

Hong Kong Triathlon Association-March 2017 Elite Benchmarking Results

								NATIONAL SQUAD A							
No.	Name (ENG)	Name (CHN)	Gender	YOB	Age as at 31/12/17	Existing Squad	Target	400S(21/03)	Swim Pass Std	Swim Percentage	3000R(22/03)	Run Pass Std	Run Percentage	Combine Percentage	Remark
Female															
9	Law Kelly	羅栩詠	F	2000	17	PNS	NSA	5:05.46	5:03.00	100.81%	12:49.44	11:46.00	108.99%	209.80%	
10	Bailee Brown		F	2000	17	PNS	NSA	4:49.16	5:03.00	95.43%	11:34.42	11:46.00	98.36%	193.79%	Pass NSA
25	Alyssa Giles	王麗莎	F	2001	16	NIL	NSA	5:05.87	5:06.00	99.96%	12:43.67	12:15.00	103.90%	203.86%	
11	Chan Hiu Yee	陳曉儀	F	2002	15	NDS	NSA	5:16.58	5:06.00	103.46%	11:27.88	12:15.00	93.59%	197.05%	
12	Lo Ho Yan	盧可欣	F	2002	15	NIL	NSA	4:52.56	5:06.00	95.61%	12:20.00	12:15.00	100.68%	196.29%	Pass NSA
Male															
1	Lau Tsun Ling	劉峻峻	M	1995	22	NIL	NSA	4:59.86	4:31.00	110.65%	9:50.34	09:40.00	101.78%	212.43%	
14	Tse Chun Yin, Andy	謝俊賢	M	1997	20	NS	NSA	4:22.70	4:35.00	95.53%	10:03.00	09:40.00	103.97%	199.49%	
2	Heung Chin Tung	香展東	M	1997	20	NIL	NSA	4:47.39	4:35.00	104.51%	10:39.83	09:40.00	110.32%	214.82%	
4	Philip Chenaux-Repond		M	2000	17	NIL	NSA	4:38.70	4:38.00	100.25%	9:56.54	10:09.00	97.95%	198.21%	Pass NSA
3	Keung Wai Lok	姜偉洛	M	2000	17	NDS	NSA	5:14.66	4:38.00	113.19%	11:26.91	10:09.00	112.79%	225.98%	
23	Owen Henderson		M	2000	17	NDS	NSA	ABS	4:38.00	ABS	ABS	10:09.00	ABS	ABS	
7	Li Tsz Ho	李子浩	M	2001	16	NDS	NSA	4:41.44	4:41.00	100.16%	9:47.44	10:15.00	95.52%	195.68%	Pass NSA
5	Hung Tik Long	洪迪朗	M	2001	16	NDS	NSA	4:43.43	4:41.00	100.86%	10:27.29	10:15.00	102.00%	202.86%	
6	Wong Ka Hei	黃嘉希	M	2001	16	NDS	NSA	4:50.22	4:41.00	103.28%	9:54.17	10:15.00	96.61%	199.89%	
8	Yip Tak Long Nick	葉德朗	M	2004	13	NIL	NSA	5:45.38	4:41.00	122.91%	10:01.12	10:15.00	97.74%	220.65%	

								NATIONAL SQUAD POTENTIAL							
No.	Name (ENG)	Name (CHN)	Gender	YOB	Age as at 31/12/17	Existing Squad	Target	400S(21/03)	Swim Pass Std	Swim Percentage	3000R(22/03)	Run Pass Std	Run Percentage	Combine Percentage	Remark
Female															
19	Kate Rutherford		F	1973	44	NIL	NSP	5:31.60	5:00.00	110.53%	11:05.55	11:12.00	99.04%	209.57%	
20	Szeto Shiu Yan, Leanne	司徒兆殷	F	1991	26	NIL	NSP	5:15.02	5:00.00	105.01%	10:57.17	11:12.00	97.79%	202.80%	Swim : DQ (illegal apparel)
21	Chan On Ki	陳安琪	F	1992	25	NIL	NSP	5:35.02	5:00.00	111.67%	12:26.00	11:12.00	111.01%	222.69%	
9	Law Kelly	羅栩詠	F	2000	17	PNS	NSA	5:05.46	5:06.00	99.82%	12:49.44	12:07.00	105.84%	205.66%	
25	Alyssa Giles	王麗莎	F	2001	16	NIL	NSA	5:05.87	5:12.00	98.04%	12:43.67	12:37.00	100.88%	198.92%	Pass NSP
11	Chan Hiu Yee	陳曉儀	F	2002	15	NDS	NSA	5:16.58	5:12.00	101.47%	11:27.88	12:37.00	90.87%	192.34%	Pass NSP
22	Cheng Yan Ching	鄭昕晴	F	2003	14	NIL	NSP	ABS	5:12.00	ABS	ABS	12:37.00	ABS	ABS	
Male															
1	Lau Tsun Ling	劉峻峻	M	1995	22	NIL	NSA	4:59.86	4:38.0	107.86%	9:50.34	9:57.00	98.88%	206.75%	
14	Tse Chun Yin, Andy	謝俊賢	M	1997	20	NS	NSP	4:22.70	4:38.0	94.50%	10:03.00	9:57.00	101.01%	195.50%	Pass NSP
2	Heung Chin Tung	香展東	M	1997	20	NIL	NSA	4:47.39	4:38.0	103.38%	10:39.83	9:57.00	107.17%	210.55%	
13	Or Yiu Hang	柯耀鏗	M	1997	20	NIL	NSP	5:33.20	4:38.0	100.25%	10:15.58	9:57.00	103.11%	203.36%	
3	Keung Wai Lok	姜偉洛	M	2000	17	NDS	NSA	5:14.66	4:41.0	111.98%	11:26.91	10:14.00	111.87%	223.85%	
24	Chung Siu Ting	鍾紹廷	M	2000	17	NDS	NSP	4:44.06	4:41.0	101.09%	10:42.35	10:14.00	104.62%	205.71%	
5	Hung Tik Long	洪迪朗	M	2001	16	NDS	NSA	4:43.43	4:45.0	99.45%	10:27.29	10:33.00	99.10%	198.55%	Pass NSP
6	Wong Ka Hei	黃嘉希	M	2001	16	NDS	NSA	4:50.22	4:45.0	101.83%	9:54.17	10:33.00	93.87%	195.70%	Pass NSP
15	Sung Ho Hin	宋浩軒	M	2001	16	NDS	NSP	5:16.06	4:45.0	101.83%	10:58.00	10:33.00	94.96%	196.80%	
16	Lau Chun Ip	劉竣業	M	2001	16	NIL	NSP	6:19.99	4:45.0	121.19%	12:16.52	10:33.00	116.35%	237.54%	
17	Ho Hin Long	何軒朗	M	2002	15	NDS	NSP	4:55.21	4:45.0	103.58%	10:35.82	10:33.00	100.45%	204.03%	
18	Nathan Lee Eilers		M	2002	15	NDS	NSP	5:08.44	4:45.0	108.22%	10:52.36	10:33.00	103.06%	211.28%	
8	Yip Tak Long Nick	葉德朗	M	2004	13	NIL	NSA	5:45.38	4:45.0	121.19%	10:01.12	10:33.00	94.96%	216.15%	