



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Tri Hard R**

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

<b>SWIM</b>	Distance: 1500m	Timing: 00:26:06
<b>BIKE</b>	Distance: 40km	Timing: 01:04:08
<b>RUN</b>	Distance: 10km	Timing: 00:45:20

<b>CATEGORY</b>	<b>TOTAL TIME</b>	<b>OVERALL RANK</b>	<b>CATEGORY RANK</b>
<b>Team</b>	02:16:39	7	2