



**BINTAN
TRIATHLON**
2014



Congratulations to

Arief TJAKRAAMIDJAJA

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

SWIM	Distance: 1500m	Timing: 00:36:25
BIKE	Distance: 40km	Timing: 01:38:34
RUN	Distance: 10km	Timing: 01:19:53

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
35-39	03:39:40	434	85