

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Richard Hall

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 45-49

Position: 1

Run1: 00:15:59

T1: 00:01:46

Bike: 00:50:11

T2: 00:02:12

Run2: 00:17:19

Total Time: 01:27:29

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG