

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Ning Yan Lo

has successfully completed the

2019 Duathlon Series - Race 1

on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 30-34

Position: 6

Run1: 00:17:25

T1: 00:02:05

Bike: 00:58:33

T2: 00:02:23

Run2: 00:18:06

Total Time: 01:38:34

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG