



**BINTAN  
TRIATHLON**  
2014



**Congratulations to**

**Lauren SHILLABEER**

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

<b>SWIM</b>	Distance: 300m	Timing: 00:05:10
<b>BIKE</b>	Distance: 12km	Timing: 00:34:23
<b>RUN</b>	Distance: 3km	Timing: 00:17:44

<b>CATEGORY</b>	<b>TOTAL TIME</b>	<b>OVERALL RANK</b>	<b>CATEGORY RANK</b>
12-13	00:58:55	22	4