



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Muhammad Heryanto JAFAR**

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

<b>SWIM</b>	Distance: <u>750m</u>	Timing: <u>00:18:55</u>
<b>BIKE</b>	Distance: <u>20km</u>	Timing: <u>00:52:20</u>
<b>RUN</b>	Distance: <u>5km</u>	Timing: <u>00:36:19</u>

<b>CATEGORY</b>	<b>TOTAL TIME</b>	<b>OVERALL RANK</b>	<b>CATEGORY RANK</b>
<u>30-39</u>	<u>01:57:02</u>	<u>255</u>	<u>62</u>