



*Certificate of Finisher*

SWIM 3.8km

BIKE 180.2km

RUN 42.2km

**IRONMAN JAPAN TRIATHLON  
 GOTO NAGASAKI  
 June 21, 2009**

No. 640

**Shiwa Teruhiko**



**Completed the**

Over All Place No. 651  
 Category Place No. 124 E M40

**Result**

**13:59:40**

SWIM	1:52:38	910
BIKE	7:10:14	660
RUN	4:56:48	487

中尾郁子

Ikuko Nakao  
 Chairman



山本光宏

Mitsuhiro Yamamoto  
 Race Director

