

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**

**Andy Lai**

**has successfully completed the**

**Aquathlon Series - Race 3**

**on 04 August 2019 at**

**Tai Po**

**with performance of**

**Category: Male 45-49**

**Position: 2**

**Swim: 00:24:22**

**T1: 00:00:26**

**Run: 00:28:35**

**Total Time: 00:53:24**

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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**