



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Ismail NING**

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 |
|--------------|------------|--------------|---------------|
| <u>45-49</u> | _____      | _____        | _____         |