



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Kick the Pain**

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

<b>SWIM</b>	Distance: 1500m	Timing: 00:46:53
<b>BIKE</b>	Distance: 40km	Timing: 01:25:51
<b>RUN</b>	Distance: 10km	Timing: 01:02:00

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
Team	03:16:01	325	17