



**BINTAN
TRIATHLON**
2014



Congratulations to

Adil LIMBUWALLA

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

SWIM	Distance: 1500m	Timing: 00:36:25
BIKE	Distance: 40km	Timing: 01:30:23
RUN	Distance: 10km	Timing: 01:20:55

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
40-44	03:32:48	415	84