



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Khoon Hsing LING**

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

|             |                 |                  |
|-------------|-----------------|------------------|
| <b>SWIM</b> | Distance: 1500m | Timing: 00:33:32 |
| <b>BIKE</b> | Distance: 40km  | Timing: 01:24:17 |
| <b>RUN</b>  | Distance: 10km  | Timing: 01:02:44 |

| CATEGORY | TOTAL TIME | OVERALL RANK | CATEGORY RANK |
|----------|------------|--------------|---------------|
| 45-49    | 03:02:49   | 248          | 6             |