



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Nick WARD**

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

<b>SWIM</b>	Distance: <u>750m</u>	Timing: <u>00:16:13</u>
<b>BIKE</b>	Distance: <u>20km</u>	Timing: <u>00:50:33</u>
<b>RUN</b>	Distance: <u>5km</u>	Timing: <u>00:33:45</u>

<b>CATEGORY</b>	<b>TOTAL TIME</b>	<b>OVERALL RANK</b>	<b>CATEGORY RANK</b>
<u>40-49</u>	<u>01:44:05</u>	<u>156</u>	<u>51</u>