

**TriHK**



**TRIATHLON**  
三項鐵人

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

This is to certify that  
**Yan Tao Shum**  
has successfully completed the  
**2019 Duathlon Series - Race 1**  
on 31 Mar 2019 at

Plover Cove

with performance of

**Category:** Boys 2008  
**Position:** 8  
**Run1:** 00:04:16  
**T1:** 00:01:42  
**Bike:** 00:09:12  
**T2:** 00:01:34  
**Run2:** 00:04:45  
**Total Time:** 00:21:31

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