



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Ian GILMOUR**

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

|             |                |                  |
|-------------|----------------|------------------|
| <b>SWIM</b> | Distance: 750m | Timing: 00:15:17 |
| <b>BIKE</b> | Distance: 20km | Timing: 00:39:39 |
| <b>RUN</b>  | Distance: 5km  | Timing: 00:28:05 |

| CATEGORY | TOTAL TIME | OVERALL RANK | CATEGORY RANK |
|----------|------------|--------------|---------------|
| 50+      | 01:24:46   | 34           | 4             |