



**BINTAN
TRIATHLON**
2014



Congratulations to

Iskandar ISHAK

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

SWIM	Distance: 1500m	Timing: 00:49:17
BIKE	Distance: 40km	Timing: 01:47:52
RUN	Distance: 10km	Timing: 01:21:51

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
25-29	04:08:51	486	31