

# Certificate

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Man Ho Lai

COMPLETED

## Four Trails Mini 2025

MEN'S RANKING : 180 of 233

OVERALL RANKING : 250 of 342

RACE 1 - HONG KONG TRAIL : 3h 23m 13s

RACE 2 - LANTAU TRAIL : 5h 41m 56s

RACE 3 - MACLEHOSE TRAIL : 3h 56m 58s

RACE 4 - WILSON TRAIL : 6h 53m 34s

TOTAL TIME : 19h 55m 41s

*Paul Wong*

Race Director  
4 May 2025