



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Louisa GOLD**

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

<b>SWIM</b>	Distance: 750m	Timing: 00:19:25
<b>BIKE</b>	Distance: 20km	Timing: 00:55:04
<b>RUN</b>	Distance: 5km	Timing: 00:31:30

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
30-39	01:49:14	202	14