

**Indofood**  
THE SYMBOL OF QUALITY FOODS

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

#IM703Bintan

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

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**FINISHER** Paul YOUNG

SWIM

BIKE

RUN

OVERALL

AGE GROUP

45-49

AGE GROUP RANKING

/137

**OVERALL RANKING**

**/789**



**METASPORT**

**Indofood**  
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wonderful  
indonesia

**BINTAN  
RESORTS**  
Escape · Unwind · Discover

**bintan**  
Breathtaking Journey