



**BINTAN
TRIATHLON**
2014



Congratulations to

Ian NOKES

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

SWIM	Distance: 1500m	Timing: 00:29:24
BIKE	Distance: 40km	Timing: 01:10:41
RUN	Distance: 10km	Timing: 00:58:19

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
50-54	02:40:01	86	3