

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Tin Ching Lo**

**has successfully completed the**

**2019 Duathlon Series - Race 1**

**on 31 Mar 2019 at**

**Plover Cove**

**with performance of**

**Category: Boys 2009**

**Position: 7**

**Run1: 00:04:32**

**T1: 00:01:36**

**Bike: 00:10:20**

**T2: 00:01:39**

**Run2: 00:04:53**

**Total Time: 00:23:03**

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG