

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that
Chun Ngai Lam
has successfully completed the
2019 Duathlon Series - Race 1
on 31 Mar 2019 at

Plover Cove

with performance of

Category:	Boys 2009
Position:	19
Run1:	00:05:19
T1:	00:02:23
Bike:	00:13:08
T2:	00:02:26
Run2:	00:05:59
Total Time:	00:29:17

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