

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Lai Sophia**

**has successfully completed the**

**Aquathlon Series - Race 3**

**on 04 August 2019 at**

**Tai Po**

**with performance of**

**Category: Female 35-39**

**Position: 1**

**Swim: 00:24:01**

**T1: 00:00:21**

**Run: 00:26:26**

**Total Time: 00:50:48**

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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