

Hong Kong Triathlon Association  
Feb 2018 Pre-Elite Benchmarking  
**NDS Results**

**National Development Squad - Female**

					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	
Chu Wing Yan	朱詠恩	F	13	NDS	06:00.00	06:18.00	ABS	ABS	06:00.00	06:18.00	ABS	ABS	ABS		
Pauline Courret	0	F	13	NDS	06:00.00	06:18.00	05:41.60	94.89%	06:00.00	06:18.00	05:12.81	86.89%	181.78%	Pass In NDS	
Roxanne Wright	韋樂	F	13	NDS	06:00.00	06:18.00	05:59.41	99.84%	06:00.00	06:18.00	05:24.06	90.02%	189.85%	Pass In NDS	
Vianca Ng	吳思晴	F	13	NDS	06:00.00	06:18.00	05:44.89	95.80%	06:00.00	06:18.00	ABS	N/A	N/A		

**National Development Squad - Male**

					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	
Ethan Davics	0	M	14	NDS	05:36.00	05:52.80	05:52.77	104.99%	05:36.00	05:52.80	05:30.25	98.29%	203.28%	Pass In NDS + 5%	
To Hon Ming	杜瀚名	M	13	NDS	05:36.00	05:52.80	06:24.10	114.32%	05:36.00	05:52.80	05:11.66	92.76%	207.07%		
Tsang Kwok Chun	曾國晉	M	14	NDS	05:36.00	05:52.80	05:53.91	105.33%	05:36.00	05:52.80	04:55.14	87.84%	193.17%		
Chan Shun Wai	陳信璋	M	17	NDS	05:20.00	05:36.00	ABS	ABS	05:20.00	05:36.00	ABS	ABS	ABS		
Lee Hoi Tik	李愷迪	M	16	NDS	05:20.00	05:36.00	05:26.09	101.90%	05:20.00	05:36.00	05:11.91	97.47%	199.38%	Pass In NDS + 5%	
Sin Cheuk Fung	單焯峰	M	17	NDS	05:20.00	05:36.00	05:33.14	104.11%	05:20.00	05:36.00	05:03.67	94.90%	199.00%	Pass In NDS + 5%	
Kwan Chris Chung Hang	關頌恆	M	18	NDS	05:06.00	05:21.30	06:04.84	119.23%	05:10.00	05:25.50	05:10.04	100.01%	219.24%	Age 18 is not available for RS	
	Name (ENG)		Target (RS)		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	
	To Hon Ming		RS Male 13-14		03:00.00	03:09.00	03:04.45	102.47%	03:05.00	03:14.25	02:41.22	87.15%	189.62%	Pass In RS+5%	
	Tsang Kwok Chun		RS Male 13-14		03:00.00	03:09.00	02:49.37	94.09%	03:05.00	03:14.25	02:30.29	81.24%	175.33%	Pass In RS	