

**TriHK**



**TRIATHLON**

三項鐵人

香港三項鐵人總會  
Hong Kong Triathlon Association

This is to certify that  
Tak Wa Paul Kong  
has successfully completed the  
Aquathon Series - Race 5  
on 18 November 2018 at  
Golden Beach  
with performance of

**Category:** Male 55-59  
**Position:** 1  
**Run1:** 00:07:45  
**T1:** 00:00:19  
**Swim:** 00:12:21  
**T2:** 00:00:31  
**Run2:** 00:07:57  
**Total Time:** 00:28:55

**Ruth Hunt**

---

香港三項鐵人總會會長  
President, Hong Kong Triathlon Association