



**BINTAN
TRIATHLON**
2014



Congratulations to

Michael LYONS

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

SWIM	Distance: 1500m	Timing: 00:28:17
BIKE	Distance: 40km	Timing: 01:13:18
RUN	Distance: 10km	Timing: 01:00:52

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
55-59	02:44:25	110	1