



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Inger Margrethe NORDSKOV**

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

<b>SWIM</b>	Distance: 750m	Timing: 00:17:49
<b>BIKE</b>	Distance: 20km	Timing: 00:49:25
<b>RUN</b>	Distance: 5km	Timing: 00:31:46

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
40-49	01:42:59	140	13