

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Pak To Lam

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Boys 2010

Position: 13

Run1: 00:05:21

T1: 00:01:53

Bike: 00:11:04

T2: 00:01:48

Run2: 00:05:41

Total Time: 00:25:49

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG