

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Hans Yip**

**has successfully completed the**  
**2019 Duathlon Series - Race 1**  
**on 31 Mar 2019 at**

**Plover Cove**

**with performance of**

**Category:** Boys 2009  
**Position:** 8  
**Run1:** 00:04:38  
**T1:** 00:01:44  
**Bike:** 00:10:06  
**T2:** 00:01:47  
**Run2:** 00:04:56  
**Total Time:** 00:23:13

---

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