

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

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

Plover Cove

with performance of

Category: Boys 2008
Position: 1
Run1: 00:04:02
T1: 00:01:25
Bike: 00:08:37
T2: 00:01:26
Run2: 00:04:12
Total Time: 00:19:44

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