

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Ho Ching Lo

has successfully completed the

Hong Kong School Aquathlon Championships 2019 - Race 2

on 07 July 2019 at

Hong Kong Sport Institute, Shatin

with performance of

Category: Girls 2002 or before

Position: 5

Swim: 00:04:55

T1: 00:01:02

Run: 00:21:55

Total Time: 00:27:53

香港三項鐵人總會會長

President, Hong Kong Triathlon Association

龐寵貽女士

Ms Genevieve PONG