



**BINTAN
TRIATHLON**
2014



Congratulations to

Richard WADDINGTON

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

| | | |
|-------------|-----------------|------------------|
| SWIM | Distance: 1500m | Timing: 00:38:53 |
| BIKE | Distance: 40km | Timing: 01:08:43 |
| RUN | Distance: 10km | Timing: 00:50:03 |

| CATEGORY | TOTAL TIME | OVERALL RANK | CATEGORY RANK |
|----------|------------|--------------|---------------|
| 45-49 | 02:40:05 | 87 | 17 |