Time: 00:24:06

Overall Rank: 162/1003

METASPORT

GENS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION

Parkway
Shenton

A FUN way to be a TRIATHLETE

www.metasprintseries.com