

**TriHK**



**TRIATHLON**

三項鐵人

香港三項鐵人總會  
Hong Kong Triathlon Association

This is to certify that  
**Jan Skovgaard**

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

**Category:** Male 45-49  
**Position:** 5  
**Run1:** 00:07:51  
**T1:** 00:00:29  
**Swim:** 00:12:33  
**T2:** 00:00:23  
**Run2:** 00:08:00  
**Total Time:** 00:29:18

**Ruth Hunt**

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