

Hong Kong Triathlon Association
Feb 2018 Pre-Elite Benchmarking
RS Results

Regional Squad - Female 15-16

					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
Chan Hang In	陳幸妍	F	16	RS	06:05.00	06:23.25	06:32.08	107.42%	06:05.00	06:23.25	06:35.37	108.32%	216%	
Wu Ho Cheung	吳豪翔	F	15	RS	06:05.00	06:23.25	ABS	ABS	06:05.00	06:23.25	ABS	ABS	ABS	

Regional Squad - Female 11-12, 13-14

					Results									
Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	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
Yiu Hei Wai	姚希蔚	F	11	RS	03:20.00	03:30.00	ABS	ABS	03:40.00	03:51.00	ABS	ABS	ABS	
Amber Chiu Kai On	趙啟安	F	13	RS	03:05.00	03:14.25	ABS	ABS	03:10.00	03:19.50	ABS	ABS	ABS	
Chan Chi Laam	陳靖嵐	F	13	RS	03:05.00	03:14.25	ABS	ABS	03:10.00	03:19.50	ABS	ABS	ABS	
Lee Simona	李凱彤	F	13	RS	03:05.00	03:14.25	02:47.45	90.51%	03:10.00	03:19.50	03:26.23	108.54%	199%	
Mak Hiu Nga Floria	麥曉雅	F	13	RS	03:05.00	03:14.25	ABS	ABS	03:10.00	03:19.50	ABS	ABS	ABS	
Molly Worthington	0	F	13	RS	03:05.00	03:14.25	02:42.87	88.04%	03:10.00	03:19.50	02:50.25	89.61%	178%	Pass In RS

Regional Squad - Male 11-12, 13-14

					Results									
Name (ENG)	Name (CHN)	Gender	Age as at 31/12/18	Target	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
CayLum Lau	劉啟林	M	11	RS	03:15.00	03:24.75	03:43.17	114.45%	03:30.00	03:40.50	03:26.03	98.11%	213%	
Chan Tin Shut	陳天戌	M	12	RS	03:15.00	03:24.75	03:24.06	104.65%	03:30.00	03:40.50	03:06.95	89.02%	194%	Pass In RS + 5%
Law Cheuk Hei	羅卓曦	M	11	RS	03:15.00	03:24.75	04:05.43	125.86%	03:30.00	03:40.50	03:21.82	96.10%	222%	
Law Ho Pong	羅昊邦	M	12	RS	03:15.00	03:24.75	03:17.29	101.17%	03:30.00	03:40.50	03:20.10	95.29%	196%	Pass In RS + 5%
Mok Pak Fan	莫柏勛	M	11	RS	03:15.00	03:24.75	03:40.40	113.03%	03:30.00	03:40.50	03:08.46	89.74%	203%	
Sam Violet	0	M	12	RS	03:15.00	03:24.75	03:01.69	93.17%	03:30.00	03:40.50	02:52.14	81.97%	175%	Pass In RS
Tsang Wai Chun	曾澤潛	M	12	RS	03:15.00	03:24.75	03:26.43	105.86%	03:30.00	03:40.50	03:10.75	90.83%	197%	
Tsang Wui Man Nereus	曾匯民	M	12	RS	03:15.00	03:24.75	03:12.15	98.54%	03:30.00	03:40.50	03:06.48	88.80%	187%	Pass In RS
Wan Chak Lam	溫澤林	M	12	RS	03:15.00	03:24.75	03:06.00	95.38%	03:30.00	03:40.50	02:57.64	84.59%	180%	Pass In RS
Yim Pak Yu Jasper	嚴柏宇	M	11	RS	03:15.00	03:24.75	03:56.81	121.44%	03:30.00	03:40.50	03:07.78	89.42%	211%	
Yip Jan	葉進陽	M	12	RS	03:15.00	03:24.75	02:28.90	76.36%	03:30.00	03:40.50	02:36.03	74.30%	151%	Pass In RS
Chan Pak Hoi	陳柏愷	M	13	RS	03:00.00	03:09.00	02:35.71	86.51%	03:05.00	03:14.25	03:18.66	107.38%	194%	
Kwok Ho Long	郭皓朗	M	13	RS	03:00.00	03:09.00	03:27.71	115.39%	03:05.00	03:14.25	02:36.09	84.37%	200%	
So Tsun Yin	蘇浚彥	M	13	RS	03:00.00	03:09.00	02:49.42	94.12%	03:05.00	03:14.25	03:07.81	101.52%	196%	Pass In RS + 5%