

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that
Man Kuk Sum
has successfully completed the
2019 Duathlon Series - Race 1
on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 20-24
Position: 3
Run1: 00:18:02
T1: 00:02:22
Bike: 00:51:20
T2: 00:02:46
Run2: 00:21:02
Total Time: 01:35:33

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