

**METAMAN BINTAN 2013**  
**FULL IRON DISTANCE - OVERALL**  
**FINAL RESULTS**



**IRON DISTANCE TRIATHLON**  
 Southeast Asia Championship  
**31<sup>st</sup> August 2013**

Rank	First Name	Last Name	Bib	Age Group Category	Time	Swim	Swim Rank	T1	T1 Rank	Cycle	Cycle Rank	T2	T2 Rank	Run	Run Rank
1	Courtney	Ogden	7	M PRO	8:31:57	0:50:48	4	0:00:51	3	4:36:21	3	0:01:24	8	3:02:31	1
2	Tim	Van Berkel	4	M PRO	8:42:12	0:50:45	3	0:01:12	12	4:36:07	2	0:01:08	4	3:12:59	3
3	Fredrik	Croneborg	2	M PRO	8:53:55	0:54:41	8	0:00:42	1	4:45:34	6	0:01:26	10	3:11:30	2
4	Caroline	Steffen	12	F PRO	9:13:57	0:50:52	5	0:01:11	11	4:49:39	7	0:02:33	18	3:29:39	6
5	Gina	Crawford	13	F PRO	9:28:17	0:50:54	6	0:01:16	14	5:11:52	10	0:01:29	12	3:22:45	5
6	Matty	White	6	M PRO	9:35:18	0:54:41	7	0:00:45	2	4:59:38	8	0:01:26	11	3:38:47	9
7	Candice	Hammond	11	F PRO	9:38:48	1:04:39	12	0:00:58	7	5:12:15	11	0:01:14	5	3:19:40	4
8	Justin	Granger	3	M PRO	9:58:47	0:55:48	9	0:01:12	13	5:15:05	12	0:01:54	16	3:44:45	10
9	Belinda	Granger	14	F PRO	10:02:45	0:58:32	10	0:01:05	9	5:16:00	13	0:01:20	7	3:45:46	11
10	Francesca Sist	TEAM	57	RELAY	10:04:37	1:19:28	22	0:00:57	6	5:10:26	9	0:00:45	1	3:33:00	8
11	Simone	Maier	20	F PRO	10:11:48	1:04:44	14	0:01:24	16	5:34:12	16	0:01:31	13	3:29:55	7
12	Ange	Castle	16	F PRO	10:32:05	1:04:43	13	0:01:23	15	5:20:08	15	0:01:25	9	4:04:23	13
13	Brett	Pidgeon	33	M35-39	10:48:20	1:04:38	11	0:01:44	18	5:19:42	14	0:01:50	15	4:20:24	14
14	Jason	Mcnamara	28	M35-39	11:00:33	1:11:14	16	0:01:39	17	5:54:06	18	0:04:02	24	3:49:31	12
15	Oscar	Feryanto	56	M25-29	11:19:14	1:07:21	15	0:03:43	24	5:42:49	17	0:01:48	14	4:23:31	15
16	Martin	Reynolds	42	M45-49	11:52:24	1:13:29	18	0:03:23	21	6:07:15	20	0:03:58	23	4:24:18	16
17	Vesa	Hurskainen	44	M45-49	12:10:31	1:19:41	23	0:02:55	19	6:10:08	22	0:04:04	25	4:33:42	18
18	Paul	Delzer	26	M30-34	12:16:19	1:16:45	20	0:01:07	10	5:55:46	19	0:01:15	6	5:01:26	21
19	David	Morse	37	M40-44	12:55:27	1:22:47	24	0:03:28	23	6:38:23	26	0:03:02	20	4:47:46	19
20	Jacek	Gowacki	51	M50-54	13:03:43	1:47:59	45	0:08:08	40	6:25:58	23	0:08:34	37	4:33:02	17
21	Marie	Sandberg	22	F45-49	13:36:43	1:15:00	19	0:03:20	20	6:27:44	24	0:04:15	26	5:46:22	27
22	Gary	Nutting	45	M45-49	13:40:30	1:25:54	28	0:03:51	26	6:07:18	21	0:08:05	35	5:55:20	31
23	Stéphane	Wagner	43	M45-49	13:47:34	1:35:23	40	0:03:44	25	6:32:21	25	0:05:55	28	5:30:09	24
24	Bintan Team 3	TEAM	362	RELAY	13:47:56	1:31:56	33	0:00:54	5	6:56:46	30	0:00:52	2	5:17:26	23
25	Yeo	Chien Min Conrad	38	M40-44	14:22:40	1:25:31	26	0:05:54	31	6:59:39	31	0:08:26	36	5:43:08	26
26	Masaki	Otsuka	39	M40-44	14:25:11	1:37:45	42	0:11:46	45	7:14:56	35	0:13:02	41	5:07:40	22
27	Erlend	Kennan	50	M50-54	14:46:05	1:13:23	17	0:07:22	38	7:22:27	36	0:07:31	33	5:55:19	30
28	Cherhan	Lim	27	M30-34	14:46:21	1:33:45	38	0:07:08	37	8:01:11	41	0:12:15	40	4:52:00	20
29	Callum	Starr	25	M30-34	14:47:47	1:24:18	25	0:07:06	36	7:13:32	34	0:07:12	32	5:55:36	32
30	David	Mayes	29	M35-39	14:50:32	1:32:20	34	0:03:25	22	7:22:31	37	0:02:29	17	5:49:44	29

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Rank	First Name	Last Name	Bib	Age Group Category	Time	Swim	Swim Rank	T1	T1 Rank	Cycle	Cycle Rank	T2	T2 Rank	Run	Run Rank
31	Miles	Griffiths	41	M45-49	14:50:39	1:16:50	21	0:11:10	44	6:56:18	29	0:15:16	42	6:11:02	35
32	Alexander	Gebhard	52	M50-54	15:06:23	1:33:13	37	0:06:46	33	7:11:30	33	0:06:39	31	6:08:13	34
33	Wai Mun	Toh	40	M40-44	15:09:20	1:26:49	29	0:05:03	29	6:55:23	28	0:06:22	30	6:35:41	38
34	Kannan	Murugasan	35	M35-39	15:10:00	1:37:43	41	0:12:23	46	6:46:27	27	0:11:42	39	6:21:43	36
35	Hideki	Ikeba	48	M45-49	15:15:08	1:32:43	35	0:07:38	39	7:48:38	39	0:11:33	38	5:34:35	25
36	Eng Hui	Yap	30	M35-39	15:45:14	1:58:23	46	0:04:30	27	7:11:25	32	0:04:52	27	6:26:02	37
37	Kris	Larsson	49	M45-49	15:48:50	1:45:16	44	0:08:53	41	8:00:36	40	0:07:38	34	5:46:26	28
38	Song Cher	Chua	54	M60-64	15:51:54	1:31:38	32	0:09:15	43	8:03:12	42	0:06:07	29	6:01:40	33
39	Avnish	Bajaj	31	M35-39	16:01:41	1:27:43	31	0:06:57	35	7:38:07	38	0:03:24	21	6:45:29	39
	Dave	Kang	32	M35-39	Query	1:32:46	36	0:06:54	34	4:17:04	1				
	Debra	Moll	23	F55-59	DNF	1:42:22	43	0:05:06	30						
	Alvin	Quek	24	M25-29	DNF	1:34:43	39	0:06:33	32	8:14:54	44	0:17:46	43		
	David	Dellow	1	M PRO	DNF	0:50:44	2	0:00:58	8	4:36:24	4	0:02:48	19		
	Courtney	Atkinson	8	M PRO	DNF	0:47:04	1	0:00:53	4	4:36:31	5	0:01:03	3		
	Robert	Hochstedler	36	M40-44	DNF	1:27:42	30	0:08:56	42						
	Kok Wee	Neo	46	M45-49	DNF	1:25:44	27	0:05:03	28	8:06:48	43	0:03:49	22		