



17 FEBRUARY 2019
PALAWAN BEACH, SENTOSA

METASPRINT SERIES SINGAPORE



METASPRINT SERIES AQUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Ming Kwang Lau

Swim 750m Split Time: 00:15:42

Total Time: 00:40:41

Transition Time: 00:01:16

Category Position: 23/111

Run 5km Split Time: 00:23:42

Overall Rank: 142/895

METASPORT

GEMS
World Academy
(Singapore)



PURE
SPORTS NUTRITION



CORE
COLLECTIVE
BY AURUM

A FUN way to be a TRIATHLETE

www.metasprintseries.com