

Hong Kong Triathlon Association
Oct & Nov 2017 Pre-Elite Benchmarking
RS Results

Regional Squad - Male 15-16					Results									
Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Swim Pass Standard	Swim Pass Standard Within 5%	400m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 5%	1.5km Run	Run Percentage	Swim and Run Percentage	Remarks
Chan Ho Yan Jason	陳浩恩	M	16	RS	05:45.00	06:02.25	06:39.42	116%	05:30.00	05:46.50	05:03.15	92%	208%	
Han, Mingze Derrick	韓銘澤	M	15	RS	05:45.00	06:02.25	06:44.17	117%	05:30.00	05:46.50	03:12.53(800m result)	N/A	N/A	(run) 800m result only

Regional Squad - Female 11-12, 13-14					Results									
Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Swim Pass Standard	Swim Pass Standard Within 5%	200m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 5%	800m Run	Run Percentage	Swim and Run Percentage	Remarks
Amber Chiu Kai On	趙啟安	F	13	RS	03:05.00	03:14.25	03:20.21	108%	03:10.00	03:19.50	02:55.78	93%	201%	
Chloe CHICK	植韻恒	F	13	RS	03:05.00	03:14.25	02:58.61	97%	03:10.00	03:19.50	02:57.91	94%	190%	Pass RS - Oct
Koo Hiu Lam	顧曉琳	F	13	RS	03:05.00	03:14.25	03:48.12	123%	03:10.00	03:19.50	03:00.65	95%	218%	
Kwok Sze Ming	郭思銘	F	12	RS	03:20.00	03:30.00	02:38.98	79%	03:40.00	03:51.00	02:47.02	76%	155%	Pass RS - Oct
Leung Yan Ting	梁甄庭	F	12	RS	03:20.00	03:30.00	04:05.31	123%	03:40.00	03:51.00	03:03.22	83%	206%	
Mak Hiu Nga Floria	麥曉雅	F	13	RS	03:05.00	03:14.25	03:02.31	99%	03:10.00	03:19.50	03:17.01	104%	202%	RS Provisional Member - Oct

Regional Squad - Male 11-12, 13-14					Results									
Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Swim Pass Standard	Swim Pass Standard Within 5%	200m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 5%	800m Run	Run Percentage	Swim and Run Percentage	Remarks
Au Anderson	區兆豐	M	13	RS	03:00.00	03:09.00	ABS	ABS	03:05.00	03:14.25	ABS	ABS	ABS	
Au Mario	區兆鵬	M	11	RS	03:15.00	03:24.75	ABS	ABS	03:30.00	03:40.50	ABS	ABS	ABS	
Chan Pak Hoi	陳柏愷	M	13	RS	03:00.00	03:09.00	02:35.62	86%	03:05.00	03:14.25	03:12.34	104%	190%	RS Provisional Member - Oct
Chan Yui Fung	陳睿澤	M	12	RS	03:15.00	03:24.75	02:31.21	78%	03:30.00	03:40.50	02:51.26	82%	159%	Pass RS - Oct
Chan Hon Lam	陳瀚霖	M	13	RS	03:00.00	03:09.00	03:28.25	116%	03:05.00	03:14.25	02:55.79	95%	211%	
Chu Yan Ho	朱昕浩	M	13	RS	03:00.00	03:09.00	03:01.22	101%	03:05.00	03:14.25	02:34.50	84%	184%	RS Provisional Member - Oct
Kan Wai Chun	簡煒晉	M	11	RS	03:15.00	03:24.75	02:53.51	89%	03:30.00	03:40.50	02:53.50	83%	172%	Pass RS - Oct
Leung Ching Ho	梁正和	M	14	RS	03:00.00	03:09.00	04:20.02	144%	03:05.00	03:14.25	03:15.00	105%	250%	
Leung Ping Thomas	梁平	M	13	RS	03:00.00	03:09.00	02:57.38	99%	03:05.00	03:14.25	02:38.42	86%	184%	Pass RS - Oct
Lo Chun Ho	盧雋昊	M	13	RS	03:00.00	03:09.00	ABS	ABS	03:05.00	03:14.25	ABS	ABS	ABS	
Ng Tsz Sum	吳子森	M	12	RS	03:15.00	03:24.75	02:48.01	86%	03:30.00	03:40.50	03:13.84	92%	178%	Pass RS - Oct
Wong Ka Ho	黃嘉豪	M	12	RS	03:15.00	03:24.75	03:02.17	93%	03:30.00	03:40.50	02:45.40	79%	172%	Pass RS - Oct
Wong Tsun Hei	黃浚毅	M	12	RS	03:15.00	03:24.75	03:03.81	94%	03:30.00	03:40.50	02:48.99	80%	175%	Pass RS - Oct
Yang Mike Botao	楊博韜	M	14	RS	03:00.00	03:09.00	04:10.07	139%	03:05.00	03:14.25	02:44.78	89%	228%	

Evan Barry would like to join in RS after the benchmarking, here below is his split time of 200m swimming and 800m running from NDS time trial as a reference

Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Swim Pass Standard	Swim Pass Standard Within 5%	200m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 5%	800m Run	Run Percentage	Swim and Run Percentage	Remarks
Evan Barry	0	M	14	RS	03:00.00	03:09.00	02:49.36	94%	03:05.00	03:14.25	03:11.02	103%	197%	Pass RS - Nov

Chu Wing Yan would like to join in RS after the benchmarking, here below is her split time of 200m swimming and 800m running from NDS time trial as a reference

Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Swim Pass Standard	Swim Pass Standard Within 5%	200m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 5%	800m Run	Run Percentage	Swim and Run Percentage	Remarks
Chu Wing Yan	朱詠恩	F	13	RS	03:05.00	03:14.25	03:04.21	100%	03:10.00	03:19.50	02:56.00	93%	192%	Pass RS - Nov