



8 MARCH 2020
F1 VILLAGE

METASPRINT SERIES SINGAPORE

A FUN way to be a TRIATHLETE



METASPRINT SERIES DUATHLON DISCOVERY DISTANCE

FINISHER

Congratulations to:

Helena Ramli

1.5km Run Time: 00:13:13

Total Time: 01:26:15

12km Bike Time: 00:52:08

Category Position: 16/16

1.5km Run Time: 00:15:03

Overall Rank: 102/105



METASPORT

DECATHLON

PURE
SPORTS NUTRITION

jeffgoh
totalfitness
STRENGTH & CONDITIONING
NUTRITION, SPORTS MASSAGE

f @metasprintseries
www.metasprintseries.com