

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Man Him Luk**

**has successfully completed the**

**2019 Duathlon Series - Race 1**

**on 31 Mar 2019 at**

**Plover Cove**

**with performance of**

**Category: Boys 2008**

**Position: 5**

**Run1: 00:04:14**

**T1: 00:01:31**

**Bike: 00:08:40**

**T2: 00:01:37**

**Run2: 00:04:32**

**Total Time: 00:20:36**

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG