



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Ashish KAPUR**

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

<b>SWIM</b>	Distance: 1500m	Timing: 00:32:59
<b>BIKE</b>	Distance: 40km	Timing: 01:10:23
<b>RUN</b>	Distance: 10km	Timing: 00:51:43

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
35-39	02:37:46	75	16