

Hong Kong Triathlon Association
March 2017 Pre-Elite Benchmarking
Result

Reg. No.	Name (ENG)	Name (CHN)	Gender	YOB	Age as at 31/12/2017	Existing Squad	Target	400S (21/03)	Swim Pass Std	Swim Percentage	1500R (22/03)	Run Pass Std	Run Percentage	Swim+Run Percentage	Remark
Female NDS															
45	Claire Shen Barry		F	2002	15	NIL	NDS	5:14.62	6:00.00	87.4%	5:51.90	6:00.00	98%	185%	Pass NDS
51	Grace Drake		F	2002	15	NIL	NDS	5:46.55	6:00.00	96.3%	5:48.12	6:00.00	97%	193%	Pass NDS
36	Kara Casey		F	2002	15	RS	NDS	6:07.81	6:00.00	102.2%	5:09.83	6:00.00	86%	188%	"Provisional Member"
37	Cheung Cheuk Lam	張卓琳	F	2002	15	RS	NDS	6:13.91	6:00.00	103.9%	5:58.31	6:00.00	99%	203%	"Provisional Member"
39	Ko Ellie Suemin	高秀旻	F	2003	14	NIL	NDS	4:56.70	6:00.00	82.4%	5:48.31	6:00.00	97%	179%	Pass NDS
40	Clara Zibell		F	2003	14	NIL	NDS	5:14.86	6:00.00	87.5%	5:49.88	6:00.00	97%	184%	Pass NDS
38	Jenna Katherine Muston		F	2003	14	RS	NDS	5:26.41	6:00.00	90.7%	5:38.66	6:00.00	94%	185%	Pass NDS
41	Athina Lesca		F	2003	14	NIL	NDS	5:54.65	6:00.00	98.5%	5:13.62	6:00.00	87%	186%	Pass NDS
58	Man Wing	文穎	F	2003	14	Nil	NDS	ABS	6:00.00	ABS	5:29.11	6:00.00	91%	ABS	
42	Au Che Yiu		F	2004	13	RS	NDS	5:38.25	6:00.00	94.0%	5:25.63	6:00.00	90%	184%	Pass NDS
44	Kristy King	金鈴	F	2004	13	NIL	NDS	5:17.60	6:00.00	88.2%	5:44.20	6:00.00	96%	184%	Pass NDS
43	Wong Hang Wing	黃鏗穎	F	2004	13	RS	NDS	ABS	6:00.00	ABS	ABS	6:00.00	ABS		Receive sick leave (21/3-4pm)
Male NDS															
57	Lo Man Hui	盧昊煦	M	1998	19	NIL	NDS	4:51.68	5:06.00	95.3%	4:50.97	5:10.00	94%	189%	Pass NDS
27	Wu Hung Ming	胡洪銘	M	2000	17	NIL	NDS	5:30.68	5:20.00	103.3%	5:34.52	5:20.00	104%	207%	
26	Chris Kwan	關頌恆	M	2000	17	NIL	NDS	ABS	5:20.00	ABS	ABS	5:20.00	ABS	ABS	
28	Wong Cheuk Hei	黃椎熙	M	2000	17	NIL	NDS	ABS	5:20.00	ABS	ABS	5:20.00	ABS	ABS	
29	Ng Sheung Man	吳尚汶	M	2002	15	NIL	NDS	6:01.22	5:36.00	107.5%	ABS	5:36.00	ABS	ABS	
31	Wong Ming Chun	黃明雋	M	2002	15	NIL	NDS	5:53.93	5:36.00	105.3%	5:32.75	5:36.00	99%	204%	
30	Chung Pui Yin	鍾沛諺	M	2002	15	RS	NDS	5:15.69	5:36.00	94.0%	4:54.39	5:36.00	88%	182%	Pass NDS
46	Leung Ri Anson	梁日	M	2003	14	RS	NDS	5:09.63	5:36.00	92.2%	5:12.74	5:36.00	93%	185%	Pass NDS
32	Tsang Pak Ho	曾珀豪	M	2003	14	RS	NDS	5:13.26	5:36.00	93.2%	5:39.43	5:36.00	101%	194%	"Provisional Member"
33	Leung Wai Hang	梁瑋亨	M	2003	14	RS	NDS	5:16.18	5:36.00	94.1%	4:55.67	5:36.00	88%	182%	Pass NDS
34	Chan Ho Kwan	陳灝鈞	M	2003	14	RS	NDS	5:18.18	5:36.00	94.7%	4:53.42	5:36.00	87%	182%	Pass NDS
35	Ho Chung Hin	何宗憲	M	2004	13	RS	NDS	5:30.28	5:36.00	98.3%	5:32.40	5:36.00	92%	190%	Pass NDS

	Name (ENG)	Name (CHN)	Gender	YOB	Age as at 31/12/2017	Existing Squad	Target	200S (21/03)	Swim Pass Std	Swim Percentage	800R (22/03)	Run Pass Std	Run Percentage	Swim+Run Percentage	Remark
Female RS															
52	Charlotte Hall		F	2003	14	NIL	RS	2'59'02	3:05.00	97%	2:43.85	3:10.00	78%	175%	Pass RS
53	Chick Chloe	植韻暉	F	2005	12	RS	RS	2'52'03	3:20.00	86%	2:54.15	3:40.00	80%	166%	Pass RS
54	Pauline Courret		F	2005	12	RS	RS	3'14'22	3:20.00	97%	2:50.99	3:40.00	77%	174%	Pass RS
55	Chu Wing Yan	朱詠恩	F	2005	12	NIL	RS	3'12'42	3:20.00	96%	3:01.67	3:40.00	82%	178%	Pass RS
Male RS															
56	Dewey Shiu		M	2005	12	RS	RS	2'48'12	3:15.00	86%	2:45.72	3:30.00	79%	165%	Pass RS
48	To Hon Ming	杜瀚名	M	2005	12	NIL	RS	3'03'84	3:15.00	94%	2:39.70	3:30.00	75%	169%	Pass RS
47	Chiu Kai On	趙啟安	M	2005	12	NIL	RS	ABS	3:15.00	ABS	ABS	3:30.00	ABS	ABS	
49	Wong Ka Ho	黃嘉豪	M	2006	11	NIL	RS	3'04'75	3:15.00	94%	2:57.84	3:30.00	84%	178%	Pass RS
50	Wong Tsun Hei	黃浚羲	M	2006	11	NIL	RS	3'12'57	3:15.00	98%	2:57.37	3:30.00	84%	182%	Pass RS