

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that
Richard Colwill
has successfully completed the
2019 Duathlon Series - Race 1
on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 50-54
Position: 25
Run1: 00:27:33
T1: 00:03:50
Bike: 01:20:51
T2: 00:05:25
Run2: 00:36:22
Total Time: 02:34:03

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