



**BINTAN
TRIATHLON**
2014



Congratulations to

Matthew ALLEN

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

SWIM	Distance: 750m	Timing: 00:16:26
BIKE	Distance: 20km	Timing: 00:51:52
RUN	Distance: 5km	Timing: 00:35:18

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
30-39	01:46:41	179	39