



**BINTAN
TRIATHLON**
2014



Congratulations to

Abdul MALIK

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

SWIM	Distance: 1500m	Timing: 00:39:54
BIKE	Distance: 40km	Timing: 01:28:51
RUN	Distance: 10km	Timing: 01:30:15

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
45-49	03:44:39	450	68