

**TriHK**



**TRIATHLON**  
三項鐵人

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

This is to certify that  
**Yat Long Chong**  
has successfully completed the  
**2019 Duathlon Series - Race 1**  
on 31 Mar 2019 at

Plover Cove

with performance of

**Category:** Boys 2008  
**Position:** 28  
**Run1:** 00:04:57  
**T1:** 00:02:06  
**Bike:** 00:12:12  
**T2:** 00:02:13  
**Run2:** 00:06:17  
**Total Time:** 00:27:47

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