



**BINTAN
TRIATHLON**
2014



Congratulations to

Frank Arne AMRHEIN

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

SWIM	Distance: 750m	Timing: 00:16:05
BIKE	Distance: 20km	Timing: 00:46:10
RUN	Distance: 5km	Timing: 00:32:47

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
40-49	01:38:08	106	35