



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Lewis GARRAD**

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

**SWIM** Distance: 1500m Timing: \_\_\_\_\_

**BIKE** Distance: 40km Timing: \_\_\_\_\_

**RUN** Distance: 10km Timing: \_\_\_\_\_

**CATEGORY TOTAL TIME OVERALL RANK CATEGORY RANK**

**30-34** \_\_\_\_\_