



**BINTAN
TRIATHLON**
2014



Congratulations to

Laurence MANCHEE

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

SWIM	Distance: 1500m	Timing: 00:32:49
BIKE	Distance: 40km	Timing: 01:19:07
RUN	Distance: 10km	Timing: 00:45:22

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
30-34	02:39:36	84	12