

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that
Lai Ki Nicole Man
has successfully completed the
2019 Duathlon Series - Race 1
on 31 Mar 2019 at

Plover Cove

with performance of

Category: Girls 2008
Position: 4
Run1: 00:04:05
T1: 00:01:40
Bike: 00:10:13
T2: 00:01:38
Run2: 00:04:20
Total Time: 00:21:58

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