

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Ho Hin Kan**

**has successfully completed the**

**Hong Kong School Aquathlon Championships 2019 - Race 2**

**on 07 July 2019 at**

**Hong Kong Sport Institute, Shatin**

**with performance of**

**Category:** Boys 2002 or before

**Position:** 7

**Swim:** 00:03:50

**T1:** 00:00:48

**Run:** 00:15:03

**Total Time:** 00:19:41

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG