



**BINTAN
TRIATHLON**
2014



Congratulations to

Cheah Liang HO

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

SWIM	Distance: 750m	Timing: 00:20:50
BIKE	Distance: 20km	Timing: 00:59:50
RUN	Distance: 5km	Timing: 00:44:30

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
30-39	02:10:46	320	76