

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Tsz Yee Lam**

**has successfully completed the**

**2019 Duathlon Series - Race 1**

**on 31 Mar 2019 at**

**Plover Cove**

**with performance of**

**Category:** Girls 2009

**Position:** 8

**Run1:** 00:04:43

**T1:** 00:01:52

**Bike:** 00:13:04

**T2:** 00:02:16

**Run2:** 00:05:22

**Total Time:** 00:27:20

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