



**BINTAN
TRIATHLON**
2014



Congratulations to

Amit PRAKASH

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

| | | |
|-------------|-----------------|------------------|
| SWIM | Distance: 1500m | Timing: 00:39:29 |
| BIKE | Distance: 40km | Timing: 01:28:16 |
| RUN | Distance: 10km | Timing: 01:16:13 |

| CATEGORY | TOTAL TIME | OVERALL RANK | CATEGORY RANK |
|----------|------------|--------------|---------------|
| 45-49 | 03:28:52 | 401 | 64 |