

# Bintan Triathlon 2010

## Sprint Distance Triathlon - Overall

Nirwana Gardens, Bintan Island, Indonesia - 22 May 2010



Pos	Participant		Total Time	Category		Gender		Swim				T1			Cycle				T2			Run			
	Race No	First Name		Cat.	C.Pos	Gen.	G.Pos	Time	O.Pos	C.Pos	min/km	Time	O.Pos	C.Pos	Time	O.Pos	C.Pos	km/h	Time	O.Pos	C.Pos	Time	O.Pos	C.Pos	min /km
1	770	Lau, Benjamin	1:09:54	16-29	1	Male	1	0:12:19	11	2	16:25	0:00:35	6	1	0:34:54	1	1	34.4	0:00:29	9	1	0:21:36	5	1	4:19
2	665	Martin, Andrew	1:10:39	40-49	1	Male	2	0:11:56	7	2	15:55	0:00:49	19	2	0:36:49	2	1	32.6	0:00:38	18	2	0:20:25	1	1	4:05
3	645	Chan, Carl	1:13:51	40-49	2	Male	3	0:10:58	4	1	14:37	0:00:43	14	1	0:38:04	8	3	31.5	0:00:41	26	4	0:23:23	15	4	4:41
4	771	Lim, Eugene	1:14:14	16-29	2	Male	4	0:12:22	12	3	16:29	0:00:53	21	3	0:37:51	7	2	31.7	0:00:51	55	7	0:22:15	7	2	4:27
5	751	Johnston, Adrian	1:14:48	30-39	1	Male	5	0:12:02	8	2	16:03	0:01:00	30	4	0:38:12	9	3	31.4	0:00:37	14	3	0:22:55	10	3	4:35
6	720	Rienstra, Byron	1:15:48	30-39	2	Male	6	0:13:04	21	9	17:25	0:00:58	27	2	0:37:12	5	1	32.3	0:00:42	28	7	0:23:50	20	5	4:46
7	662	Kennedy, Thomas	1:16:50	40-49	3	Male	7	0:13:40	33	6	18:13	0:01:20	49	7	0:37:06	4	2	32.3	0:01:09	110	22	0:23:32	16	5	4:42
8	623	Hrastovec, Werner	1:17:56	50+	1	Male	8	0:13:31	30	1	18:01	0:00:46	17	1	0:37:04	3	1	32.4	0:00:38	16	1	0:25:56	46	1	5:11
9	692	Maneechai, Komut	1:18:02	30-39	3	Male	9	0:15:21	83	25	20:28	0:01:01	33	5	0:39:25	15	5	30.4	0:00:49	51	11	0:21:24	4	1	4:17
10	674	Douglas, Andrew Jonathan	1:18:03	40-49	4	Male	10	0:14:07	48	11	18:49	0:00:56	25	4	0:41:36	33	14	28.8	0:00:45	40	7	0:20:37	2	2	4:07
11	767	Huang, Yanming	1:18:48	16-29	3	Male	11	0:13:05	22	4	17:27	0:00:39	11	2	0:38:26	10	3	31.2	0:00:40	23	3	0:25:57	47	5	5:11
12	711	Muller, Mathieu	1:19:00	30-39	4	Male	12	0:12:07	9	3	16:09	0:01:02	34	6	0:39:02	13	4	30.7	0:00:54	67	16	0:25:53	43	13	5:11
13	689	Lawtie, Mathew	1:19:37	30-39	5	Male	13	0:13:59	45	14	18:39	0:01:28	60	11	0:41:07	25	8	29.2	0:00:52	58	13	0:22:10	6	2	4:26
14	527	Douglas, Kim	1:20:18	40-49	1	Female	1	0:13:18	25	2	17:44	0:00:47	18	1	0:41:21	30	1	29.0	0:00:45	42	4	0:24:04	22	2	4:49
15	700	Bera, Richard	1:20:32	30-39	6	Male	14	0:10:09	1	1	13:32	0:01:00	29	3	0:41:51	35	13	28.7	0:01:22	146	33	0:26:09	50	15	5:14
16	768	Ng, Freddy	1:20:58	16-29	4	Male	15	0:13:06	23	5	17:28	0:01:17	46	5	0:41:10	27	4	29.1	0:00:46	43	6	0:24:38	27	4	4:56
17	508	Ashford-Tait, Sheena	1:21:01	40-49	2	Female	2	0:11:43	5	1	15:37	0:01:10	39	5	0:42:23	39	2	28.3	0:00:46	44	5	0:24:57	31	3	4:59
18	650	Qureshi, Javed	1:21:03	40-49	5	Male	16	0:13:49	41	9	18:25	0:01:38	82	15	0:40:18	19	9	29.8	0:00:53	64	12	0:24:23	25	8	4:53
19	629	Grosvenor, Jonathan	1:21:46	40-49	6	Male	17	0:15:23	88	21	20:31	0:01:29	61	10	0:38:32	11	4	31.1	0:01:17	138	26	0:25:04	33	11	5:01
20	763	Bean, James Mark	1:21:57	16-29	5	Male	18	0:13:24	28	7	17:52	0:01:44	97	7	0:43:11	49	5	27.8	0:01:03	97	8	0:22:32	8	3	4:30
21	632	Ashford, Duncan	1:22:13	40-49	7	Male	19	0:13:16	24	4	17:41	0:00:56	24	3	0:39:59	18	8	30.0	0:00:39	22	3	0:27:21	63	16	5:28
22	673	Atkinson, Tom	1:22:24	40-49	8	Male	20	0:15:29	91	22	20:39	0:01:25	56	9	0:40:46	22	11	29.4	0:00:57	80	13	0:23:45	18	6	4:45
23	756	Wells, Jason	1:22:28	30-39	7	Male	21	0:14:21	56	17	19:08	0:02:15	144	30	0:41:10	26	9	29.1	0:00:59	83	20	0:23:42	17	4	4:44
24	669	Dahl, Mark	1:22:43	40-49	9	Male	22	0:13:26	29	5	17:55	0:01:30	65	12	0:43:36	58	22	27.5	0:01:06	102	18	0:23:04	12	3	4:37
25	643	Bellhouse, Ian	1:22:50	40-49	10	Male	23	0:16:10	110	27	21:33	0:01:38	81	14	0:39:22	14	5	30.5	0:00:52	61	11	0:24:46	30	10	4:57
26	681	Dickson, Rory	1:23:15	40-49	11	Male	24	0:15:00	78	19	20:00	0:02:06	129	27	0:39:52	17	7	30.1	0:01:07	106	19	0:25:09	34	12	5:02
27	532	Neil, Mandy	1:23:17	40-49	3	Female	3	0:13:42	34	3	18:16	0:02:02	120	14	0:43:10	48	3	27.8	0:01:14	130	13	0:23:08	14	1	4:38
28	693	Wherrett, James	1:23:21	30-39	8	Male	25	0:12:29	13	5	16:39	0:01:12	40	7	0:41:25	32	11	29.0	0:00:45	41	9	0:27:29	66	18	5:30
29	789	Bintan Boyz, Team	1:23:25	Team	1	Male	26	0:16:41	127	7	22:15	0:00:37	9	8	0:44:30	64	2	27.0	0:00:25	4	4	0:21:11	3	1	4:14
30	772	Quin, Jonathan	1:23:33	16-29	6	Male	27	0:10:13	2	1	13:37	0:01:01	31	4	0:44:20	63	6	27.1	0:00:38	20	2	0:27:20	62	9	5:28
31	1220	Diederich, Joachim	1:24:05	50+	2	Male	28	0:15:23	87	3	20:31	0:01:17	45	2	0:38:52	12	2	30.9	0:00:57	77	2	0:27:35	68	2	5:31
32	713	Van Eldik, Martijn	1:24:18	30-39	9	Male	29	0:14:57	76	23	19:56	0:02:12	137	27	0:41:44	34	12	28.8	0:00:38	15	4	0:24:46	29	8	4:57
33	616	Smith, Lauren Nicole	1:24:24	16-29	1	Female	4	0:13:46	37	2	18:21	0:00:41	12	1	0:43:43	59	2	27.4	0:00:38	17	1	0:25:33	38	3	5:07
34	727	Jacobsen, Per-Robert	1:24:44	30-39	10	Male	30	0:14:14	51	15	18:59	0:01:29	63	13	0:43:01	43	16	27.9	0:00:56	76	19	0:25:02	32	9	5:00
35	733	Schubert, Michael	1:25:06	30-39	11	Male	31	0:14:19	54	16	19:05	0:02:12	138	28	0:43:11	50	18	27.8	0:01:23	147	34	0:23:59	21	6	4:48
36	748	Davis, Simon	1:25:35	30-39	12	Male	32	0:15:23	85	26	20:31	0:02:02	121	22	0:43:33	56	21	27.6	0:00:28	6	1	0:24:08	23	7	4:50
37	690	Heather, Ashley	1:25:52	30-39	13	Male	33	0:12:33	15	6	16:44	0:01:37	79	16	0:41:51	36	14	28.7	0:01:01	93	24	0:28:47	85	25	5:45
38	648	Shepherd, Carl	1:25:56	40-49	12	Male	34	0:13:48	40	8	18:24	0:01:42	93	20	0:42:46	42	18	28.1	0:01:47	172	34	0:25:52	41	13	5:10
39	709	Pallister, Peter	1:26:18	30-39	14	Male	35	0:12:17	10	4	16:23	0:01:16	44	8	0:43:29	54	20	27.6	0:00:59	84	21	0:28:17	77	22	5:39
40	702	Colman, Chris	1:26:56	30-39	15	Male	36	0:13:33	31	11	18:04	0:01:33	72	15	0:40:43	21	6	29.5	0:01:41	160	37	0:29:24	101	28	5:53
41	641	James, Michael	1:27:02	40-49	13	Male	37	0:14:33	63	16	19:24	0:01:40	89	17	0:41:21	31	13	29.0	0:01:03	96	16	0:28:24	80	20	5:41
42	758	Bruntz, Joseph	1:27:03	30-39	16	Male	38	0:14:37	65	19	19:29	0:02:09	131	24	0:44:02	62	24	27.3	0:00:44	35	8	0:25:29	37	10	5:06
43	510	Cosgrove, Jenelle	1:27:16	40-49	4	Female	5	0:15:32	93	10	20:43	0:01:14	42	6	0:43:20	52	4	27.7	0:00:50	52	7	0:26:18	53	4	5:16
44	675	Pattison, Craig	1:27:17	40-49	14	Male	39	0:14:17	52	13	19:03	0:01:56	113	23	0:43:17	51	21	27.7	0:00:41	27	5	0:27:03	59	15	5:25
45	682	Long, Jonathan	1:27:19	40-49	15	Male	40	0:15:49	101	24	21:05	0:01:41	91	19	0:44:47	69	25	26.8	0:00:31	10	1	0:24:29	26	9	4:54
46	657	Pesik, Eric	1:27:22	40-49	16	Male	41	0:14:12	50	12	18:56	0:02:49	167	32	0:39:49	16	6	30.1	0:01:19	141	27	0:29:12	98	24	5:50
47	679	Sidwell, Andrew	1:27:31	40-49	17	Male	42	0:14:25	59	14	19:13	0:01:46	100	21	0:42:22	38	16	28.3	0:01:12	122	23	0:27:44	71	18	5:33
48	627	Koh, Leonard	1:27:39	40-49	18	Male	43	0:16:08	107	26	21:31	0:01:25	55	8	0:40:55	24	12	29.3	0:01:47	171	33	0:27:22	64	17	5:28
49	803	The Buttheads, Team	1:27:57	Team	2	Male	44	0:17:44	152	9	23:39	0:00:33	4	4	0:41:17	29	1	29.1	0:00:29	8	7	0:27:53	74	7	5:35
50	805	Natnibs, Team	1:27:57	Team	3	Male	45	0:11:45	6	2	15:40	0:00:30	3	3	0:52:10	143	7	23.0	0:00:24	2	2	0:23:06	13	4	4:37
51	735	Bennett, Dan	1:27:58	30-39	17	Male	46	0:17:56	157	40	23:55	0:02:04	126	23	0:40:50	23	7	29.4	0:01:12	123	30	0:25:54	44	14	5:11
52	653	Besserer, Marc	1:28:07	40-49	19	Male	47	0:12:54	17	3	17:12	0:02:53	169	33	0:47:20	95	30	25.4	0:00:48	48	8	0:24:10	24	7	4:50
53	672	Fleetwood, Paul	1:28:10	40-49	20	Male	48	0:13:50	43	10	18:27	0:01:41	90	18	0:42:36	40	17	28.2							

# Bintan Triathlon 2010

## Sprint Distance Triathlon - Overall

Nirwana Gardens, Bintan Island, Indonesia - 22 May 2010



Pos	Participant		Total Time	Category		Gender		Swim				T1			Cycle				T2			Run			
	Race No	First Name		Cat.	C.Pos	Gen.	G.Pos	Time	O.Pos	C.Pos	min/km	Time	O.Pos	C.Pos	Time	O.Pos	C.Pos	km/h	Time	O.Pos	C.Pos	Time	O.Pos	C.Pos	min /km
54	644	Cosgrove, Vincent	1:28:19	40-49	21	Male	49	0:15:09	79	20	20:12	0:01:30	64	11	0:40:20	20	10	29.8	0:01:07	108	21	0:30:12	110	26	6:02
55	749	Heffernan, James	1:28:32	30-39	18	Male	50	0:16:36	126	32	22:08	0:02:24	152	33	0:42:39	41	15	28.1	0:01:04	98	26	0:25:47	40	12	5:09
56	602	McLaren, Lorna	1:29:18	16-29	2	Female	6	0:14:54	73	6	19:52	0:02:10	133	12	0:43:03	45	1	27.9	0:01:29	153	13	0:27:41	70	4	5:32
57	633	Sykes, Christopher	1:29:29	40-49	22	Male	51	0:14:25	60	15	19:13	0:01:36	78	13	0:41:56	37	15	28.6	0:01:07	107	20	0:30:23	115	28	6:05
58	518	Burke, Alisa	1:29:31	40-49	5	Female	7	0:16:43	128	14	22:17	0:00:51	20	2	0:44:41	66	5	26.9	0:00:55	72	10	0:26:20	54	5	5:16
59	754	Koh, Choon Wah	1:30:01	30-39	19	Male	52	0:16:26	120	31	21:55	0:01:31	68	14	0:45:35	77	28	26.3	0:00:51	57	12	0:25:36	39	11	5:07
60	599	Pinato, Michelle	1:30:08	16-29	3	Female	8	0:14:21	55	3	19:08	0:01:37	80	7	0:47:57	103	3	25.0	0:00:51	54	3	0:25:21	36	2	5:04
61	571	Russo, Nicola	1:30:26	30-39	1	Female	9	0:16:31	124	26	22:01	0:01:42	92	20	0:45:15	73	4	26.5	0:01:00	88	19	0:25:56	45	3	5:11
62	636	Herriott, Simon	1:30:27	40-49	23	Male	53	0:14:41	67	18	19:35	0:01:50	107	22	0:44:42	67	24	26.8	0:00:52	59	9	0:28:21	78	19	5:40
63	750	Masters, Richard	1:30:30	30-39	20	Male	54	0:14:39	66	20	19:32	0:01:20	48	9	0:46:31	84	29	25.8	0:01:13	126	31	0:26:45	55	17	5:21
64	507	Zastera, Kathryn	1:30:34	40-49	6	Female	10	0:15:16	81	7	20:21	0:00:53	22	3	0:46:02	80	7	26.1	0:00:55	73	11	0:27:26	65	9	5:29
65	712	Baxter, Steven	1:30:53	30-39	21	Male	55	0:14:55	75	22	19:53	0:01:55	110	21	0:41:15	28	10	29.1	0:01:27	150	35	0:31:19	122	33	6:16
66	661	Chadam, James	1:31:13	40-49	24	Male	56	0:17:10	138	30	22:53	0:01:05	35	6	0:43:09	47	20	27.8	0:00:52	60	10	0:28:55	87	22	5:47
67	729	Melo, Rafael	1:31:35	30-39	22	Male	57	0:15:18	82	24	20:24	0:02:22	150	31	0:43:09	46	17	27.8	0:01:43	162	38	0:29:01	88	26	5:48
68	806	Sea Horse - Sspl, Team	1:31:53	Team	4	Male	58	0:12:58	19	3	17:17	0:00:35	7	6	0:54:50	160	9	21.9	0:00:25	3	3	0:23:03	11	3	4:37
69	539	Russo, Oonagh	1:32:01	30-39	2	Female	11	0:16:03	105	17	21:24	0:01:05	37	2	0:44:37	65	2	26.9	0:01:06	104	21	0:29:07	93	10	5:49
70	548	Press, Robyn	1:32:12	30-39	3	Female	12	0:14:55	74	10	19:53	0:02:02	122	28	0:46:46	89	10	25.7	0:00:43	31	2	0:27:44	72	6	5:33
71	637	Auzanneau, Laurent	1:32:43	40-49	25	Male	59	0:18:30	171	35	24:40	0:01:01	32	5	0:43:01	44	19	27.9	0:00:59	85	14	0:29:10	95	23	5:50
72	737	Delard, Damien	1:32:44	30-39	23	Male	60	0:12:49	16	7	17:05	0:02:14	140	29	0:48:36	111	33	24.7	0:00:40	24	6	0:28:23	79	23	5:41
73	739	Antoine, Durieux	1:32:45	30-39	24	Male	61	0:16:21	119	30	21:48	0:01:39	86	17	0:47:35	98	31	25.2	0:00:53	62	14	0:26:15	52	16	5:15
74	766	Chambers, Phillip	1:32:48	16-29	7	Male	62	0:16:15	117	9	21:40	0:01:19	47	6	0:47:57	104	8	25.0	0:01:16	135	10	0:25:58	48	6	5:12
75	746	Ingram, James	1:32:54	30-39	25	Male	63	0:14:22	57	18	19:09	0:02:11	136	26	0:45:34	75	27	26.3	0:01:00	89	22	0:29:44	104	29	5:57
76	812	Team Dee-Molition, Team	1:32:54	Team	5	Male	64	0:15:27	90	4	20:36	0:00:34	5	5	0:51:40	139	6	23.2	0:00:27	5	5	0:24:45	28	5	4:57
77	579	Huang, Finna	1:33:00	30-39	4	Female	13	0:16:15	116	24	21:40	0:00:58	28	1	0:50:42	127	20	23.7	0:01:13	127	26	0:23:50	19	1	4:46
78	649	Lazou, Panayiotis	1:33:32	40-49	26	Male	65	0:16:50	134	29	22:27	0:02:21	149	28	0:45:57	79	26	26.1	0:01:35	157	30	0:26:47	56	14	5:21
79	540	Pemberton, Sandra	1:33:37	30-39	5	Female	14	0:15:43	99	15	20:57	0:02:10	135	31	0:44:55	72	3	26.7	0:00:53	63	11	0:29:54	107	15	5:59
80	759	Hockey, David	1:33:45	16-29	8	Male	66	0:19:45	180	11	26:20	0:02:15	143	10	0:44:53	71	7	26.7	0:00:41	25	4	0:26:09	51	7	5:14
81	516	Sawyer, Michelle	1:33:46	40-49	7	Female	15	0:15:21	84	8	20:28	0:01:46	101	10	0:46:59	93	9	25.5	0:00:55	69	8	0:28:43	82	10	5:45
82	802	Triple T, Team	1:33:47	Team	6	Male	67	0:10:21	3	1	13:48	0:00:46	16	12	0:58:48	179	10	20.4	0:01:12	116	11	0:22:38	9	2	4:32
83	553	Phillips, Heather	1:33:51	30-39	6	Female	16	0:16:12	113	22	21:36	0:01:55	112	24	0:45:45	78	5	26.2	0:01:07	105	22	0:28:49	86	7	5:46
84	542	Wood, Mel	1:33:54	30-39	7	Female	17	0:14:00	46	4	18:40	0:01:32	71	12	0:47:53	102	14	25.1	0:01:17	139	30	0:29:09	94	11	5:50
85	515	Underwood, Catherine	1:33:55	40-49	8	Female	18	0:14:54	72	6	19:52	0:01:45	99	9	0:47:34	97	11	25.2	0:00:36	13	1	0:29:04	90	11	5:49
86	511	Adorian, Caitrin	1:34:34	40-49	9	Female	19	0:18:11	164	20	24:15	0:02:05	128	15	0:45:34	76	6	26.3	0:01:53	178	20	0:26:49	57	6	5:22
87	526	Harman, Judy	1:34:46	40-49	10	Female	20	0:15:24	89	9	20:32	0:02:20	148	18	0:48:09	108	13	24.9	0:01:40	159	17	0:27:11	61	8	5:26
88	569	Nortmann, Nicole	1:34:46	30-39	8	Female	21	0:14:18	53	5	19:04	0:02:14	141	32	0:48:43	113	17	24.6	0:01:57	180	38	0:27:33	67	4	5:31
89	706	Kyle, Tim	1:34:46	30-39	26	Male	68	0:12:59	20	8	17:19	0:03:11	179	40	0:43:58	61	23	27.3	0:01:52	175	42	0:32:43	138	36	6:33
90	565	Makgill, Claudia	1:34:47	30-39	9	Female	22	0:16:11	112	21	21:35	0:01:44	96	22	0:46:19	82	6	25.9	0:01:16	133	28	0:29:15	99	12	5:51
91	549	Doherty Roe, Nicole	1:34:49	30-39	10	Female	23	0:17:57	158	35	23:56	0:01:31	69	11	0:46:45	88	9	25.7	0:00:55	71	13	0:27:40	69	5	5:32
92	521	Wikstrom, Louise	1:34:58	40-49	11	Female	24	0:16:36	125	13	22:08	0:01:24	54	7	0:48:29	109	14	24.8	0:01:35	158	16	0:26:52	58	7	5:22
93	587	Heppell, Sheridan	1:34:59	30-39	11	Female	25	0:14:53	71	9	19:51	0:01:39	84	16	0:51:37	138	23	23.2	0:00:55	74	14	0:25:53	42	2	5:11
94	811	Special Moments, Team	1:35:06	Team	7	Male	69	0:16:44	130	8	22:19	0:00:36	8	7	0:44:47	68	3	26.8	0:00:28	7	6	0:32:28	136	9	6:30
95	790	Nirwana Garden 1, Team	1:35:33	Team	8	Male	70	0:13:55			18:33	0:01:35	2	2	0:46:52	91	4	25.6	0:00:34	196	12	0:32:36	128	8	6:31
96	699	Wan, Peter	1:35:47	30-39	27	Male	71	0:16:45	131	34	22:20	0:01:21	50	10	0:43:33	57	22	27.6	0:01:46	170	41	0:32:20	131	34	6:28
97	687	Simons, Paul	1:35:47	30-39	28	Male	72	0:21:33	187	43	28:44	0:01:42	94	18	0:43:25	53	19	27.6	0:00:54	65	15	0:28:12	76	21	5:38
98	742	Chen, Stanley	1:35:53	30-39	29	Male	73	0:15:33	94	28	20:44	0:03:08	177	39	0:46:40	86	30	25.7	0:02:07	187	46	0:28:24	81	24	5:41
99	558	Hughes, Caron	1:35:59	30-39	12	Female	26	0:17:14	139	29	22:59	0:01:23	51	5	0:43:31	55	1	27.6	0:00:39	21	1	0:33:10	146	25	6:38
100	591	Strachan, Dawn	1:35:59	30-39	13	Female	27	0:15:15	80	12	20:20	0:01:47	103	23	0:46:44	87	8	25.7	0:00:50	53	10	0:31:21	123	17	6:16
101	503	Nazvanova, Elena	1:36:04	40-49	12	Female	28	0:16:08	106	11	21:31	0:01:49	104	11	0:47:27	96	10	25.3	0:01:28	152	15	0:29:11	97	12	5:50
102	609	Lin, Liza	1:36:21	16-29	4	Female	29	0:17:15	140	9	23:00	0:01:35	77	6	0:51:07	132	11	23.5	0:01:12	118	9	0:25:11	35	1	5:02
103	606	Daly, Krystal	1:36:41	16-29	5	Female	30	0:12:33	14	1	16:44	0:01:47	102	9	0:51:01	131	10	23.5	0:00:57	81	4	0:30:21	114	9	6:04
104	600	Austen, Sally	1:36:48	16-29	6	Female	31	0:14:28	61	4	19:17	0:02:46	164	14	0:48:08	107	4	24.9	0:01:57	179	16	0:29:28	102	6	5:54
105	552	Amos, Jacqueline	1:36:57	30-39	14	Female	32	0:14:25	58	6	19:13	0:01:25	58	8	0:48:00	106	15	25.0	0:00:49	50	9	0:32:17	130	21	

**Bintan Triathlon 2010**  
Sprint Distance Triathlon - Overall

Nirwana Gardens, Bintan Island, Indonesia - 22 May 2010



Pos	Participant		Total Time	Category		Gender		Swim				T1			Cycle				T2			Run			
	Race No	First Name		Cat.	C.Pos	Gen.	G.Pos	Time	O.Pos	C.Pos	min/km	Time	O.Pos	C.Pos	Time	O.Pos	C.Pos	km/h	Time	O.Pos	C.Pos	Time	O.Pos	C.Pos	min /km
107	646	Stewart, Darrin	1:37:16	40-49	28	Male	75	0:15:40	98	23	20:53	0:02:03	125	26	0:46:59	92	29	25.5	0:01:15	132	24	0:31:18	121	30	6:16
108	788	Bintania, Team	1:37:16	Team	9	Male	76	0:16:28	122	6	21:57	0:00:37	10	9	0:53:42	153	8	22.3	0:00:18	1	1	0:26:09	49	6	5:14
109	732	Elnecave, Amaud	1:37:50	30-39	30	Male	77	0:13:19	26	10	17:45	0:03:25	182	41	0:49:58	117	34	24.0	0:00:48	49	10	0:30:18	112	30	6:04
110	723	Hon, Nai Shan	1:38:46	30-39	31	Male	78	0:18:57	177	42	25:16	0:01:29	62	12	0:44:52	70	25	26.7	0:01:04	100	27	0:32:23	132	35	6:29
111	537	Theron, Wendy	1:38:57	30-39	15	Female	33	0:14:47	68	7	19:43	0:01:35	75	14	0:46:25	83	7	25.9	0:01:44	165	35	0:34:25	159	31	6:53
112	555	Dickson, Rebecca	1:39:06	30-39	16	Female	34	0:17:32	148	31	23:23	0:01:16	43	4	0:50:30	122	19	23.8	0:00:44	36	6	0:29:03	89	8	5:49
113	523	Leitch, Jacqueline	1:39:14	40-49	13	Female	35	0:13:59	44	4	18:39	0:01:05	36	4	0:46:48	90	8	25.6	0:01:52	176	19	0:35:27	166	18	7:05
114	561	Werner, Jutta	1:39:14	30-39	17	Female	36	0:16:15	115	23	21:40	0:02:42	163	37	0:48:43	112	16	24.6	0:01:10	112	24	0:30:23	116	16	6:05
115	581	White, Trilby	1:39:17	30-39	18	Female	37	0:15:37	96	14	20:49	0:01:40	87	18	0:47:00	94	11	25.5	0:01:16	134	29	0:33:43	150	26	6:45
116	647	Mcquain, Gary	1:39:27	40-49	29	Male	79	0:16:18	118	28	21:44	0:02:48	166	31	0:46:10	81	27	26.0	0:02:38	193	38	0:31:31	124	31	6:18
117	696	Bowyer, Neil	1:39:48	30-39	32	Male	80	0:14:53	70	21	19:51	0:04:32	193	45	0:45:30	74	26	26.4	0:01:53	177	43	0:32:58	142	37	6:36
118	804	Dynamic Duo, Team	1:39:50	Team	10	Male	81	0:15:45	100	5	21:00	0:00:42	13	10	0:47:44	100	5	25.1	0:01:11	113	10	0:34:27	160	10	6:53
119	545	Dunne, Judy	1:39:54	30-39	19	Female	38																		
120	745	Donnan, Mark	1:39:58	30-39	33	Male	82	0:16:49	133	35	22:25	0:02:25	153	34	0:50:30	123	36	23.8	0:01:02	94	25	0:29:11	96	27	5:50
121	610	Redd, Sarah	1:40:01	16-29	7	Female	39	0:15:36	95	7	20:48	0:02:05	127	11	0:50:37	124	7	23.7	0:01:12	117	8	0:30:30	118	10	6:06
122	760	Austen, James	1:40:06	16-29	9	Male	83	0:17:59	161	10	23:59	0:02:15	142	9	0:51:21	135	9	23.4	0:01:22	145	11	0:27:08	60	8	5:26
123	529	Trovarelli, Corina	1:40:13	40-49	14	Female	40	0:14:09	49	5	18:52	0:01:30	66	8	0:50:27	121	15	23.8	0:00:42	29	2	0:33:23	148	17	6:41
124	625	Luz, Mauricio	1:40:22	50+	3	Male	84	0:13:46	36	2	18:21	0:03:02	174	3	0:52:12	145	4	23.0	0:00:57	78	3	0:30:24	117	3	6:05
125	550	Pickford, Tracey	1:40:44	30-39	20	Female	41	0:14:52	69	8	19:49	0:01:42	95	21	0:53:05	150	28	22.6	0:01:12	115	25	0:29:51	105	14	5:58
126	613	Chong, Yi Mei	1:40:45	16-29	8	Female	42	0:17:59	160	11	23:59	0:01:32	70	4	0:50:37	125	8	23.7	0:01:50	173	15	0:28:45	84	5	5:45
127	617	Muller, Caitlin	1:41:01	16-29	9	Female	43	0:14:31	62	5	19:21	0:01:25	57	3	0:50:38	126	9	23.7	0:01:12	124	10	0:33:13	147	12	6:39
128	667	Fogarty, John Joseph	1:41:05	40-49	30	Male	85	0:14:34	64	17	19:25	0:01:39	83	16	0:46:32	85	28	25.8	0:01:27	151	29	0:36:52	175	38	7:22
129	595	Liberatore, Emily	1:41:18	30-39	21	Female	44	0:17:53	155	33	23:51	0:01:24	52	6	0:52:01	141	24	23.1	0:00:54	66	12	0:29:05	92	9	5:49
130	570	McWilliams, Donna	1:41:46	30-39	22	Female	45	0:13:47	39	3	18:23	0:01:06	38	3	0:47:52	101	13	25.1	0:01:43	161	34	0:37:17	180	38	7:27
131	611	Yeo, Joyce	1:42:39	16-29	10	Female	46	0:18:27	170	12	24:36	0:03:07	176	16	0:49:46	116	5	24.1	0:01:21	144	12	0:29:55	108	7	5:59
132	520	Great, Eleanor	1:42:45	40-49	15	Female	47	0:16:13	114	12	21:37	0:01:58	117	12	0:51:12	133	17	23.4	0:00:47	47	6	0:32:33	137	15	6:31
133	596	Williamson, Sherri	1:43:32	30-39	23	Female	48	0:13:46	38	2	18:21	0:01:56	114	25	0:52:46	147	26	22.7	0:00:43	32	3	0:34:19	158	30	6:52
134	597	Antonini, Carolina	1:43:33	30-39	24	Female	49	0:16:11	111	20	21:35	0:02:18	146	34	0:52:10	144	25	23.0	0:00:59	86	17	0:31:52	127	19	6:22
135	605	Luthi Poirier, Eliane	1:43:45	16-29	11	Female	50	0:16:31	123	8	22:01	0:01:50	108	10	0:54:39	157	13	22.0	0:00:47	46	2	0:29:56	109	8	5:59
136	718	Boldosser, James	1:43:49	30-39	34	Male	86	0:17:45	153	39	23:40	0:02:41	162	38	0:54:43	158	41	21.9	0:00:31	11	2	0:28:06	75	20	5:37
137	781	Powell, Richard	1:43:55	30-39	35	Male	87	0:14:18			19:04	0:01:35			0:57:15			21.0	0:01:12			0:29:35			5:55
138	782	Yu, Jamieson	1:43:55	35-39	1	Male	88	0:14:01	47	1	18:41	0:01:49	105	1	0:57:13	173	1	21.0	0:01:14	131	1	0:29:35	103	1	5:55
139	522	Mui Leng, Yeo	1:44:02	40-49	16	Female	51	0:18:23	167	22	24:31	0:03:08	178	22	0:47:59	105	12	25.0	0:02:04	185	21	0:32:26	134	13	6:29
140	598	Santa-Olalla, Lydia	1:44:22	30-39	25	Female	52	0:15:31	92	13	20:41	0:01:30	67	10	0:47:37	99	12	25.2	0:05:06	196	42	0:34:36	161	32	6:55
141	716	Sutton, Jeremy	1:44:23	30-39	36	Male	89	0:17:41	151	38	23:35	0:01:53	109	20	0:53:00	149	39	22.6	0:00:55	68	17	0:30:53	120	32	6:11
142	678	Domeyko, Nicolas	1:44:30	40-49	31	Male	90	0:13:44	35	7	18:19	0:02:41	161	30	0:54:16	155	34	22.1	0:01:26	148	28	0:32:23	133	33	6:29
143	506	Lewis, Sue	1:44:34	40-49	17	Female	53	0:17:39	149	19	23:32	0:02:01	119	13	0:50:54	128	16	23.6	0:00:55	70	9	0:33:03	144	16	6:37
144	668	Leigh, Sang Ha	1:44:40	40-49	32	Male	91	0:18:26	168	33	24:35	0:02:03	123	25	0:50:18	120	31	23.9	0:01:02	95	15	0:32:49	141	34	6:34
145	566	Mayorgas, Noelia	1:44:43	30-39	26	Female	54	0:16:26	121	25	21:55	0:01:28	59	9	0:52:56	148	27	22.7	0:01:08	109	23	0:32:44	139	22	6:33
146	640	Lunt, Bryan John George	1:44:51	40-49	33	Male	92	0:17:22	144	31	23:09	0:03:24	181	36	0:52:03	142	33	23.1	0:01:44	164	31	0:30:17	111	27	6:03
147	722	Smith, Paul Graeme	1:44:55	30-39	37	Male	93	0:22:45	191	45	30:20	0:03:55	188	43	0:48:31	110	32	24.7	0:01:57	181	44	0:27:46	73	19	5:33
148	577	Bertrand, Rebecca Dawn	1:45:17	30-39	27	Female	55	0:16:08	108	18	21:31	0:01:33	74	13	0:57:28	174	36	20.9	0:00:46	45	8	0:29:20	100	13	5:52
149	757	Ng, Kang Ming	1:45:28	30-39	38	Male	94	0:15:53	102	29	21:11	0:02:25	154	35	0:56:09	170	43	21.4	0:00:38	19	5	0:30:21	113	31	6:04
150	664	Burke, Kevin	1:45:41	40-49	34	Male	95	0:19:00	178	36	25:20	0:01:57	115	24	0:51:55	140	32	23.1	0:01:59	183	35	0:30:48	119	29	6:10
151	544	Obrien, Lisa	1:46:06	30-39	28	Female	56	0:15:53	103	16	21:11	0:01:35	76	15	0:55:09	164	31	21.8	0:00:43	34	5	0:32:44	140	23	6:33
152	572	White, Jennifer	1:46:18	30-39	29	Female	57	0:17:41	150	32	23:35	0:02:19	147	35	0:50:56	130	22	23.6	0:01:14	129	27	0:34:07	157	29	6:49
153	769	Wong, Julian You Jie	1:46:21	16-29	10	Male	96	0:15:39	97	8	20:52	0:01:55	111	8	0:58:59	181	11	20.3	0:00:42	30	5	0:29:04	91	10	5:49
154	543	Clifton, Anthea	1:46:39	30-39	30	Female	58	0:16:09	109	19	21:32	0:01:59	118	27	0:49:25	115	18	24.3	0:02:06	186	40	0:36:59	177	36	7:24
155	593	Tang, Candy	1:46:43	30-39	31	Female	59	0:18:43	174	39	24:57	0:01:40	88	19	0:50:55	129	21	23.6	0:01:34	156	33	0:33:49	152	27	6:46
156	601	Hui, Yu Hing Skiee	1:46:52	16-29	12	Female	60	0:18:53	176	14	25:11	0:02:35	159	13	0:50:08	118	6	23.9	0:01:31	154	14	0:33:43	151	13	6:45
157	744	Kwan, Boon	1:47:14	30-39	39	Male	97	0:16:43	129	33	22:17	0:02:40	160	37	0:50:17	119	35	23.9	0:01:43	163	39	0:35:48	167	40	7:10
158	536	Lobb, Mindy	1:47:42	40-49	18	Female	61	0:18:16	165	21	24:21	0:02:59	171	20	0:51:20	134									

# Bintan Triathlon 2010

## Sprint Distance Triathlon - Overall



Nirwana Gardens, Bintan Island, Indonesia - 22 May 2010

Pos	Participant		Total Time	Category		Gender		Swim				T1			Cycle				T2			Run			
	Race No	First Name		Cat.	C.Pos	Gen.	G.Pos	Time	O.Pos	C.Pos	min/km	Time	O.Pos	C.Pos	Time	O.Pos	C.Pos	km/h	Time	O.Pos	C.Pos	Time	O.Pos	C.Pos	min /km
160	509	Shaw, Nicolette	1:48:23	40-49	19	Female	63	0:17:22	145	18	23:09	0:02:09	130	16	0:51:28	136	19	23.3	0:01:26	149	14	0:35:56	171	19	7:11
161	557	Baker, Tara	1:48:34	30-39	32	Female	64	0:14:59	77	11	19:59	0:01:24	53	7	0:54:59	161	30	21.8	0:00:45	38	7	0:36:26	173	35	7:17
162	676	Press, Tony	1:48:39	40-49	35	Male	98	0:20:41	186	38	27:35	0:02:35	158	29	0:54:46	159	35	21.9	0:00:45	39	6	0:29:51	106	25	5:58
163	547	Gray, Kate	1:48:54	30-39	33	Female	65	0:18:09	163	37	24:12	0:03:03	175	38	0:54:14	154	29	22.1	0:01:46	169	36	0:31:41	125	18	6:20
164	559	Herlihy, Jeanine	1:49:06	30-39	34	Female	66	0:16:48	132	27	22:24	0:02:16	145	33	0:55:54	168	34	21.5	0:00:59	87	18	0:33:07	145	24	6:37
165	764	Helmood, Jason	1:50:01	16-29	11	Male	99	0:13:20	27	6	17:47	0:02:29	156	11	0:55:14	165	10	21.7	0:01:12	125	9	0:37:44	183	11	7:33
166	528	Winther, Anja	1:50:27	40-49	20	Female	67	0:17:18	143	17	23:04	0:02:12	139	17	0:53:13	152	20	22.5	0:00:44	37	3	0:36:58	176	20	7:24
167	628	Tantivess, Vittavat	1:50:32	40-49	36	Male	100	0:17:32	146	32	23:23	0:03:00	173	35	0:55:00	162	36	21.8	0:01:06	101	17	0:33:53	154	36	6:47
168	743	Tan, Heng Yee	1:50:49	30-39	40	Male	101	0:15:23	86	27	20:31	0:02:10	132	25	0:57:38	175	44	20.8	0:00:56	75	18	0:34:41	162	38	6:56
169	747	Redd, Jeremy	1:51:15	30-39	41	Male	102	0:18:07	162	41	24:09	0:02:22	151	32	0:51:36	137	37	23.3	0:02:01	184	45	0:37:07	179	43	7:25
170	740	Giraud, Romain	1:51:15	30-39	42	Male	103	0:16:53	135	36	22:31	0:02:27	155	36	0:54:17	156	40	22.1	0:01:46	168	40	0:35:51	169	41	7:10
171	560	Mitchell, Suzie	1:51:43	30-39	35	Female	68	0:19:56	182	41	26:35	0:02:10	134	30	0:55:27	166	32	21.6	0:01:59	182	39	0:32:09	129	20	6:26
172	614	Wikstrom, Catherine	1:51:49	16-29	14	Female	69	0:17:46	154	10	23:41	0:01:33	73	5	0:56:24	171	14	21.3	0:01:04	99	5	0:35:00	165	15	7:00
173	715	Dawson, James	1:52:50	30-39	43	Male	104	0:17:32	147	37	23:23	0:01:50	106	19	0:55:04	163	42	21.8	0:01:32	155	36	0:36:51	174	42	7:22
174	564	Norwood, Ginger	1:53:01	30-39	36	Female	70	0:18:40	173	38	24:53	0:03:31	183	40	0:55:28	167	33	21.6	0:01:18	140	31	0:34:02	156	28	6:48
175	738	Teharmin, Teharmin	1:54:12	30-39	44	Male	105	0:21:40	188	44	28:53	0:04:13	191	44	0:52:20	146	38	22.9	0:01:06	103	28	0:34:52	164	39	6:58
176	651	Piotrowski, Tony	1:56:23	40-49	37	Male	106	0:20:17	183	37	27:03	0:03:45	185	37	0:56:43	172	37	21.2	0:01:45	167	32	0:33:51	153	35	6:46
177	568	Yaap, Elizabeth	1:56:34	30-39	37	Female	71	0:17:58	159	36	23:57	0:04:02	190	41	0:58:43	178	38	20.4	0:01:01	91	20	0:34:49	163	33	6:58
178	589	Beamish, Calley	1:56:35	30-39	38	Female	72	0:12:57	18	1	17:16	0:03:17	180	39	0:58:14	176	37	20.6	0:01:21	143	32	0:40:44	189	41	8:09
179	551	Oldroyd, Kimberly	1:57:35	30-39	39	Female	73	0:18:51	175	40	25:08	0:01:39	85	17	1:00:12	184	41	19.9	0:00:58	82	16	0:35:53	170	34	7:11
180	588	Lee, Gwen	1:58:03	30-39	40	Female	74	0:17:55	156	34	23:53	0:02:03	124	29	0:58:51	180	39	20.4	0:02:11	188	41	0:37:01	178	37	7:24
181	538	Savereux, Clare	1:58:21	30-39	41	Female	75	0:20:22	184	42	27:09	0:02:34	157	36	0:56:09	169	35	21.4	0:01:51	174	37	0:37:23	181	39	7:29
182	783	Spencer, David	2:00:36	50+	4	Male	107	0:19:22	179	4	25:49	0:06:51	196	5	0:58:27	177	5	20.5	0:02:25	190	5	0:33:31	149	4	6:42
183	607	Lim, Carolyn	2:00:57	16-29	15	Female	76	0:20:41	185	16	27:35	0:01:44	98	8	1:04:20	187	15	18.7	0:01:09	111	6	0:33:01	143	11	6:36
184	575	Punch, Nadine	2:01:27	30-39	42	Female	77	0:17:08	137	28	22:51	0:01:57	116	26	1:03:23	186	42	18.9	0:00:57	79	15	0:38:00	184	40	7:36
185	618	Illidge, Christopher	2:01:57	50+	5	Male	108	0:23:44	194	5	31:39	0:03:31	184	4	0:48:55	114	3	24.5	0:01:01	92	4	0:44:45	192	5	8:57
186	505	Mcmahon, Kathy	2:03:33	40-49	21	Female	78	0:17:17	142	16	23:03	0:02:52	168	19	1:03:15	185	21	19.0	0:01:44	166	18	0:38:22	186	21	7:40
187	592	Fang, Charlene	2:05:13	30-39	43	Female	79	0:17:16	141	30	23:01	0:04:31	192	42	0:59:50	183	40	20.1	0:00:43	33	4	0:42:52	190	42	8:34
188	741	Williamson, Jeremy	2:07:58	30-39	45	Male	109	0:23:17	192	46	31:03	0:03:50	187	42	0:59:07	182	45	20.3	0:01:16	136	32	0:40:26	188	44	8:05
189	809	Hewlett Packard, Team	2:08:28	Team	11	Male	110	0:22:11	190	11	29:35	0:00:43	15	11	1:07:20	188	11	17.8	0:00:35	12	8	0:37:37	182	12	7:31
190	808	Tan Har Yap, Team	2:11:14	Team	12	Male	111	0:18:21	166	10	24:28	0:00:54	23	13	1:13:01	194	13	16.4	0:00:51	56	9	0:38:06	185	13	7:37
191	608	Yeo, Siew Kee	2:14:00	16-29	16	Female	80	0:19:45	181	15	26:20	0:02:48	165	15	1:10:32	191	16	17.0	0:01:11	114	7	0:39:42	187	16	7:56
192	762	Conforama, Team	2:14:42	Team	13	Male	112	0:24:18			32:24	0:01:57	1	1	1:11:25	193	12	16.8	0:01:12	120	12	0:35:49	168	11	7:10
193	677	Douglas, Scott	2:15:16	40-49	38	Male	113	0:18:27	169	34	24:36	0:03:48	186	38	1:13:01	195	39	16.4	0:03:40	195	39	0:36:19	172	37	7:16
194	656	Coleman, Steven	2:21:26	40-49	39	Male	114	0:21:46	189	39	29:01	0:03:56	189	39	1:09:27	190	38	17.3	0:02:18	189	36	0:43:57	191	39	8:47
195	694	Kemper, Juergen	2:27:08	30-39	46	Male	115	0:25:56	195	48	34:35	0:05:16	194	46	1:07:43	189	46	17.7	0:01:00	90	23	0:47:13	193	45	9:27
196	719	Jubber, Andrew	2:32:41	30-39	47	Male	116	0:23:40	193	47	31:33	0:05:21	195	47	1:10:48	192	47	16.9	0:03:13	194	47	0:49:38	194	46	9:56
197	525	Brothers, Kendall	2:33:35	40-49	22	Female	81	0:16:56	136	15	22:35	0:02:59	172	21	1:20:19	196	22	14.9	0:01:13	128	12	0:52:07	195	22	10:25
DNF	684	Korff, Campbell		30-39		Male		0:13:49			18:25	0:00:58			0:37:28			32.0	0:01:12						
DNF	726	Joyce, Andrew		30-39		Male		0:13:39			18:12														
DNF	612	Persey, Sophie	2:10:19	16-29		Female		0:16:38			22:11	0:02:24			1:21:50			14.7	0:03:32			0:25:49			5:10
DNF	685	Hayhurst, John	2:22:55	30-39		Male		0:14:19			19:05	0:01:36			1:39:58			12.0	0:01:04			0:25:52			5:10
DNF	707	Ford, Benjamin	1:47:46	30-39		Male		0:18:51			25:08	0:02:34			0:54:12			22.1	0:00:54			0:31:07			6:13