

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that
Ching Han Josephine Ng
has successfully completed the
2019 Duathlon Series - Race 1
on 31 Mar 2019 at

Plover Cove

with performance of

Category: Female 50-54
Position: 4
Run1: 00:27:21
T1: 00:04:06
Bike: 01:17:16
T2: 00:04:19
Run2: 00:28:19
Total Time: 02:21:24

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