



**BINTAN
TRIATHLON**
2014



Congratulations to

Richard HOWELL

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

SWIM	Distance: 1500m	Timing: 00:35:47
BIKE	Distance: 40km	Timing: 01:22:33
RUN	Distance: 10km	Timing: 00:58:43

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
40-44	03:01:00	231	45