

TriHK



TRIATHLON

三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

**This is to certify that
Lionel Lambourn**

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

Category: Male 45-49
Position: 7
Run1: 00:07:37
T1: 00:00:21
Swim: 00:12:26
T2: 00:00:27
Run2: 00:08:39
Total Time: 00:29:32

Ruth Hunt

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