

**TriHK**



**TRIATHLON**  
三項鐵人

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

This is to certify that  
**Ching Han Josephine Ng**  
has successfully completed the  
**2019 Duathlon Series - Race 1**  
on 31 Mar 2019 at

**Plover Cove**

with performance of

**Category:** Female 50-54  
**Position:** 4  
**Run1:** 00:27:21  
**T1:** 00:04:06  
**Bike:** 01:17:16  
**T2:** 00:04:19  
**Run2:** 00:28:19  
**Total Time:** 02:21:24

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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