

**Meta**  
**MAN**



**IRON DISTANCE TRIATHLON**

Congratulations to  
**Sufian Bin Ahmad**



Swim 3.8km: 01:58:23



Bike 180km: 07:19:17



Run 42.2km: 05:52:43



**TOTAL:** 15:31:37

CATEGORY POSITION: 3

OVERALL POSITION: 28