



**BINTAN
TRIATHLON**
2014



Congratulations to

Sam HOLMES

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

SWIM	Distance: 750m	Timing: 00:16:11
BIKE	Distance: 20km	Timing: 00:57:34
RUN	Distance: 5km	Timing: 00:31:29

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
30-39	01:49:43	210	47