

**METAMAN BINTAN 2013**  
**FULL IRON DISTANCE - PROS & AGE GROUPS**  
**FINAL RESULTS**



Cat. Rank	First Name	Last Name	Bib	Age Group Category	Time	Swim	Swim Cat. Rank	T1	T1 Cat. Rank	Cycle	Cycle Cat. Rank	T2	T2 Cat. Rank	Run	Run Cat. Rank
1	Caroline	Steffen	12	F PRO	9:13:57	0:50:52	1	0:01:11	3	4:49:39	1	0:02:33	6	3:29:39	3
2	Gina	Crawford	13	F PRO	9:28:17	0:50:54	2	0:01:16	4	5:11:52	2	0:01:29	4	3:22:45	2
3	Candice	Hammond	11	F PRO	9:38:48	1:04:39	4	0:00:58	1	5:12:15	3	0:01:14	1	3:19:40	1
4	Belinda	Granger	14	F PRO	10:02:45	0:58:32	3	0:01:05	2	5:16:00	4	0:01:20	2	3:45:46	5
5	Simone	Maier	20	F PRO	10:11:48	1:04:44	6	0:01:24	6	5:34:12	6	0:01:31	5	3:29:55	4
6	Ange	Castle	16	F PRO	10:32:05	1:04:43	5	0:01:23	5	5:20:08	5	0:01:25	3	4:04:23	6
1	Courtney	Ogden	7	M PRO	8:31:57	0:50:48	4	0:00:51	3	4:36:21	2	0:01:24	3	3:02:31	1
2	Tim	Van Berkel	4	M PRO	8:42:12	0:50:45	3	0:01:12	6	4:36:07	1	0:01:08	2	3:12:59	3
3	Fredrik	Croneborg	2	M PRO	8:53:55	0:54:41	6	0:00:42	1	4:45:34	5	0:01:26	4	3:11:30	2
4	Matty	White	6	M PRO	9:35:18	0:54:41	5	0:00:45	2	4:59:38	6	0:01:26	5	3:38:47	4
5	Justin	Granger	3	M PRO	9:58:47	0:55:48	7	0:01:12	7	5:15:05	7	0:01:54	6	3:44:45	5
	David	Dellow	1	M PRO	DNF	0:50:44	2	0:00:58	5	4:36:24	3	0:02:48	7		
	Courtney	Atkinson	8	M PRO	DNF	0:47:04	1	0:00:53	4	4:36:31	4	0:01:03	1		
1	Marie	Sandberg	22	F45-49	13:36:43	1:15:00	1	0:03:20	1	6:27:44	1	0:04:15	1	5:46:22	1
	Debra	Moll	23	F55-59	DNF	1:42:22	1	0:05:06	1						
1	Oscar	Feryanto	56	M25-29	11:19:14	1:07:21	1	0:03:43	1	5:42:49	1	0:01:48	1	4:23:31	1
	Alvin	Quek	24	M25-29	DNF	1:34:43	2	0:06:33	2	8:14:54	2	0:17:46	2		
1	Paul	Delzer	26	M30-34	12:16:19	1:16:45	1	0:01:07	1	5:55:46	1	0:01:15	1	5:01:26	2
2	Cherhan	Lim	27	M30-34	14:46:21	1:33:45	3	0:07:08	3	8:01:11	3	0:12:15	3	4:52:00	1
3	Callum	Starr	25	M30-34	14:47:47	1:24:18	2	0:07:06	2	7:13:32	2	0:07:12	2	5:55:36	3
1	Brett	Pidgeon	33	M35-39	10:48:20	1:04:38	1	0:01:44	2	5:19:42	2	0:01:50	1	4:20:24	2
2	Jason	Mcnamara	28	M35-39	11:00:33	1:11:14	2	0:01:39	1	5:54:06	3	0:04:02	4	3:49:31	1
3	David	Mayes	29	M35-39	14:50:32	1:32:20	4	0:03:25	3	7:22:31	6	0:02:29	2	5:49:44	3
4	Kannan	Murugasan	35	M35-39	15:10:00	1:37:43	6	0:12:23	7	6:46:27	4	0:11:42	6	6:21:43	4
5	Eng Hui	Yap	30	M35-39	15:45:14	1:58:23	7	0:04:30	4	7:11:25	5	0:04:52	5	6:26:02	5
6	Avnish	Bajaj	31	M35-39	16:01:41	1:27:43	3	0:06:57	6	7:38:07	7	0:03:24	3	6:45:29	6
	Dave	Kang	32	M35-39	Query	1:32:46	5	0:06:54	5	4:17:04	1				
1	David	Morse	37	M40-44	12:55:27	1:22:47	1	0:03:28	1	6:38:23	1	0:03:02	1	4:47:46	1
2	Yeo	Chien Min Conrad	38	M40-44	14:22:40	1:25:31	2	0:05:54	3	6:59:39	3	0:08:26	3	5:43:08	3
3	Masaki	Otsuka	39	M40-44	14:25:11	1:37:45	5	0:11:46	5	7:14:56	4	0:13:02	4	5:07:40	2
4	Wai Mun	Toh	40	M40-44	15:09:20	1:26:49	3	0:05:03	2	6:55:23	2	0:06:22	2	6:35:41	4

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	Robert	Hochstedler	36	M40-44	DNF	1:27:42	4	0:08:56	4						
1	Martin	Reynolds	42	M45-49	11:52:24	1:13:29	1	0:03:23	2	6:07:15	1	0:03:58	2	4:24:18	1
2	Vesa	Hurskainen	44	M45-49	12:10:31	1:19:41	3	0:02:55	1	6:10:08	3	0:04:04	3	4:33:42	2
3	Gary	Nutting	45	M45-49	13:40:30	1:25:54	5	0:03:51	4	6:07:18	2	0:08:05	6	5:55:20	6
4	Stéphane	Wagner	43	M45-49	13:47:34	1:35:23	7	0:03:44	3	6:32:21	4	0:05:55	4	5:30:09	3
5	Miles	Griffiths	41	M45-49	14:50:39	1:16:50	2	0:11:10	8	6:56:18	5	0:15:16	8	6:11:02	7
6	Hideki	Ikeba	48	M45-49	15:15:08	1:32:43	6	0:07:38	6	7:48:38	6	0:11:33	7	5:34:35	4
7	Kris	Larsson	49	M45-49	15:48:50	1:45:16	8	0:08:53	7	8:00:36	7	0:07:38	5	5:46:26	5
	Kok Wee	Neo	46	M45-49	DNF	1:25:44	4	0:05:03	5	8:06:48	8	0:03:49	1		
1	Jacek	Gowacki	51	M50-54	13:03:43	1:47:59	3	0:08:08	3	6:25:58	1	0:08:34	3	4:33:02	1
2	Erlend	Kennan	50	M50-54	14:46:05	1:13:23	1	0:07:22	2	7:22:27	3	0:07:31	2	5:55:19	2
3	Alexander	Gebhard	52	M50-54	15:06:23	1:33:13	2	0:06:46	1	7:11:30	2	0:06:39	1	6:08:13	3
1	Song Cher	Chua	54	M60-64	15:51:54	1:31:38	1	0:09:15	1	8:03:12	1	0:06:07	1	6:01:40	1
1	Francesca Sist	TEAM	57	RELAY	10:04:37	1:19:28	1	0:00:57	2	5:10:26	1	0:00:45	1	3:33:00	1
2	Bintan Team 3	TEAM	362	RELAY	13:47:56	1:31:56	2	0:00:54	1	6:56:46	2	0:00:52	2	5:17:26	2