



**BINTAN
TRIATHLON**
2014



Congratulations to

Lyndon MORRIS

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

SWIM Distance: 1500m Timing: _____

BIKE Distance: 40km Timing: _____

RUN Distance: 10km Timing: _____

CATEGORY TOTAL TIME OVERALL RANK CATEGORY RANK

40-44 _____