

TriHK



TRIATHLON

三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that
For Lam Colin Wong
has successfully completed the
Aquathon Series - Race 5
on 18 November 2018 at
Golden Beach
with performance of

Category: Male 45-49
Position: 6
Run1: 00:07:45
T1: 00:00:19
Swim: 00:12:48
T2: 00:00:20
Run2: 00:08:08
Total Time: 00:29:23

Ruth Hunt

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