



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Azlan ISMAIL**

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

<b>SWIM</b>	Distance: 750m	Timing: 00:15:12
<b>BIKE</b>	Distance: 20km	Timing: 00:38:36
<b>RUN</b>	Distance: 5km	Timing: 00:26:36

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
40-49	01:24:04	31	9