

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Ron Tupac

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 40-44

Position: 1

Run1: 00:17:24

T1: 00:02:04

Bike: 00:51:16

T2: 00:02:29

Run2: 00:18:12

Total Time: 01:31:27

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG