



**BINTAN
TRIATHLON**
2014



Congratulations to

Mark Denis LYONS

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

SWIM	Distance: 1500m	Timing: 00:29:35
BIKE	Distance: 40km	Timing: 01:09:53
RUN	Distance: 10km	Timing: 01:08:17

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
40-44	02:50:43	155	32