

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

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

Plover Cove

with performance of

Category: Boys 2010
Position: 21
Run1: 00:05:15
T1: 00:02:05
Bike: 00:13:04
T2: 00:02:03
Run2: 00:06:09
Total Time: 00:28:38

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