

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

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

Plover Cove

with performance of

Category: Female 40-44
Position: 2
Run1: 00:22:47
T1: 00:03:09
Bike: 01:13:53
T2: 00:03:15
Run2: 00:25:13
Total Time: 02:08:19

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