

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that
James Whitman
has successfully completed the
2019 Duathlon Series - Race 1
on 31 Mar 2019 at

Plover Cove

with performance of

Category: Male 40-44
Position: 5
Run1: 00:19:48
T1: 00:02:22
Bike: 00:57:36
T2: 00:02:37
Run2: 00:20:42
Total Time: 01:43:07

香港三項鐵人總會會長
President, Hong Kong Triathlon Association
龐寵貽女士
Ms Genevieve PONG