



**BINTAN
TRIATHLON**
2014



Congratulations to

Zhi Yuan LAU

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

SWIM	Distance: 1500m	Timing: 00:33:44
BIKE	Distance: 40km	Timing: 01:24:30
RUN	Distance: 10km	Timing: 01:20:32

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
35-39	03:22:21	369	75