



8 MARCH 2020  
F1 VILLAGE

# METASPRINT SERIES SINGAPORE

A FUN way to be a TRIATHLETE



## METASPRINT SERIES DUATHLON SPRINT DISTANCE

# FINISHER

Congratulations to:

## Paul Holland

3km Run Time: \_\_\_\_\_

Total Time: \_\_\_\_\_

18km Bike Time: \_\_\_\_\_

Category Position: /98

3km Run Time: \_\_\_\_\_

Overall Rank: /649



METASPORT

DECATHLON

PURE  
SPORTS NUTRITION

jeffgoh  
totalfitness  
STRENGTH & CONDITIONING  
NUTRITION, SPORTS MASSAGE

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