

**TriHK**



**TRIATHLON**  
三項鐵人

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

This is to certify that  
**Jono Woodhouse**  
has successfully completed the  
**2019 Duathlon Series - Race 1**  
on 31 Mar 2019 at

**Plover Cove**

with performance of

**Category:** Male 45-49  
**Position:** 3  
**Run1:** 00:17:47  
**T1:** 00:02:23  
**Bike:** 00:55:49  
**T2:** 00:02:54  
**Run2:** 00:17:06  
**Total Time:** 01:36:02

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