

Indofood  
THE SYMBOL OF QUALITY FOODS

**IRONMAN**  
**70.3**® BINTAN  
INDONESIA

#IM703Bintan

[www.ironmanbintan.com](http://www.ironmanbintan.com)

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**FINISHER**

**Heather DE FREITAS**

SWIM 00:37:59 BIKE 03:02:30 RUN 01:46:04 OVERALL 05:30:59

AGE GROUP 35-39

AGE GROUP RANKING 4/27

**OVERALL RANKING**

**98/789**



**METASPORT**

Indofood  
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wonderful  
indonesia

BINTAN  
RESORTS  
Escape · Unwind · Discover

bintan  
Breathtaking Journey