

TriHK



TRIATHLON

三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Yip Tak Long

has successfully completed the
Triathlon 15-16 Group
on 24 February 2019 at

Plover Cove

with performance of

Category: Boys 15-16
Position: 3
Swim: 00:05:28
T1: 00:01:45
Bike: 00:16:05
T2: 00:01:14
Run: 00:06:55
Total Time: 00:31:29

Ruth Hunt

香港三項鐵人總會會長
President, Hong Kong Triathlon Association