



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Guy HEYWOOD**

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

<b>SWIM</b>	Distance: 1500m	Timing: 00:33:16
<b>BIKE</b>	Distance: 40km	Timing: 01:16:18
<b>RUN</b>	Distance: 10km	Timing: 00:53:00

<b>CATEGORY</b>	<b>TOTAL TIME</b>	<b>OVERALL RANK</b>	<b>CATEGORY RANK</b>
45-49	02:45:49	120	25