

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Ho Yin Mok

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 45-49

Position: 4

Run1: 00:18:16

T1: 00:02:22

Bike: 00:57:22

T2: 00:02:36

Run2: 00:19:49

Total Time: 01:40:27

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG