



8 MARCH 2020
F1 VILLAGE

METASPRINT SERIES SINGAPORE

A FUN way to be a TRIATHLETE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Mohamed Firdaus Mohd Rashid

3km Run Time: 00:16:31

Total Time: _____

18km Bike Time: 00:14:39

Category Position: /76

3km Run Time: 00:15:48

Overall Rank: /649



METASPORT

DECATHLON

PURE
SPORTS NUTRITION

jeffgoh
totalfitness
STRENGTH & CONDITIONING
NUTRITION, SPORTS MASSAGE

f @metasprintseries
www.metasprintseries.com