



**BINTAN
TRIATHLON**
2014



Congratulations to

Winona HOWE

For your participation in the **Bintan Triathlon Olympic Distance**

SWIM	Distance: 1500m	Timing: 00:25:50
BIKE	Distance: 40km	Timing: 01:17:28
RUN	Distance: 10km	Timing: 00:48:37

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
18-24	02:33:40	53	1