



**BINTAN
TRIATHLON**
2014



Congratulations to

Helen MCCLURE

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

SWIM	Distance: 750m	Timing: 00:18:48
BIKE	Distance: 20km	Timing: 00:47:19
RUN	Distance: 5km	Timing: 00:30:00

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
30-39	01:39:09	112	10