

TriHK



TRIATHLON
三項鐵人

香港三項鐵人總會
Hong Kong Triathlon Association

This is to certify that

Alex Lau

has successfully completed the

Aquathlon Series - Race 3

on 04 August 2019 at

Tai Po

with performance of

Category: Male 25-29

Position: 3

Swim: 00:29:50

T1: 00:01:10

Run: 00:29:10

Total Time: 01:00:10

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