



**BINTAN
TRIATHLON**
2014



Congratulations to

Ian NGAI

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

SWIM	Distance: 1500m	Timing: 00:34:18
BIKE	Distance: 40km	Timing: 01:33:19
RUN	Distance: 10km	Timing: 01:14:36

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
25-29	03:25:28	383	22