



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Li Qun Lau

3km Run Time: _____

Total Time: _____

18km Bike Time: _____

Category Position: _____ of 33

3km Run Time: _____

Overall Rank: _____ of 706

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION


**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasprintseries.com