



8 MARCH 2020
F1 VILLAGE

METASPRINT SERIES SINGAPORE

A FUN way to be a TRIATHLETE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Ronnie Tan Ah Kow

3km Run Time: 00:19:32

Total Time: 01:31:45

18km Bike Time: 00:43:57

Category Position: 29/32

3km Run Time: 00:21:41

Overall Rank: 578/649



METASPORT

DECATHLON

PURE
SPORTS NUTRITION

jeffgoh
totalfitness
STRENGTH & CONDITIONING
NUTRITION, SPORTS MASSAGE

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