

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

National Squad Potential - Female

Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Results								Swim and Run Percentage	Remarks
					Swim Pass Standard	Swim Pass Standard Within 5%	400m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 5%	3km Run	Run Percentage		
Athina Lesca	0	F	15	NSP	05:12.00	05:27.60	05:21.27	102.97%	12:37.00	13:14.85	10:59.21	87.08%	190.05%	NSP + 5% - Nov
Lau Ji Ching Venis	劉芷晴	F	16	NSP	05:12.00	05:27.60	05:27.38	104.93%	12:37.00	13:14.85	11:44.69	93.09%	198.02%	NSP + 5% - Oct
Lily Sheary	0	F	14	NSP	05:12.00	05:27.60	05:27.35	104.92%	12:37.00	13:14.85	11:36.72	92.04%	196.96%	NSP + 5% - Nov
Clara Zibell	0	F	15	NSP	05:12.00	05:27.60	05:12.81	100.26%	12:37.00	13:14.85	12:36.31	99.91%	200.17%	

National Squad Potential - Male

Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	Results								Swim and Run Percentage	Remarks
					Swim Pass Standard	Swim Pass Standard Within 5%	400m Swim	Swim Percentage	Run Pass Standard	Run Pass Standard Within 5%	3km Run	Run Percentage		
Cheung Cheuk Ho	張焯皓	M	15	NSP	04:45.00	04:59.25	ABS	ABS	10:33.00	11:04.65	ABS	ABS	ABS	
Chung Siu Ting	鍾紹廷	M	18	NSP	04:41.00	04:55.05	04:41.12	100.04%	10:14.00	10:44.70	10:36.22	103.62%	203.66%	
Ho Aidan Hin Long	何軒朗	M	16	NSP	04:45.00	04:59.25	04:50.00	101.75%	10:33.00	11:04.65	11:25.00	108.21%	209.97%	
Ho Chun Sum Samuel	何俊琛	M	29	NSP	04:36.00	04:49.80	05:02.11	109.46%	09:44.00	10:13.20	10:32.31	108.27%	217.73%	
Ho Chun Ting Timothy	何俊廷	M	29	NSP	04:36.00	04:49.80	05:06.24	110.96%	09:44.00	10:13.20	10:47.11	110.81%	221.76%	
Lau Tsun Hei	劉晉熾	M	15	NSP	04:45.00	04:59.25	04:56.07	103.88%	10:33.00	11:04.65	10:19.00	97.79%	201.67%	
Law Chun Yip	羅晉業	M	25	NSP	04:36.00	04:49.80	05:21.69	116.55%	09:44.00	10:13.20	11:31.66	118.43%	234.99%	
Leung Ri Anson	梁日	M	15	NSP	04:45.00	04:59.25	05:03.17	106.38%	10:33.00	11:04.65	10:10.31	96.42%	202.79%	
Leung Wai Hang Wyatt	梁瓊亨	M	15	NSP	04:45.00	04:59.25	05:14.43	110.33%	10:33.00	11:04.65	10:29.48	99.44%	209.77%	
Liu Chung Yau	廖仲由	M	20	NSP	04:38.00	04:51.90	06:09.27	132.83%	09:57.00	10:26.85	10:05.00	101.34%	234.17%	
Nathan Eilers	0	M	16	NSP	04:45.00	04:59.25	05:01.12	105.66%	10:33.00	11:04.65	10:29.01	99.37%	205.03%	
Robin ELG	0	M	16	NSP	04:45.00	04:59.25	04:55.52	103.69%	10:33.00	11:04.65	10:04.26	95.46%	199.15%	NSP + 5% - Nov
Sin Hok Leung	洗學良	M	15	NSP	04:45.00	04:59.25	05:07.25	107.81%	10:33.00	11:04.65	10:13.53	96.92%	204.73%	
Sung Ho Hin	宋浩軒	M	17	NSP	04:41.00	04:55.05	05:08.48	109.78%	10:14.00	10:44.70	10:01.37	97.94%	207.72%	
Tang Hon Man	鄧翰文	M	21	NSP	04:38.00	04:51.90	06:17.87	135.92%	09:57.00	10:26.85	11:16.31	113.28%	249.21%	