



CERTIFICATE OF COMPLETION

CONGRATULATIONS to

AMMAR ADNAN

FOR YOUR PARTICIPATION IN THE PERDANA BUILDERS TRI-FACTOR INTERNATIONAL TRIATHLON 2018 held on the 20th & 21st of October 2018

400m Swim-8km Bike-3km Run 00:49:40 DISTANCE TOTAL TIME 00:19:59 SPLIT TIME 00:06:42 00:01:27 00:20:53 00:00:37 Male 13-15 years OVERALL RANK CATEGORY RANK CATEGORY