



**BINTAN
TRIATHLON**
2014



Congratulations to

Roestiandi TSAMANOV

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 _____