



**BINTAN
TRIATHLON**
2014



Congratulations to

Josephine TINSLEY

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

SWIM	Distance: 1500m	Timing: 00:37:20
BIKE	Distance: 40km	Timing: 01:23:07
RUN	Distance: 10km	Timing: 00:54:41

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
30-34	02:58:31	208	4