



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Raymond HOWE**

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

<b>SWIM</b>	Distance: 750m	Timing: 00:16:18
<b>BIKE</b>	Distance: 20km	Timing: 00:42:48
<b>RUN</b>	Distance: 5km	Timing: 00:31:37

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
50+	01:33:16	76	8