



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Paul TYNAN**

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

<b>SWIM</b>	Distance: 1500m	Timing: 00:37:57
<b>BIKE</b>	Distance: 40km	Timing: 01:19:04
<b>RUN</b>	Distance: 10km	Timing: 01:01:01

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
45-49	03:00:50	228	38