

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

Plover Cove

with performance of

Category: Girls 2010
Position: 3
Run1: 00:04:34
T1: 00:01:55
Bike: 00:12:04
T2: 00:01:57
Run2: 00:04:38
Total Time: 00:25:10

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