

**TriHK**



**TRIATHLON**  
三項鐵人

**香港三項鐵人總會**  
Hong Kong Triathlon Association

**This is to certify that**  
**Man Hon So**

**has successfully completed the**  
**Aquathon Series - Race 5**  
**on 18 November 2018 at**  
**Golden Beach**  
**with performance of**

**Category:** Male Open  
**Position:** 1  
**Run1:** 00:07:38  
**T1:** 00:00:22  
**Swim:** 00:09:14  
**T2:** 00:00:31  
**Run2:** 00:09:06  
**Total Time:** 00:26:54

**Ruth Hunt**

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