

**TriHK**



**TRIATHLON**  
三項鐵人

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

This is to certify that  
**Shu Man Wong**  
has successfully completed the  
**Hong Kong School Aquathlon Championships 2019**  
on 12 May 2019 at  
**Hong Kong Sport Institute, Shatin**  
with performance of

**Category:** Girls 2002 or before  
**Position:** 4  
**Swim:** 00:07:17  
**T1:** 00:00:59  
**Run:** 00:23:05  
**Total Time:** 00:31:22

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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