



**BINTAN
TRIATHLON**
2014



Congratulations to

Harry LAOH

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

SWIM	Distance: 1500m	Timing: 00:38:09
BIKE	Distance: 40km	Timing: 01:17:59
RUN	Distance: 10km	Timing: 01:08:24

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
50-54	03:09:01	284	11