



**BINTAN
TRIATHLON**
2014



Congratulations to

Rahmat Alam SEMESTA

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

SWIM	Distance: 300m	Timing: 00:04:10
BIKE	Distance: 12km	Timing: 00:28:53
RUN	Distance: 3km	Timing: 00:23:32

CATEGORY	TOTAL TIME	OVERALL RANK	CATEGORY RANK
14-15	00:58:25	21	5