

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Tsz Ho Ho

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Boys 2008

Position: 6

Run1: 00:04:14

T1: 00:01:40

Bike: 00:08:56

T2: 00:01:29

Run2: 00:04:20

Total Time: 00:20:41

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG