



**BINTAN
TRIATHLON**
2014



Congratulations to

Ernest HENG

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

SWIM	Distance: 1500m	Timing: 00:29:52
BIKE	Distance: 40km	Timing: 01:17:21
RUN	Distance: 10km	Timing: 00:58:02

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
45-49	02:49:53	148	30