



**BINTAN
TRIATHLON**
2014



Congratulations to

Azlan ISMAIL

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

SWIM	Distance: 1500m	Timing: 00:32:24
BIKE	Distance: 40km	Timing: 01:15:36
RUN	Distance: 10km	Timing: 01:07:05

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
40-44	03:01:01	232	46