

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Palden Mok

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 40-44

Position: 7

Run1: 00:19:58

T1: 00:02:24

Bike: 01:02:08

T2: 00:02:31

Run2: 00:21:04

Total Time: 01:48:07

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG