

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Yin Lok Lam

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Boys 2008

Position: 2

Run1: 00:03:56

T1: 00:01:26

Bike: 00:08:43

T2: 00:01:26

Run2: 00:04:16

Total Time: 00:19:48

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG