

**TriHK**



**TRIATHLON**  
三項鐵人

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

This is to certify that  
**Hoi Man Lam**  
has successfully completed the  
**2019 Duathlon Series - Race 1**  
on 31 Mar 2019 at

**Plover Cove**

with performance of

**Category:** Female 40-44  
**Position:** 4  
**Run1:** 00:32:58  
**T1:** 00:05:09  
**Bike:** 01:26:35  
**T2:** 00:05:37  
**Run2:** 00:41:28  
**Total Time:** 02:51:50

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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