

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Pak Yu Lai

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Boys 2008

Position: 23

Run1: 00:05:14

T1: 00:01:51

Bike: 00:09:39

T2: 00:02:01

Run2: 00:05:54

Total Time: 00:24:41

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG