

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Man Yan Luk**

**has successfully completed the**

**2019 Duathlon Series - Race 1**

**on 31 Mar 2019 at**

**Plover Cove**

**with performance of**

**Category:** Girls 2010

**Position:** 1

**Run1:** 00:04:51

**T1:** 00:01:45

**Bike:** 00:09:51

**T2:** 00:01:49

**Run2:** 00:05:41

**Total Time:** 00:24:01

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐麗貽女士

Ms Genevieve PONG