

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**  
**Ho Yin Tommy Mok**  
**has successfully completed the**  
**2019 Aquathon Series - Race 1**  
**on 7 Apr 2019 at**  
**Kowloon Tsai Swimming Pool**  
**with performance of**

**Category:** Male 45-49  
**Position:** 2  
**Swim:** 00:06:53  
**T1:** 00:00:22  
**Run:** 00:19:48  
**Total Time:** 00:27:03

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