

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Ho Yin Man

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 25-29

Position: 1

Run1: 00:16:17

T1: 00:02:07

Bike: 00:52:28

T2: 00:02:16

Run2: 00:17:45

Total Time: 01:30:56

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG