

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Tsz Wai Lam

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Boys 2009

Position: 22

Run1: 00:05:31

T1: 00:02:23

Bike: 00:15:40

T2: 00:02:16

Run2: 00:06:31

Total Time: 00:32:23

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG