

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Ching Li**

**has successfully completed the**  
**2019 Duathlon Series - Race 1**  
**on 31 Mar 2019 at**

**Plover Cove**

**with performance of**

**Category:** Male Open  
**Position:** 2  
**Run1:** 00:20:14  
**T1:** 00:02:27  
**Bike:** 00:59:53  
**T2:** 00:02:49  
**Run2:** 00:20:04  
**Total Time:** 01:45:29

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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