

**TriHK**



**TRIATHLON**  
三項鐵人

**香港三項鐵人總會**  
Hong Kong Triathlon Association

This is to certify that

**Carlos Wong**

has successfully completed the

**2019 Duathlon Series - Race 1**

on 31 Mar 2019 at

**Plover Cove**

with performance of

**Category:** Male 40-44

**Position:** 3

**Run1:** 00:17:01

**T1:** 00:02:05

**Bike:** 00:56:51

**T2:** 00:02:27

**Run2:** 00:17:32

**Total Time:** 01:35:58

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG