

Indofood  
THE SYMBOL OF QUALITY FOODS

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

#IM703Bintan

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

19 AUGUST 2018

**FINISHER** Thomas **HARDCASTLE**

SWIM 00:33:56 BIKE 02:47:23 RUN 02:03:26 OVERALL 05:28:18

AGE GROUP 50-54 AGE GROUP RANKING 6/60

**OVERALL RANKING** 91/789



**METASPORT**

Indofood  
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wonderful  
indonesia

BINTAN  
RESORTS  
Escape · Unwind · Discover

bintan  
Breathtaking Journey