

Indofood  
THE SYMBOL OF QUALITY FOODS

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

#IM703Bintan

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

19 AUGUST 2018

**FINISHER** Samuel CAREW-JONES

SWIM

BIKE

RUN

OVERALL

AGE GROUP

40-44

AGE GROUP RANKING

/162

**OVERALL RANKING**

/789



**METASPORT**

Indofood  
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wonderful  
indonesia

BINTAN  
RESORTS  
Escape · Unwind · Discover

bintan  
Breathtaking Journey