



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Chris HOWES**

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

<b>SWIM</b>	Distance: 1500m	Timing: 00:29:49
<b>BIKE</b>	Distance: 40km	Timing: 01:25:53
<b>RUN</b>	Distance: 10km	Timing: 01:21:23

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
50-54	03:19:18	350	14