



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

