

**TriHK**



**TRIATHLON**  
三項鐵人

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

This is to certify that  
**Paco Pak Hou Lun**  
has successfully completed the  
**2019 Aquathon Series - Race 1**  
on 7 Apr 2019 at  
**Kowloon Tsai Swimming Pool**  
with performance of

**Category:** Male Junior  
**Position:** 11  
**Swim:** 00:07:24  
**T1:** 00:00:28  
**Run:** 00:14:57  
**Total Time:** 00:22:50

---

香港三項鐵人總會會長  
President, Hong Kong Triathlon Association  
龐寵貽女士  
Ms Genevieve PONG