

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Man Hon So**

**has successfully completed the**

**Aquathlon Series - Race 3**

**on 04 August 2019 at**

**Tai Po**

**with performance of**

|                    |            |
|--------------------|------------|
| <b>Category:</b>   | Male 30-34 |
| <b>Position:</b>   | 9          |
| <b>Swim:</b>       | 00:24:11   |
| <b>T1:</b>         | 00:00:38   |
| <b>Run:</b>        | 00:32:43   |
| <b>Total Time:</b> | 00:57:34   |

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