

**TriHK**



**TRIATHLON**

三項鐵人

香港三項鐵人總會  
Hong Kong Triathlon Association

This is to certify that

**Ching Li**

has successfully completed the

**Aquathon Series - Race 5**

on 18 November 2018 at

**Golden Beach**

with performance of

**Category:** Male Open

**Position:** 3

**Run1:** 00:08:01

**T1:** 00:00:21

**Swim:** 00:12:09

**T2:** 00:00:25

**Run2:** 00:08:49

**Total Time:** 00:29:47

**Ruth Hunt**

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