



**BINTAN
TRIATHLON**
2014



Congratulations to

Chris HOWES

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

SWIM	Distance: 1500m	Timing: 00:29:49
BIKE	Distance: 40km	Timing: 01:25:53
RUN	Distance: 10km	Timing: 01:21:23

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
50-54	03:19:18	350	14