

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that  
Cheuk Man Chan**

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

**Category: Male 30-34**  
**Position: 6**  
**Run1: 00:08:23**  
**T1: 00:00:23**  
**Swim: 00:10:25**  
**T2: 00:00:27**  
**Run2: 00:10:13**  
**Total Time: 00:29:54**

**Ruth Hunt**

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