

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that
Jono Woodhouse
has successfully completed the
2019 Duathlon Series - Race 1
on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 45-49
Position: 3
Run1: 00:17:47
T1: 00:02:23
Bike: 00:55:49
T2: 00:02:54
Run2: 00:17:06
Total Time: 01:36:02

香港三項鐵人總會會長
President, Hong Kong Triathlon Association
龐寵貽女士
Ms Genevieve PONG