

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Palden Mok**

**has successfully completed the**

**2019 Duathlon Series - Race 1**

**on 31 Mar 2019 at**

**Plover Cove**

**with performance of**

**Category: Male 40-44**

**Position: 7**

**Run1: 00:19:58**

**T1: 00:02:24**

**Bike: 01:02:08**

**T2: 00:02:31**

**Run2: 00:21:04**

**Total Time: 01:48:07**

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG