

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Arthur Ah B**

**has successfully completed the**

**2019 Duathlon Series - Race 1**

**on 31 Mar 2019 at**

**Plover Cove**

**with performance of**

**Category: Male 35-39**

**Position: 5**

**Run1: 00:18:27**

**T1: 00:02:13**

**Bike: 00:52:05**

**T2: 00:02:49**

**Run2: 00:22:38**

**Total Time: 01:38:13**

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG