



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Ayuningrum K. HARYOKUSUMO**

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

<b>SWIM</b>	Distance: 750m	Timing: 00:21:35
<b>BIKE</b>	Distance: 20km	Timing: 00:44:46
<b>RUN</b>	Distance: 5km	Timing: 00:39:56

<b>CATEGORY</b>	<b>TOTAL TIME</b>	<b>OVERALL RANK</b>	<b>CATEGORY RANK</b>
30-39	01:50:15	213	17