

Hong Kong Triathlon Association
Oct & Nov 2017 Elite Benchmarking
NSA Results

National Squad A - Female					Results									
Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Swim Pass Standard	Swim Pass Standard Within 3%	400m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 3%	3km Run	Run Percentage	Swim and Run Percentage	Remarks
Bailee Briana Brown	0	F	18	NSA	05:03.00	05:12.09	04:48.26	95.14%	11:46.00	12:07.18	11:14.98	95.61%	190.74%	Pass NSA - Oct
Cade Wright	韋祺	F	15	NSA	05:06.00	05:15.18	05:34.08	109.18%	12:15.00	12:37.05	10:31.12	85.87%	195.04%	
Chan Hiu Yee	陳曉儀	F	16	NSA	05:06.00	05:15.18	05:14.56	102.80%	12:15.00	12:37.05	11:23.91	93.05%	195.85%	NSA + 3% - Oct
Chan Lok Ting	陳樂婷	F	21	NSA	05:00.00	05:09.00	05:45.04	115.01%	11:18.00	11:38.34	12:30.33	110.67%	225.68%	
Cho Wing To	曹詠洵	F	17	NSA	05:03.00	05:12.09	ABS	ABS	11:46.00	12:07.18	12:00.00	101.98%	N/A	
Choi Yan Yin	0	F	24	NSA	04:56.00	05:04.88	04:54.03	99.33%	10:53.00	11:12.59	10:41.19	98.19%	197.53%	Pass NSA - Nov
Grace Drake	0	F	16	NSA	05:06.00	05:15.18	05:12.07	101.98%	12:15.00	12:37.05	11:31.42	94.07%	196.05%	NSA + 3% - Oct
Hung Cheuk Yi, Chelsea	洪緯怡	F	20	NSA	05:00.00	05:09.00	ABS	ABS	11:18.00	11:38.34	12:03.37	106.69%	N/A	
Lo Cheuk Yat, Judy	盧卓逸	F	14	NSA	05:06.00	05:15.18	05:08.42	100.79%	12:15.00	12:37.05	12:01.97	98.23%	199.02%	NSA + 3% - Oct
Lo Ho Yan	盧可欣	F	16	NSA	05:06.00	05:15.18	04:54.41	96.21%	12:15.00	12:37.05	12:37.00	102.99%	199.21%	NSA + 3% - Oct
Ng Chau Yu	伍細瑜	F	28	NSA	04:56.00	05:04.88	ABS	ABS	10:53.00	11:12.59	ABS	ABS	ABS	
Tallulam Wright	韋禔	F	15	NSA	05:06.00	05:15.18	05:45.47	112.90%	12:15.00	12:37.05	10:47.24	88.06%	200.96%	

National Squad A - Male					Results									
Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Swim Pass Standard	Swim Pass Standard Within 3%	400m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 3%	3km Run	Run Percentage	Swim and Run Percentage	Remarks
Heung Chin Tung	香展東	M	21	NSA	04:35.00	04:43.25	ABS	ABS	09:40.00	09:57.40	10:29.33	108.51%	N/A	
Hung Tik Long	洪迪朗	M	17	NSA	04:38.00	04:46.34	04:46.44	103.04%	10:09.00	10:27.27	10:04.08	99.19%	202.23%	
James Ming Fai Tan	陳明輝	M	21	NSA	04:35.00	04:43.25	04:35.58	100.21%	09:40.00	09:57.40	09:19.41	96.45%	196.66%	NSA + 3% - Oct
Jason Ng Tai Long Hardcastle	伍泰龍	M	18	NSA	04:38.00	04:46.34	04:30.17	97.18%	10:09.00	10:27.27	09:57.15	98.05%	195.24%	Pass NSA - Nov
Keung Wai Lok	姜偉洛	M	18	NSA	04:38.00	04:46.34	05:07.09	110.46%	10:09.00	10:27.27	11:29.25	113.18%	223.64%	
Kok Yu Hang	郭汝鏗	M	22	NSA	04:35.00	04:43.25	04:34.45	99.80%	09:40.00	09:57.40	09:27.08	97.77%	197.57%	Pass NSA - Oct
Lam Michael	林朗星	M	21	NSA	04:35.00	04:43.25	04:40.88	102.14%	09:40.00	09:57.40	09:24.21	97.28%	199.42%	NSA + 3% - Nov
Law Leong Tim	羅亮添	M	25	NSA	04:31.00	04:39.13	04:31.00	100.00%	09:27.00	09:44.01	09:27.43	100.08%	200.08%	
Li Tsz Ho Angus	李子浩	M	17	NSA	04:38.00	04:46.34	04:42.20	101.51%	10:09.00	10:27.27	09:40.83	95.37%	196.89%	NSA + 3% - Oct
Philip Sato	0	M	18	NSA	04:38.00	04:46.34	04:31.10	97.52%	10:09.00	10:27.27	09:54.15	97.56%	195.08%	Pass NSA - Nov
Tsang Cheung Sing Nicholas	曾祥星	M	18	NSA	04:38.00	04:46.34	04:32.96	98.19%	10:09.00	10:27.27	09:45.56	96.15%	194.34%	Pass NSA - Oct
Tse Chun Yin Andy	謝俊賢	M	21	NSA	04:35.00	04:43.25	04:24.69	96.25%	09:40.00	09:57.40	ABS	ABS	N/A	
Wong Ka Hei	黃嘉希	M	17	NSA	04:38.00	04:46.34	04:48.36	103.73%	10:09.00	10:27.27	09:57.31	98.08%	201.81%	
Wong Hui Wai	黃煦蔚	M	23	NSA	04:35.00	04:43.25	04:26.20	96.80%	09:40.00	09:57.40	09:02.77	93.58%	190.38%	Pass NSA - Oct
Wong Tsz To	黃子圖	M	20	NSA	04:35.00	04:43.25	04:37.43	100.88%	09:40.00	09:57.40	08:54.56	92.17%	193.05%	NSA + 3% - Oct
Yu Shing Him	余承謙	M	19	NSA	04:38.00	04:46.34	04:37.22	99.72%	10:09.00	10:27.27	09:13.12	90.82%	190.54%	Pass NSA - Oct