

**TriHK**



**TRIATHLON**

三項鐵人

香港三項鐵人總會  
Hong Kong Triathlon Association

This is to certify that

**Ho Yin Man**

has successfully completed the

**Aquathon Series - Race 5**

on 18 November 2018 at

**Golden Beach**

with performance of

**Category:** Male 25-29

**Position:** 4

**Run1:** 00:07:55

**T1:** 00:00:36

**Swim:** 00:11:04

**T2:** 00:00:23

**Run2:** 00:08:21

**Total Time:** 00:28:21

**Ruth Hunt**

---

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