

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 20-24	1	16	Chan Yu Ling		02:23:35							
Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 25-29	1	1	Fung Wynnie		01:37:24	00:18:25	00:02:36	00:44:00	00:02:14	00:30:09	3	100.00
Course A - Female 25-29	2	22	Tang Siu Mei	Titan Triathlon	01:44:43	00:17:14	00:03:35	00:46:38	00:01:47	00:35:32	2	66.67
Course A - Female 25-29	3	20	Man Ka Wai	Part Time Association	02:41:47	00:31:44	00:06:31	01:15:50	00:03:43	00:44:01	1	33.33
Course A - Female 25-29	DNF	19	Lai Frances			00:19:42	00:03:00					
Course A - Female 25-29	DNS	21	SJOHOLM CHRISTINA	Tritons Triathlon Club								
Short Swim	DSQ	18	Joey Tam	Hong Kong Dragons Triathlon Club		00:12:52	00:04:09	00:45:26	00:02:50	00:31:24		
Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 30-34	1	30	TIK MANDY	Tritons Triathlon Club	01:21:37	00:17:01	00:02:57	00:36:23	00:01:47	00:23:30	7	100.00
Course A - Female 30-34	2	26	Lau On Yue	Titan Triathlon	01:23:19	00:19:41	00:02:13	00:33:56	00:01:40	00:25:51	6	85.71
Course A - Female 30-34	3	29	Olivia June Alfheim	Tritons Triathlon Club	01:31:30	00:17:21	00:03:13	00:38:48	00:02:01	00:30:09	5	71.43
Course A - Female 30-34	4	25	Hunt Heather		01:32:40	00:18:40	00:03:28	00:39:48	00:02:05	00:28:41	4	57.14
Course A - Female 30-34	5	27	Lau Yi Man		01:45:02	00:20:18	00:03:45	00:48:48	00:01:52	00:30:22	3	42.86
Course A - Female 30-34	6	24	Cheng Nga Ying		01:57:30	00:30:30	00:05:33	00:40:36	00:03:19	00:37:33	2	28.57
Course A - Female 30-34	7	28	Ng See Nga	Chi Keung Aqua Club	02:13:22	00:26:08	00:04:43	01:02:16	00:03:21	00:36:55	1	14.29
Course A - Female 30-34	DNS	31	Tong Carlay	Energetic Triathlon Shatin								
Course A - Female 30-34	DNF	23	Chan Suet Ying, Rachel			00:26:56	00:03:59					
Unauthorized removal of athletes bike by third party.	DSQ	32	TSANG WAN YEE DIANA	Part Time Association	01:48:13	00:22:27	00:03:49	00:42:25	00:02:20	00:37:14		
Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 35-39	1	36	Grant Riddell Janie		01:25:36	00:18:29	00:03:34	00:37:02	00:01:55	00:24:37	13	100.00
Course A - Female 35-39	2	46	Wong Suet Fan	Part Time Association	01:28:26	00:19:12	00:02:33	00:37:19	00:01:59	00:27:25	12	92.31
Course A - Female 35-39	3	33	Anne-Marie Balfe		01:29:42	00:19:00	00:03:28	00:37:57	00:02:07	00:27:12	11	84.62
Course A - Female 35-39	4	38	Hui Ka Man	Energetic Triathlon Shatin	01:31:16	00:17:05	00:02:37	00:40:23	00:01:45	00:29:27	10	76.92
Course A - Female 35-39	5	42	LI CHI YAN	Titan Triathlon	01:32:34	00:21:31	00:02:39	00:40:37	00:01:32	00:26:17	9	69.23
Course A - Female 35-39	6	43	Poon Emma		01:38:13	00:22:42	00:03:22	00:38:45	00:02:13	00:31:12	8	61.54
Course A - Female 35-39	7	45	Wong Hiu Chong		01:39:16	00:24:10	00:03:03	00:41:06	00:01:40	00:29:19	7	53.85
Course A - Female 35-39	8	47	YICK WING YAN NATALIE	Part Time Association	01:41:01	00:21:31	00:05:11	00:42:15	00:02:00	00:30:05	6	46.15
Course A - Female 35-39	9	41	Lee Wai Fong, Rita		01:41:43	00:28:20	00:04:37	00:38:08	00:02:17	00:28:23	5	38.46
Course A - Female 35-39	10	34	Chan Peggy Pui Zee		01:49:57	00:22:50	00:03:59	00:49:10	00:02:43	00:31:17	4	30.77
Course A - Female 35-39	11	37	HO WING YAN, CHERRY	Titan Triathlon	01:50:16	00:26:07	00:03:39	00:47:12	00:02:22	00:30:58	3	23.08
Course A - Female 35-39	12	39	IRIS LAU		02:00:18	00:25:04	00:04:44	00:54:44	00:02:17	00:33:31	2	15.38
Course A - Female 35-39	13	40	Lam Hoi Yin		02:13:07	00:28:07	00:05:44	01:06:46	00:02:25	00:30:06	1	7.69
Course A - Female 35-39	DNS	44	Rigg Nerida	Hong Kong Dragons Triathlon Club								
Short Bike	DSQ	35	CHENG SIU SIN	Excel Swim Sports Association	01:40:52	00:29:15	00:03:45	00:35:41	00:02:04	00:30:09		
Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 40-44	1	61	Vikki dArcy	Hong Kong Dragons Triathlon Club	01:20:12	00:18:27	00:02:40	00:34:37	00:01:26	00:23:03	11	100.00
Course A - Female 40-44	2	57	Lui Shuk Han, Karen	Energetic Triathlon Shatin	01:20:32	00:19:46	00:01:58	00:28:29	00:01:58	00:23:20	10	90.91
Course A - Female 40-44	3	54	HO KY JANET	South China Athletic Association	01:31:48	00:19:44	00:03:18	00:41:28	00:02:02	00:25:18	9	81.82
Course A - Female 40-44	4	53	Hayley Goldberg	Energetic Triathlon Shatin	01:33:50	00:18:51	00:03:40	00:43:10	00:01:48	00:26:23	8	72.73
Course A - Female 40-44	5	49	Christina Ho		01:39:24	00:22:49	00:03:45	00:43:18	00:01:40	00:27:55	7	63.64

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 40-44	6	58	MAN ANITA	Titan Triathlon	01:43:40	00:23:30	00:04:16	00:42:30	00:02:08	00:31:17	6	54.55
Course A - Female 40-44	7	48	Allison McEnaney		01:45:49	00:22:03	00:04:37	00:47:05	00:02:44	00:29:23	5	45.45
Course A - Female 40-44	8	60	Stephanie Chan		01:48:39	00:22:58	00:05:10	00:43:31	00:02:35	00:34:27	4	36.36
Course A - Female 40-44	9	55	LAM FUNG LIN	Part Time Association	01:50:14	00:27:33	00:03:52	00:49:04	00:01:45	00:28:02	3	27.27
Course A - Female 40-44	10	59	PEGGY LAI	Sonic Sports Association	01:50:44	00:19:23	00:03:11	00:50:56	00:02:29	00:34:46	2	18.18
Course A - Female 40-44	11	62	Woo Wei An		02:09:32	00:23:08	00:05:43	00:47:57	00:03:14	00:49:31	1	9.09
Course A - Female 40-44	DNS	50	cordelia dyer									
Course A - Female 40-44	DNS	51	Florrie Cheng									
Course A - Female 40-44	DNS	52	Grace Lo	South China Athletic Association								
Course A - Female 40-44	DNS	56	Lam Lai Yu, Cathy	Sonic Sports Association								

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 45-49	1	63	Abigail Stead		01:19:23	00:15:58	00:02:21	00:35:44	00:01:42	00:23:40	7	100.00
Course A - Female 45-49	2	68	Corine KOSTER	Tritons Triathlon Club	01:23:19	00:15:43	00:02:52	00:37:34	00:01:59	00:25:13	6	85.71
Course A - Female 45-49	3	64	Caitrin Julia		01:34:08	00:21:57	00:03:36	00:38:33	00:02:20	00:27:44	5	71.43
Course A - Female 45-49	4	69	LEUNG YIN YI	Hope Sport Association	01:38:49	00:22:40	00:03:40	00:37:48	00:02:27	00:32:15	4	57.14
Course A - Female 45-49	5	65	Cathryn Hopkins		01:42:17	00:20:42	00:04:38	00:39:58	00:02:16	00:34:44	3	42.86
Course A - Female 45-49	6	66	Ching Suk Kam		01:56:33	00:31:46	00:04:33	00:40:27	00:03:11	00:36:38	2	28.57
Course A - Female 45-49	7	70	Linna Hill		02:01:31	00:27:03	00:04:59	00:44:50	00:03:45	00:40:56	1	14.29
Course A - Female 45-49	DNF	67	Cindy Wong			00:20:46	00:04:21					
Course A - Female 45-49	DNF	71	Wu Mei Ling			00:27:49	00:05:10	00:47:08				

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 50-54	1	451	Tanic Harris		01:36:57	00:22:16	00:03:25	00:36:28	00:02:47	00:32:03	3	100.00
Course A - Female 50-54	2	72	SY Mei Lee, Janet		01:38:14	00:22:15	00:04:22	00:39:16	00:02:03	00:30:19	2	66.67
Course A - Female 50-54	3	73	Tam Yuen Hung	AustSports Association	01:48:00	00:26:23	00:02:10	00:33:34	00:11:55	00:33:59	1	33.33

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female 55-59	1	74	Ptricia Leahy		02:01:22	00:30:11	00:04:27	00:44:28	00:03:52	00:38:26	1	100.00

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female Elite Junior	1	5	Camden Richter		01:11:21	00:12:26	00:01:58	00:34:45	00:01:13	00:21:01	3	100.00
Course A - Female Elite Junior	2	6	Choi Yan Yin, Hilda	Energetic Triathlon Shatin	01:13:00	00:13:19	00:02:04	00:33:46	00:01:14	00:22:39	2	66.67
Course A - Female Elite Junior	3	7	Hung Cheuk Yi	Sonic Sport Association	01:20:15	00:13:17	00:02:02	00:36:58	00:01:28	00:26:33	1	33.33

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female Elite Open	1	3	Cheung Ting Yan, Joyce	Energetic Triathlon Shatin	01:12:32	00:12:57	00:03:10	00:32:08	00:02:05	00:22:13	1	100.00
Course A - Female Elite Open	DNS	4	KATE RUTHERFORD	Hong Kong Dragons Triathlon Club								

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female Junior	1	15	Tsang Ka Hung	AustSports Association	01:15:50	00:14:51	00:01:59	00:34:14	00:01:24	00:23:24	5	100.00

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Female Junior	2	10	CHAN KWAN HO	Hope Sport Association	01:21:48	00:15:19	00:02:21	00:37:53	00:01:25	00:24:53	4	80.00
Course A - Female Junior	3	12	CHAN WING TUNG	Hope Sport Association	01:23:29	00:17:44	00:02:54	00:37:40	00:01:17	00:23:55	3	60.00
Course A - Female Junior	4	11	Chan Lok Yi, Annie	Hope Sport Association	01:27:32	00:15:16	00:02:54	00:37:26	00:01:34	00:30:23	2	40.00
Course A - Female Junior	5	13	Lee Wing Sum	Hope Sport Association	01:28:32	00:15:57	00:02:24	00:37:14	00:01:37	00:31:23	1	20.00
Course A - Female Junior	DNS		Tong Sze Wai	Sonic Sport Association								
Course A - Female Junior	DNS		Camille Chan									

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 20-24	1	184	Chan Chun Lung, Alan	Titan Triathlon	01:13:52	00:13:50	00:02:01	00:32:14	00:01:19	00:24:30	19	100.00
Course A - Male 20-24	2	186	Cheng Tsz Yeung	Titan Triathlon	01:14:34	00:15:19	00:02:09	00:32:27	00:01:20	00:23:20	18	94.74
Course A - Male 20-24	3	204	Ng Ching Hong	AustSports Association	01:15:22	00:13:36	00:02:12	00:35:41	00:01:23	00:22:31	17	89.47
Course A - Male 20-24	4	185	Chan Yin Ming	AustSports Association	01:21:03	00:19:34	00:02:19	00:35:26	00:01:29	00:22:16	16	84.21
Course A - Male 20-24	5	198	LEUNG KA WA	Excel Swim Sports Association	01:22:05	00:19:23	00:02:38	00:34:47	00:01:41	00:23:38	15	78.95
Course A - Male 20-24	6	210	WU Kenneth Yee-Lok		01:22:36	00:18:03	00:02:59	00:36:40	00:01:50	00:23:06	14	73.68
Course A - Male 20-24	7	190	Fok Yun Sam		01:24:27	00:17:38	00:02:45	00:36:10	00:01:50	00:26:06	13	68.42
Course A - Male 20-24	8	206	TSE YAU CHUN	Excel Swim Sports Association	01:24:37	00:20:37	00:02:54	00:33:50	00:01:29	00:25:47	12	63.16
Course A - Male 20-24	9	194	LAI YUE CHEUNG	Excel Swim Sports Association	01:30:11	00:23:22	00:02:19	00:36:23	00:01:25	00:26:45	11	57.89
Course A - Male 20-24	10	201	Lo Ning Yan	Creat Ray Recreation & Sport Club	01:30:26	00:22:31	00:02:35	00:39:06	00:01:53	00:24:23	10	52.63
Lost Chips	11	188	Chow Hiu Cheng	AustSports Association	01:30:35						9	47.37
Course A - Male 20-24	12	189	Chui Chun Sing		01:31:41	00:21:40	00:03:56	00:41:46	00:01:37	00:22:44	8	42.11
Course A - Male 20-24	13	199	leung kwok kin		01:37:07	00:23:45	00:05:11	00:37:32	00:02:32	00:28:09	7	36.84
Course A - Male 20-24	14	191	Ho Chung	Creat Ray Recreation & Sport Club	01:41:27	00:18:26	00:03:39	00:42:01	00:02:07	00:35:16	6	31.58
Course A - Male 20-24	15	200	Leung Yu Hin		01:46:37	00:17:34	00:04:19	00:48:25	00:01:49	00:34:31	5	26.32
Course A - Male 20-24	16	192	Ho Kai Ming		01:50:16	00:32:27	00:03:34	00:38:53	00:02:36	00:32:48	4	21.05
Course A - Male 20-24	17	202	lui siu ting		01:54:01	00:24:22	00:04:25	00:48:33	00:02:16	00:34:27	3	15.79
Course A - Male 20-24	18	187	Cheuk Hiu Fung		02:04:55	00:11:30	00:14:01	00:56:08	00:04:00	00:39:17	2	10.53
Course A - Male 20-24	19	208	wong tak fuk		02:05:13	00:23:05	00:05:23	00:54:48	00:02:03	00:39:55	1	5.26
Course A - Male 20-24	DNF	196	Lau Long Fung	Titan Triathlon		00:14:55	00:02:08					
Course A - Male 20-24	DNS	203	MAC CHEUK YIN	Pro-trinity Sports Club								
Course A - Male 20-24	DNS	205	Pun Yiu Chung	AustSports Association								
Short Bike	DSQ	207	WONG KA FAI		1:13:00	00:21:31	00:02:34	00:24:12	00:01:30	00:23:13		
Short Bike	DSQ	193	Lai Hei Ming	Energetic Triathlon Shatin	01:26:27	00:19:06	00:02:49	00:37:56	00:01:46	00:31:21		
Short Bike	DSQ	211	yeung yun chun		01:38:38	00:23:33	00:03:24	00:38:36	00:02:26	00:34:32		
Short Bike	DSQ	195	lam siu lai		01:48:02	00:25:22	00:04:08	00:41:37	00:01:24	00:19:58		
Short Bike	DSQ	209	Wong Wai Ho		01:09:03	00:15:37	00:02:17	00:29:47				

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 25-29	1	219	Ho King Fun		01:05:58	00:12:14	00:01:49	00:31:00	00:01:12	00:19:45	28	100.00
Course A - Male 25-29	2	220	Hsieh Chun Shing, Jason	Titan Triathlon	01:06:26	00:12:14	00:01:49	00:31:04	00:01:17	00:20:04	27	96.43
Course A - Male 25-29	3	214	CHAN HOI WING	Energetic Triathlon Shatin	01:11:35	00:14:51	00:02:16	00:32:17	00:01:17	00:20:55	26	92.86
Course A - Male 25-29	4	197	Leung Ka Lun	Energetic Triathlon Shatin	01:14:25	00:15:12	00:02:14	00:32:25	00:01:27	00:23:09	25	89.29
Course A - Male 25-29	5	218	Chow Shing Wang	New Wave Swimming Club	01:18:12	00:15:33	00:02:52	00:37:38	00:01:50	00:20:20	24	85.71
Course A - Male 25-29	6	224	KO MAN FAI		01:20:12	00:17:00	00:02:34	00:35:35	00:01:51	00:23:14	23	82.14
Course A - Male 25-29	7	237	Patrick Wong		01:23:32	00:19:55	00:02:52	00:36:37	00:01:50	00:22:21	22	78.57
Course A - Male 25-29	8	222	JEFFREY WEI		01:24:37	00:17:33	00:02:58	00:38:13	00:02:24	00:23:30	21	75.00
Course A - Male 25-29	9	215	Chan Man Ho	Energetic Triathlon Shatin	01:26:24	00:17:06	00:03:06	00:36:25	00:01:37	00:28:11	20	71.43

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 25-29	10	227	Lau Chun Ngai	New Wave Swimming Club	01:27:14	00:14:32	00:02:54	00:37:56	00:01:29	00:30:23	19	67.86
Course A - Male 25-29	11	244	wong wai chi		01:27:36	00:15:35	00:03:12	00:38:00	00:02:05	00:28:45	18	64.29
Course A - Male 25-29	12	226	Kwok Chi Fung Jeff	Energetic Triathlon Shatin	01:29:08	00:18:32	00:02:59	00:42:40	00:01:25	00:23:33	17	60.71
Course A - Male 25-29	13	212	Ao Cheuk Yin	Titan Triathlon	01:31:30	00:22:38	00:02:46	00:39:45	00:01:27	00:24:55	16	57.14
Course A - Male 25-29	14	229	LEUNG Lai Lam LEO		01:31:58	00:24:34	00:03:19	00:35:15	00:01:47	00:27:04	15	53.57
Course A - Male 25-29	15	231	Lo King Wai		01:32:48	00:16:51	00:04:11	00:43:28	00:01:36	00:26:44	14	50.00
Course A - Male 25-29	16	228	Lee Pak Keung		01:33:43	00:21:34	00:04:01	00:42:11	00:01:48	00:24:12	13	46.43
Course A - Male 25-29	17	246	YIP CHI CHUEN CHRIS		01:34:14	00:19:43	00:03:36	00:39:28	00:02:23	00:29:06	12	42.86
Course A - Male 25-29	18	247	Yiu Wai Lam		01:34:19	00:22:12	00:04:10	00:38:48	00:01:54	00:27:16	11	39.29
Course A - Male 25-29	19	233	Mo Sze Yuen	Hope Sport Association	01:36:52	00:16:55	00:03:30	00:38:16	00:02:38	00:35:35	10	35.71
Course A - Male 25-29	20	241	tong man ho		01:36:56	00:20:55	00:03:42	00:41:06	00:02:14	00:29:01	9	32.14
Course A - Male 25-29	21	243	Wong Kwok Ho		01:37:27	00:21:59	00:03:28	00:43:58	00:02:02	00:26:02	8	28.57
Course A - Male 25-29	22	213	Chan Hoi Hang Daych		01:41:17	00:24:30	00:03:22	00:38:46	00:02:11	00:32:30	7	25.00
Course A - Male 25-29	23	242	Tse Yu Fung		01:43:18	00:20:12	00:04:04	00:43:07	00:02:29	00:33:28	6	21.43
Course A - Male 25-29	24	216	Cheung Pak shun		01:47:37	00:23:49	00:04:28	00:41:24	00:01:39	00:36:19	5	17.86
Course A - Male 25-29	25	230	LIE KENT SOON KENSON		01:47:49	00:24:16	00:02:37	00:45:32	00:02:08	00:33:17	4	14.29
Course A - Male 25-29	26	217	Chow Cheuk Ki		01:57:46	00:18:56	00:03:50	00:54:25	00:05:08	00:35:29	3	10.71
Course A - Male 25-29	27	225	KOON PUI CHEONG		01:58:06	00:30:19	00:03:35	00:46:52	00:02:06	00:35:17	2	7.14
Course A - Male 25-29	28	232	Ma Chi Hang, Derek	New Wave Swimming Club	02:30:27	00:24:14	00:06:14	01:08:31	00:03:23	00:48:07	1	3.57
Course A - Male 25-29	DNS	221	HUNG CHEUNG KIT, JOHN	South China Athletic Association	01:26:06	00:23:00	00:02:34	00:31:37	00:02:13	00:26:42		
Course A - Male 25-29	DNS	238	Sau Miu Cheung		01:34:45	00:19:10	00:04:05	00:44:01	00:01:41	00:25:50		
Course A - Male 25-29	DNS	234	Ng Chun Tung		01:35:18	00:22:07	00:04:18	00:42:01	00:01:51	00:25:01		
Course A - Male 25-29	DNF	239	Tam Yau Yan	Part Time Association								

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 30-34	1	315	SUN FAT YEE	South China Athletic Association	01:09:26	00:12:45	00:01:59	00:32:49	00:01:13	00:20:43	63	100.00
Course A - Male 30-34	2	266	CHOW KEVIN TZE HO	South China Athletic Association	01:10:21	00:11:24	00:02:03	00:34:03	00:01:28	00:21:24	62	98.41
Course A - Male 30-34	3	249	Alexander Tanti	Tritons Triathlon Club	01:11:32	00:13:59	00:02:37	00:31:35	00:01:48	00:21:35	61	96.83
Course A - Male 30-34	4	325	Yeung Ka Ming, Ivan		01:15:59	00:15:29	00:02:15	00:35:00	00:01:28	00:21:49	60	95.24
Course A - Male 30-34	5	324	Woo Wai Kit		01:16:28	00:18:01	00:02:12	00:32:34	00:01:29	00:22:13	59	93.65
Course A - Male 30-34	6	285	Lai Kat		01:17:01	00:20:10	00:02:15	00:33:38	00:01:17	00:19:43	58	92.06
Course A - Male 30-34	7	288	Lam Tsz Wai	Energetic Triathlon Shatin	01:17:11	00:15:48	00:02:05	00:34:02	00:01:40	00:23:39	57	90.48
Course A - Male 30-34	8	328	YUI POR NG		01:19:00	00:18:30	00:02:36	00:35:38	00:01:33	00:20:45	56	88.89
Course A - Male 30-34	9	280	Jarek Barc	Hong Kong Dragons Triathlon Club	01:19:31	00:16:37	00:02:55	00:33:15	00:01:40	00:25:07	55	87.30
Course A - Male 30-34	10	293	Lee Yuk Tong	Energetic Triathlon Shatin	01:20:33	00:20:42	00:02:54	00:34:10	00:01:36	00:21:13	54	85.71
Course A - Male 30-34	11	301	Lui Kim Lun	AustSports Association	01:21:32	00:17:48	00:02:25	00:33:01	00:01:42	00:26:37	53	84.13
Course A - Male 30-34	12	272	Douglas Robinson		01:23:09	00:15:57	00:03:14	00:42:41	00:02:08	00:19:10	52	82.54
Course A - Male 30-34	13	282	JUAN RAMON PUCHADES LOPEZ		01:23:16	00:17:16	00:03:29	00:35:51	00:02:00	00:24:42	51	80.95
Course A - Male 30-34	14	259	chan ying ming		01:23:39	00:18:43	00:03:11	00:34:49	00:02:15	00:24:43	50	79.37
Course A - Male 30-34	15	262	cheung min wai		01:25:31	00:19:21	00:02:47	00:37:06	00:01:31	00:24:48	49	77.78
Course A - Male 30-34	16	265	Chow Chi Man	Energetic Triathlon Shatin	01:25:36	00:20:23	00:03:07	00:34:23	00:01:57	00:25:48	48	76.19
Course A - Male 30-34	17	303	Moktan Palden	Energetic Triathlon Shatin	01:26:04	00:21:12					47	74.60
Course A - Male 30-34	18	284	Ku Wang Kwon, Henry		01:26:26	00:23:25	00:02:53	00:35:38	00:01:33	00:22:58	46	73.02
Course A - Male 30-34	19	314	so chi ming		01:26:41	00:19:43	00:02:58	00:36:09	00:02:15	00:25:38	45	71.43
Course A - Male 30-34	20	275	Fung Chi Yeung		01:27:48	00:19:58	00:04:10	00:38:23	00:01:21	00:23:58	44	69.84
Course A - Male 30-34	21	276	hau wai yin		01:28:35	00:17:46	00:03:46	00:39:39	00:01:54	00:25:32	43	68.25



Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 30-34	DNS	271	Douglas Hartrick									
Course A - Male 30-34	DNS	274	Ernst Grabowski	Tritons Triathlon Club								
Course A - Male 30-34	DNS	279	Iain Veitch	Hong Kong Dragons Triathlon Club								
Course A - Male 30-34	DNS	311	SERGEY NOCHOVNY									
Course A - Male 30-34	DNS	313	Simon Dedman	Tritons Triathlon Club								
Course A - Male 30-34	DNS	320	Tsang Chong Ki									
Course A - Male 30-34	DNS	321	Tsang Chun Kit	AustSports Association								
Course A - Male 30-34	DNS	327	YIP LAP CHEUNG	Excel Swim Sports Association								
Course A - Male 30-34	DNS	386	O'Donnell David									
Short Bike	DSQ	372	Leung Ching Fai Frankie	New Wave Swimming Club		00:20:06	00:02:22	00:32:27	00:01:46	00:16:45		
Short Bike	DSQ	254	Brooks Richard	Tritons Triathlon Club	01:14:23	00:18:39	00:02:33	00:28:12	00:01:49	00:23:11	58	95.08
Short Run	DSQ	326	yeung siuyu		01:39:36	00:24:16	00:04:01	00:47:40	00:03:43	00:19:57	17	27.87
Short Run	DSQ	299	Li Fai		01:13:49	00:17:53	00:03:38	00:34:23	00:01:59	00:15:56	59	95.16
Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 35-39	1	345	Chum Tik Ho		01:17:16	00:16:50	00:02:35	00:33:33	00:01:39	00:22:42	57	100.00
Course A - Male 35-39	2	391	Poon Wing Sing		01:17:25	00:19:26	00:02:13	00:33:07	00:01:29	00:21:11	56	98.25
Course A - Male 35-39	3	406	Wong Lok Shun		01:17:34	00:15:28	00:02:54	00:31:47	00:01:36	00:25:50	55	96.49
Course A - Male 35-39	4	356	James Whitman	Tung Chung Triathlon Association	01:17:37	00:15:04	00:02:16	00:34:55	00:01:46	00:23:38	54	94.74
Course A - Male 35-39	5	347	Dominic murphy	Hong Kong Dragons Triathlon Club	01:18:03	00:15:58	00:03:03	00:33:51	00:02:06	00:23:07	53	92.98
Course A - Male 35-39	6	343	Chris Cook		01:18:20	00:18:09	00:02:40	00:34:03	00:02:05	00:21:25	52	91.23
Course A - Male 35-39	7	396	Sin Chun Kwong	Energetic Triathlon Shatin	01:19:12	00:19:55	00:02:08	00:32:45	00:01:29	00:22:57	51	89.47
Course A - Male 35-39	8	387	Osamu Yamagata	Sonic Sports Association	01:22:01	00:16:15	00:02:57	00:38:15	00:02:07	00:22:29	50	87.72
Course A - Male 35-39	9	380	Lok Lam Fung	Titan Triathlon	01:22:05	00:15:59	00:02:35	00:34:18	00:02:03	00:27:11	49	85.96
Course A - Male 35-39	10	400	Tsang Chi Leung	Part Time Association	01:22:58	00:19:55	00:03:53	00:34:15	00:02:11	00:22:46	48	84.21
Course A - Male 35-39	11	358	Jeffrey Zielinski	Tritons Triathlon Club	01:23:01	00:20:07	00:03:49	00:36:38	00:02:11	00:20:17	47	82.46
Course A - Male 35-39	12	408	WONG PUI YUEN	Energetic Triathlon Shatin	01:23:08	00:21:01	00:02:30	00:34:22	00:02:00	00:23:18	46	80.70
Course A - Male 35-39	13	402	Voon Hing Wah	AustSports Association	01:23:51	00:18:38	00:02:47	00:33:32	00:02:08	00:26:48	45	78.95
Course A - Male 35-39	14	352	Ho Chi Hong	South China Athletic Association	01:25:02	00:15:32	00:02:41	00:39:52	00:01:39	00:25:19	44	77.19
Course A - Male 35-39	15	407	Wong Po Kin Kent	Sonic Sports Association	01:25:24	00:21:39	00:02:24	00:33:26	00:02:10	00:25:45	43	75.44
Course A - Male 35-39	16	403	Wan Chi Yuen		01:25:28	00:20:47	00:02:54	00:36:20	00:02:14	00:23:15	42	73.68
Course A - Male 35-39	17	330	Adrian Lydiard	Hong Kong Dragons Triathlon Club	01:25:31	00:15:27	00:03:26	00:37:31	00:02:14	00:26:54	41	71.93
Course A - Male 35-39	18	340	Chiu Chi Wah Steve		01:25:47	00:19:31	00:02:26	00:35:43	00:01:57	00:26:12	40	70.18
Course A - Male 35-39	19	350	Fan Chun Sing		01:25:49	00:20:38	00:02:58	00:37:54	00:02:22	00:21:59	39	68.42
Course A - Male 35-39	20	366	Lau Gum Bong Gabriel	Sonic Sports Association	01:25:52	00:18:29	00:03:21	00:36:24	00:03:09	00:24:31	38	66.67
Course A - Male 35-39	21	379	LO YING WAI	New Wave Swimming Club	01:25:53	00:21:07	00:02:50	00:34:06	00:01:48	00:26:04	37	64.91
Course A - Male 35-39	22	359	John Pennel		01:28:18	00:16:29	00:03:42	00:34:00	00:02:50	00:31:19	36	63.16
Course A - Male 35-39	23	364	Lam Fan		01:28:30	00:20:56	00:02:40	00:34:50	00:02:09	00:27:56	35	61.40
Course A - Male 35-39	24	376	LI WAI YIN ALBERT		01:28:38	00:18:57	00:02:54	00:36:57	00:02:21	00:27:31	34	59.65
Course A - Male 35-39	25	397	SO SHU TAI		01:28:43	00:21:51	00:03:25	00:34:06	00:02:31	00:26:52	33	57.89
Course A - Male 35-39	26	332	BENJAMIN GRENON	Tritons Triathlon Club	01:28:54	00:18:42	00:04:34	00:37:10	00:02:34	00:25:56	32	56.14
Course A - Male 35-39	27	393	Raymond Ma	South China Athletic Association	01:29:03	00:19:17	00:03:18	00:36:54	00:02:20	00:27:16	31	54.39
Course A - Male 35-39	28	354	IP CHUNG YIN	Titan Triathlon	01:29:22	00:18:07	00:02:51	00:41:06	00:01:51	00:25:28	30	52.63
Course A - Male 35-39	29	338	CHEUNG Lok Man		01:29:26	00:22:30	00:03:48	00:38:21	00:02:17	00:22:32	29	50.88
Course A - Male 35-39	30	398	Tam Chi Fai		01:29:59	00:23:00	00:02:55	00:38:18	00:01:50	00:23:59	28	49.12
Course A - Male 35-39	31	336	CHENG CHO CHUEN	Part Time Association	01:30:38	00:21:11	00:02:37	00:34:27	00:01:51	00:30:32	27	47.37
Course A - Male 35-39	32	334	Chan Chun Tak, Jeff	Pro-trinity Sports Club	01:32:28	00:21:52	00:03:02	00:38:10	00:01:54	00:27:32	26	45.61

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 35-39	33	375	Li Kar Wai, Kelvin		01:33:45	00:14:44	00:03:53	00:39:18	00:02:18	00:33:33	25	43.86
Course A - Male 35-39	34	370	Lee Ming Yeung	Energetic Triathlon Shatin	01:33:46	00:22:06	00:03:08	00:36:36	00:02:42	00:29:17	24	42.11
Course A - Male 35-39	35	362	KWAN CHIU FAI JOE		01:33:52	00:23:11	00:03:29	00:36:34	00:02:16	00:28:25	23	40.35
Course A - Male 35-39	36	373	LEUNG MAN FUNG	Pro-trinity Sports Club	01:34:50	00:20:33	00:04:13	00:38:16	00:02:19	00:29:31	22	38.60
Course A - Male 35-39	37	341	Choi Tin O, Alvin		01:34:53	00:21:42	00:02:37	00:36:19	00:02:03	00:32:13	21	36.84
Course A - Male 35-39	38	335	Chan HOK HANG	Sonic Sports Association	01:35:12	00:23:35	00:03:41	00:38:38	00:02:34	00:26:46	20	35.09
Course A - Male 35-39	39	346	DAVID SALAZAR GRACIA		01:37:18	00:21:02	00:03:10	00:39:49	00:02:03	00:31:16	19	33.33
Course A - Male 35-39	40	351	Fung Chi Pun		01:37:59	00:20:24	00:05:21	00:40:26	00:02:34	00:29:16	18	31.58
Course A - Male 35-39	41	392	pui kit oet		01:40:53	00:20:16	00:05:14	00:41:58	00:02:27	00:31:01	17	29.82
Course A - Male 35-39	42	383	Ng Chi Wai, Simon	Energetic Triathlon Shatin	01:41:01	00:21:14	00:02:52	00:36:17	00:02:19	00:38:21	16	28.07
Course A - Male 35-39	43	360	Ka Kit Chan		01:43:10	00:22:53	00:02:37	00:43:23	00:02:54	00:31:24	15	26.32
Course A - Male 35-39	44	367	LAU Kin cheung Andy		01:43:11	00:26:16	00:03:26	00:37:42	00:02:46	00:33:02	14	24.56
Course A - Male 35-39	45	378	Lo Chi Hang		01:43:33	00:26:13	00:04:48	00:37:46	00:02:55	00:31:52	13	22.81
Course A - Male 35-39	46	368	LAW CHI WAI	Part Time Association	01:45:08	00:24:19	00:03:23	00:41:17	00:03:23	00:32:49	12	21.05
Course A - Male 35-39	47	404	Wan Siu Kwong		01:47:33	00:24:09	00:03:25	00:41:41	00:02:24	00:35:57	11	19.30
Course A - Male 35-39	48	365	Lau Chi Hang Rex	Part Time Association	01:50:48	00:26:42	00:03:45	00:46:13	00:02:25	00:31:45	10	17.54
Course A - Male 35-39	49	344	Chui Kwok Wing	Tung Chung Triathlon Association	01:51:04	00:25:05	00:06:06	00:44:57	00:02:34	00:32:23	9	15.79
Course A - Male 35-39	50	361	Ko Kei Cheuk		01:52:17	00:36:33	00:03:30	00:35:13	00:02:42	00:34:21	8	14.04
Course A - Male 35-39	51	390	Philippe El Asmar	Tritons Triathlon Club	01:52:27	00:20:54	00:05:14	00:42:39	00:04:12	00:39:29	7	12.28
Course A - Male 35-39	52	333	Brian Woo		01:54:48	00:19:34	00:06:18	00:47:19	00:03:12	00:38:27	6	10.53
Course A - Male 35-39	53	342	CHRIS CHEN		01:54:59	00:25:36	00:02:37	00:43:27	00:02:18	00:41:03	5	8.77
Course A - Male 35-39	54	385	Ng Kar Fai		01:56:31	00:28:27	00:06:37	00:40:23	00:03:48	00:37:17	4	7.02
Course A - Male 35-39	55	363	Kwok Ping Hung	Part Time Association	02:00:25	00:37:52	00:04:17	00:40:55	00:02:40	00:34:43	3	5.26
Course A - Male 35-39	56	381	Mak Chun Yin Tony		02:11:23	00:24:11	00:06:08	00:54:09	00:03:36	00:43:22	2	3.51
Course A - Male 35-39	57	369	LEE CHEUK HIN		02:18:59	00:54:28	00:04:23	00:42:06	00:02:29	00:35:34	1	1.75
Course A - Male 35-39	DNS	329	Aaron Wise									
Course A - Male 35-39	DNS	331	ALBAN GERARD									
Course A - Male 35-39	DNS	339	Cheung Tat Hei									
Course A - Male 35-39	DNS	348	Douglas Gordon Parker	Tritons Triathlon Club								
Course A - Male 35-39	DNS	349	Eugene Wong									
Course A - Male 35-39	DNS	353	Ian Riddell	Hong Kong Dragons Triathlon Club								
Course A - Male 35-39	DNS	355	James Piachaud	Tritons Triathlon Club								
Course A - Male 35-39	DNS	357	JARRAD HAMISH BROWLEE	Hong Kong Dragons Triathlon Club								
Course A - Male 35-39	DNS	371	Lee Yuk Keung	Energetic Triathlon Shatin								
Course A - Male 35-39	DNS	374	Li Chun Pong	Energetic Triathlon Shatin								
Course A - Male 35-39	DNS	377	Iam cohen-ruhle	Tritons Triathlon Club								
Course A - Male 35-39	DNS	395	Simon Waterhouse									
Course A - Male 35-39	DNS	399	Tiu Gary	Energetic Triathlon Shatin								
Course A - Male 35-39	DNS	401	TSE Wai Lam									
Course A - Male 35-39	DNS	409	Wong Siu Yuen	Part Time Association								
Course A - Male 35-39	DNS	410	Yeung Sai Ho									
Short Bike	DSQ	382	Mok Chi Kwong		02:12:53	00:54:30	00:04:23	00:45:23	00:02:12	00:26:26	2	3.39
Short Bike	DSQ	384	Ng Ho Kei Fairy		01:39:03	00:27:50	00:03:34	00:33:59	00:02:53	00:30:49		
Short Bike	DSQ	337	CHENG MAN YUEN		01:21:48	00:21:50	00:04:49	00:36:20	00:02:40	00:16:11		
Short Run	DSQ	394	Simon Jones		01:16:51	00:20:59	00:03:00	00:36:16	00:01:52	00:14:47		
Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 40-44	1	454	Richard Hall	Hong Kong Dragons Triathlon Club	01:07:54	00:13:19	00:01:54	00:31:15	00:01:30	00:19:58	52	100.00
Course A - Male 40-44	2	452	Pesci Gianandrea	Tritons Triathlon Club	01:14:05	00:15:07	00:02:32	00:32:30	00:01:41	00:22:17	51	98.08
Course A - Male 40-44	3	422	Cheung Wai Kei		01:14:49	00:14:40	00:02:29	00:34:16	00:02:04	00:21:21	50	96.15
Course A - Male 40-44	4	463	Wan Shu Wah	Energetic Triathlon Shatin	01:16:12	00:16:06	00:02:18	00:34:33	00:01:51	00:21:26	49	94.23
Course A - Male 40-44	5	472	WONG YEE KEUNG		01:16:33	00:15:15	00:02:45	00:34:57	00:01:28	00:22:09	48	92.31
Course A - Male 40-44	6	438	LAU BIK WAH	South China Athletic Association	01:17:03	00:17:10	00:02:15	00:33:37	00:01:42	00:22:21	47	90.38
Course A - Male 40-44	7	430	Graeme Rigg	Hong Kong Dragons Triathlon Club	01:18:08	00:16:12	00:02:41	00:32:54	00:02:16	00:24:05	46	88.46
Course A - Male 40-44	8	466	Wong Andy	Energetic Triathlon Shatin	01:18:56	00:16:16	00:02:23	00:34:12	00:01:57	00:24:11	45	86.54
Course A - Male 40-44	9	427	Federico Masin		01:19:05	00:16:20	00:02:19	00:34:21	00:01:58	00:24:10	44	84.62
Course A - Male 40-44	10	444	Luke Southall	Mango Swimming Club	01:19:54	00:17:42	00:02:49	00:33:40	00:02:01	00:23:44	43	82.69
Course A - Male 40-44	11	418	CHAN TSAN CHEUNG	Part Time Association	01:20:05	00:19:23	00:02:33	00:35:56	00:01:41	00:20:33	42	80.77
Course A - Male 40-44	12	474	Yeung Wing Yin, Michael	Energetic Triathlon Shatin	01:20:18	00:18:07	00:02:27	00:34:23	00:01:45	00:23:39	41	78.85
Course A - Male 40-44	13	446	Mark Chan		01:21:23	00:18:11	00:02:42	00:35:27	00:01:47	00:23:18	40	76.92
Course A - Male 40-44	14	477	YUNG Leong Sang	Titan Triathlon	01:21:29	00:18:19	00:02:14	00:35:37	00:01:52	00:23:29	39	75.00
Course A - Male 40-44	15	443	LI WAI	Pro-trinity Sports Club	01:21:37	00:16:38	00:02:53	00:36:23	00:01:56	00:23:49	38	73.08
Course A - Male 40-44	16	456	Stephen Boddington		01:21:58	00:16:58	00:03:12	00:34:37	00:01:55	00:25:18	37	71.15
Course A - Male 40-44	17	415	CHAN KA LUN		01:22:38	00:19:07	00:03:16	00:35:16	00:02:22	00:22:38	36	69.23
Course A - Male 40-44	18	417	Chan Ping Kwong	South China Athletic Association	01:27:25	00:19:36	00:02:54	00:35:32	00:01:50	00:27:35	35	67.31
Course A - Male 40-44	19	469	Wong Ting Hon Harrison		01:27:52	00:21:55	00:03:10	00:34:14	00:01:48	00:26:47	34	65.38
Course A - Male 40-44	20	441	lee tat man		01:28:48	00:24:51	00:02:37	00:36:12	00:02:09	00:22:59	33	63.46
Course A - Male 40-44	21	434	Kenneth Yuen		01:29:34	00:18:23	00:04:09	00:36:24	00:03:00	00:27:40	32	61.54
Course A - Male 40-44	22	426	Eddie Chan		01:29:39	00:20:14	00:03:11	00:34:33	00:01:57	00:29:47	31	59.62
Course A - Male 40-44	23	420	Chen Teng	AustSports Association	01:31:39	00:20:55	00:02:37	00:37:45	00:02:11	00:28:12	30	57.69
Course A - Male 40-44	24	423	CHO SHING CHIU		01:31:51	00:20:51	00:03:38	00:36:47	00:02:41	00:27:55	29	55.77
Course A - Male 40-44	25	462	Vincent Vaucelle		01:33:30	00:19:36	00:03:14	00:40:19	00:02:12	00:28:10	28	53.85
Course A - Male 40-44	26	470	WONG TSZ WAI		01:33:39	00:22:53	00:03:13	00:37:46	00:01:53	00:27:55	27	51.92
Course A - Male 40-44	27	431	Hau Hon Leung Terry	Part Time Association	01:34:40	00:25:32	00:03:28	00:37:54	00:02:58	00:24:50	26	50.00
Course A - Male 40-44	28	432	HAU SHING WA		01:34:57	00:20:10	00:02:50	00:37:44	00:01:49	00:32:26	25	48.08
Course A - Male 40-44	29	424	Choy Kuen Chau	South China Athletic Association	01:35:20	00:18:12	00:03:29	00:44:47	00:02:12	00:26:42	24	46.15
Course A - Male 40-44	30	433	Hui Chi Kong		01:35:20	00:21:12	00:03:25	00:39:28	00:03:37	00:27:40	23	44.23
Course A - Male 40-44	31	414	Carlitos Escueta		01:35:28	00:23:36	00:03:23	00:39:20	00:02:08	00:27:02	22	42.31
Course A - Male 40-44	32	436	Lam Wai Tak Walter	Part Time Association	01:37:08	00:22:04	00:03:16	00:38:04	00:01:59	00:31:45	21	40.38
Course A - Male 40-44	33	453	Peter Tam		01:37:23	00:22:06	00:03:26	00:37:56	00:02:55	00:31:02	20	38.46
Course A - Male 40-44	34	445	LUNG Sai Kui		01:37:54	00:26:54	00:03:13	00:37:24	00:02:21	00:28:04	19	36.54
Course A - Male 40-44	35	450	Paul d'Arcy	Hong Kong Dragons Triathlon Club	01:38:45	00:19:10	00:02:55	00:35:55	00:02:08	00:38:39	18	34.62
Course A - Male 40-44	36	437	Lam Wai Yip	Titan Triathlon	01:38:58	00:22:44	00:02:51	00:42:53	00:02:07	00:28:27	17	32.69
Course A - Male 40-44	37	457	sun cho kan		01:39:07	00:22:24	00:03:16	00:39:39	00:02:30	00:31:19	16	30.77
Course A - Male 40-44	38	471	Wong Wai Man		01:40:01	00:20:38	00:03:23	00:41:55	00:01:57	00:32:10	15	28.85
Course A - Male 40-44	39	467	WONG BOK WAI, BYRON	Energetic Triathlon Shatin	01:42:15	00:26:42	00:03:34	00:39:31	00:03:05	00:29:25	14	26.92
Course A - Male 40-44	40	461	VEILEN DICK	Energetic Triathlon Shatin	01:43:01	00:25:59	00:03:13	00:38:41	00:03:16	00:31:55	13	25.00
Course A - Male 40-44	41	429	Goutenmacher Dimitri	Tritons Triathlon Club	01:44:04	00:18:21	00:04:01	00:43:49	00:03:06	00:34:49	12	23.08
Course A - Male 40-44	42	416	CHAN KWOK CHUNG		01:44:53	00:22:18	00:04:11	00:39:48	00:03:14	00:35:23	11	21.15
Course A - Male 40-44	43	465	William Mak		01:45:16	00:22:38	00:03:11	00:47:34	00:03:04	00:28:51	10	19.23
Course A - Male 40-44	44	475	Yiu Chung Jonathan Lee		01:45:16	00:21:21	00:04:23	00:41:11	00:02:25	00:35:59	9	17.31
Course A - Male 40-44	45	412	Au Yeung Shek Wai		01:49:11	00:24:08	00:05:31	00:43:02	00:03:08	00:33:24	8	15.38
Course A - Male 40-44	46	440	LEE CHUN YIP	Part Time Association	01:50:12	00:20:19	00:05:44	00:44:35	00:02:48	00:36:48	7	13.46
Course A - Male 40-44	47	413	Bramham Shaun		01:53:50	00:27:03	00:03:45	00:42:35	00:02:39	00:37:51	6	11.54



Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 40-44	48	428	FRANCISCO JAVIER TORA MIRA		01:54:33	00:28:27	00:04:10	00:41:14	00:03:11	00:37:34	5	9.62
Course A - Male 40-44	49	442	Leung Wai Kwong		01:55:17	00:25:48	00:05:02	00:43:59	00:02:59	00:37:31	4	7.69
Course A - Male 40-44	50	459	Tang Chi Keung		01:55:25	00:23:42	00:02:37	00:45:48	00:04:57	00:38:21	3	5.77
Course A - Male 40-44	51	421	CHENG WING KIN DAVID		02:05:56	00:26:10	00:04:51	00:45:27	00:03:52	00:45:37	2	3.85
Course A - Male 40-44	52	435	Lam Hoo Ming	Energetic Triathlon Shatin	02:14:18	00:22:38	00:03:38	01:00:35	00:02:57	00:44:31	1	1.92
Course A - Male 40-44	DNS	411	Ashley Dyer									
Course A - Male 40-44	DNS	439	Lawrence Chan									
Course A - Male 40-44	DNS	447	Olivier COURRET	Hong Kong Dragons Triathlon Club								
Course A - Male 40-44	DNS	449	Pang Ka Yiu									
Course A - Male 40-44	DNS	455	STEPHEN ADAMS	Tritons Triathlon Club								
Course A - Male 40-44	DNS	458	TAM CHI HUNG	Titan Triathlon								
Course A - Male 40-44	DNS	460	Tong Christopher	Sonic Sports Association								
Course A - Male 40-44	DNS	464	Wan Ting Yiu, Ricky	Energetic Triathlon Shatin								
Course A - Male 40-44	DNS	468	WONG BUN	Part Time Association								
Course A - Male 40-44	DNS	473	YEUNG CHI WAI NOORDIN	Energetic Triathlon Shatin								
Course A - Male 40-44	DNS	476	Yue Kwok Chung Andrew	South China Athletic Association								
Short Bike	DSQ	425	Dick Chung		01:14:00	00:15:11	00:02:45	00:32:18	00:01:47	00:21:59		
Short Bike	DSQ	448	Ormiston Michael		01:18:39	00:18:31	00:03:47	00:30:42	00:02:31	00:23:10		
Short Bike	DSQ	419	Chan Yiu Keung		01:44:20	00:22:18	00:03:51	00:36:35	00:02:36	00:38:13	12	22.64

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 45-49	1	499	Jo Koster	Tritons Triathlon Club	01:12:36	00:16:11	00:02:19	00:31:35	00:01:27	00:21:05	50	100.00
Course A - Male 45-49	2	537	WONG TAK WAH, EDWARD	Energetic Triathlon Shatin	01:16:39	00:17:32	00:02:19	00:34:27	00:01:22	00:21:01	49	98.00
Course A - Male 45-49	3	529	Scott James Burton		01:17:08	00:13:15	00:02:39	00:37:08	00:01:37	00:22:31	48	96.00
Course A - Male 45-49	4	539	Yeung Chi Hong		01:18:14	00:15:20	00:02:29	00:35:06	00:01:41	00:23:41	47	94.00
Course A - Male 45-49	5	498	George Tullis		01:18:20	00:16:32	00:03:01	00:33:30	00:01:49	00:23:30	46	92.00
Course A - Male 45-49	6	530	Shi Bertram	Energetic Triathlon Shatin	01:19:44	00:15:21	00:02:44	00:34:59	00:01:49	00:24:53	45	90.00
Course A - Male 45-49	7	508	Lam Kam Ching	Tung Chung Triathlon Association	01:20:32	00:18:35	00:02:54	00:33:22	00:01:36	00:24:07	44	88.00
Course A - Male 45-49	8	482	Chan Wai Kee, Eric	Sonic Sports Association	01:22:43	00:17:04	00:02:41	00:36:28	00:01:43	00:24:49	43	86.00
Course A - Male 45-49	9	488	Cheung Man Kwong	Mango Swimming Club	01:23:28	00:18:06	00:02:38	00:35:53	00:01:24	00:25:29	42	84.00
Course A - Male 45-49	10	516	Ma Chi Po	Titan Triathlon	01:23:42	00:17:01	00:02:49	00:36:29	00:01:48	00:25:36	41	82.00
Course A - Male 45-49	11	507	Lai Yiu Chung		01:23:58	00:16:04	00:02:57	00:40:32	00:01:42	00:22:45	40	80.00
Course A - Male 45-49	12	525	Pang Kam Yau		01:27:08	00:19:20	00:02:53	00:39:24	00:01:58	00:23:34	39	78.00
Course A - Male 45-49	13	531	Stephen Waldo Ho		01:30:08	00:15:58	00:02:37	00:42:16	00:02:39	00:26:40	38	76.00
Course A - Male 45-49	14	479	Chan CHI YAN		01:30:21	00:22:08	00:02:37	00:35:11	00:02:18	00:28:08	37	74.00
Course A - Male 45-49	15	526	Paul Rae Howard		01:30:39	00:18:07	00:03:59	00:37:12	00:02:52	00:28:32	36	72.00
Course A - Male 45-49	16	527	Richard Hamilton		01:30:44	00:20:12	00:03:12	00:34:45	00:02:03	00:30:34	35	70.00
Course A - Male 45-49	17	501	KARIM CHABANE	Hong Kong Dragons Triathlon Club	01:32:07	00:20:47	00:03:28	00:37:49	00:02:43	00:27:22	34	68.00
Course A - Male 45-49	18	503	Kevin Klock		01:32:54	00:22:47	00:02:53	00:35:23	00:02:15	00:29:38	33	66.00
Course A - Male 45-49	19	540	Yuen Kwok Ming, Patrick	New Wave Swimming Club	01:33:28	00:20:57	00:02:37	00:40:33	00:02:19	00:27:03	32	64.00
Course A - Male 45-49	20	523	Nicholas Tan		01:33:43	00:22:17	00:03:13	00:39:57	00:01:56	00:26:22	31	62.00
Course A - Male 45-49	21	511	Leo Ho		01:34:59	00:23:41	00:03:13	00:42:10	00:01:22	00:24:34	30	60.00
Course A - Male 45-49	22	517	Michael Sadler		01:35:23	00:22:37	00:03:07	00:37:52	00:02:09	00:29:39	29	58.00
Course A - Male 45-49	23	538	WONG WING HIM, DENIS	South China Athletic Association	01:35:42	00:18:55	00:03:18	00:41:39	00:03:38	00:28:15	28	56.00
Course A - Male 45-49	24	513	Lin Wai Shun	AustSports Association	01:35:56	00:23:53	00:02:56	00:40:02	00:02:14	00:26:52	27	54.00
Course A - Male 45-49	25	541	Poon Che Wai, Bernard		01:36:01	00:20:27	00:03:41	00:35:52	00:02:16	00:33:47	26	52.00

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 45-49	26	504	Kwan Chi Man	New Target Sport Association	01:36:25	00:21:36	00:03:31	00:39:20	00:02:36	00:29:23	25	50.00
Course A - Male 45-49	27	485	Cheong Chee Cheong		01:36:35	00:23:32	00:03:03	00:38:00	00:02:13	00:29:48	24	48.00
Course A - Male 45-49	28	492	Choy Wai Kwun	AustSports Association	01:36:48	00:24:13	00:04:55	00:39:23	00:02:05	00:26:13	23	46.00
Course A - Male 45-49	29	521	ng sui hing		01:37:07	00:25:45	00:03:02	00:37:49	00:02:33	00:28:01	22	44.00
Course A - Male 45-49	30	496	Enrique Vanrell		01:37:15	00:20:53	00:05:28	00:36:20	00:04:00	00:30:36	21	42.00
Course A - Male 45-49	31	520	NG HOI SANG	Titan Triathlon	01:37:17	00:22:28	00:03:42	00:40:13	00:02:09	00:28:47	20	40.00
Course A - Male 45-49	32	505	Kwok Ka Fai		01:38:26	00:22:02	00:04:23	00:41:10	00:02:36	00:28:17	19	38.00
Course A - Male 45-49	33	480	Chan Ka Keung	Energetic Triathlon Shatin	01:38:38	00:20:43	00:03:34	00:38:53	00:02:33	00:32:58	18	36.00
Course A - Male 45-49	34	519	Mok King Kuen		01:40:01	00:24:36	00:03:35	00:40:18	00:03:03	00:28:31	17	34.00
Course A - Male 45-49	35	494	CHUNG Wing-shing		01:41:13	00:25:01	00:03:40	00:39:11	00:02:47	00:30:35	16	32.00
Course A - Male 45-49	36	532	SUEN Chung yin		01:41:22	00:23:50	00:03:37	00:40:11	00:03:11	00:30:35	15	30.00
Course A - Male 45-49	37	512	Leung Shu on, Terence	AustSports Association	01:41:29	00:20:28	00:04:47	00:42:02	00:02:13	00:32:02	14	28.00
Course A - Male 45-49	38	533	TAM MAN KWONG	Energetic Triathlon Shatin	01:42:18	00:20:50	00:03:15	00:39:50	00:02:49	00:35:37	13	26.00
Course A - Male 45-49	39	490	Chi Wai Law		01:42:52	00:21:25	00:05:04	00:46:25	00:02:17	00:27:43	12	24.00
Course A - Male 45-49	40	535	WONG SUI CHEONG	Sonic Sports Association	01:44:08	00:20:55	00:03:34	00:48:06	00:01:52	00:29:44	11	22.00
Course A - Male 45-49	41	509	Law Chun Hung	AustSports Association	01:44:31	00:24:17	00:04:32	00:41:55	00:02:00	00:31:49	10	20.00
Course A - Male 45-49	42	486	Cheung Kai Shui		01:45:58	00:20:48	00:03:53	00:40:37	00:02:35	00:38:06	9	18.00
Course A - Male 45-49	43	493	Chu Kwok Keung Eric		01:48:16	00:23:32	00:02:52	00:42:20	00:02:30	00:37:05	8	16.00
Course A - Male 45-49	44	536	Wong Tai Hing, Steven		01:48:33	00:24:00	00:07:05	00:40:39	00:03:37	00:33:14	7	14.00
Course A - Male 45-49	45	484	Cheng Tat King		01:49:03	00:22:32	00:05:02	00:39:30	00:04:10	00:37:52	6	12.00
Course A - Male 45-49	46	483	Chan Wai Yin, Mickey		01:52:03	00:20:39	00:03:46	00:38:21	00:03:16	00:46:02	5	10.00
Course A - Male 45-49	47	497	Frederic Resta		01:55:34	00:18:27	00:06:51	00:54:12	00:04:00	00:32:05	4	8.00
Course A - Male 45-49	48	506	KWOK WAI MAN	AustSports Association	01:57:31	00:26:18	00:04:05	00:42:22	00:03:57	00:40:50	3	6.00
Course A - Male 45-49	49	522	Ng To Lung		01:58:03	00:24:54	00:06:52	00:45:20	00:03:19	00:37:39	2	4.00
Course A - Male 45-49	50	478	Bill Mok		02:01:24	00:28:22	00:04:30	00:46:59	00:01:38	00:39:57	1	2.00
Course A - Male 45-49	DNF	487	Cheung Kwok Leung	Titan Triathlon								
Course A - Male 45-49	DNF	502	SO HING YUE	Titan Triathlon								
Course A - Male 45-49	DNF	514	Lit Kwong On	AustSports Association		00:22:44	00:02:25	00:36:29	00:01:35			
Course A - Male 45-49	DNF	515	Lo WAI Kai									
Course A - Male 45-49	DNS	481	CHAN KWOK CHI	Energetic Triathlon Shatin								
Course A - Male 45-49	DNS	489	Cheung Sai Pang									
Course A - Male 45-49	DNS	491	CHONG CHOR FOR									
Course A - Male 45-49	DNS	495	Eiji Yanagawa									
Course A - Male 45-49	DNS	500	Jonathan Rhys Perrin									
Course A - Male 45-49	DNS	510	LEE WAN KWONG									
Course A - Male 45-49	DNS	518	Michael Tse	Tritons Triathlon Club								
Course A - Male 45-49	DNS	524	Pang Alwyn See Kit	South China Athletic Association								
Course A - Male 45-49	DNS	528	Robin Stuart Leeson									
Short Bike	DSQ	534	Tang Wai Ki, Ricky			00:16:25	00:02:52			00:22:32		

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 50-54	1	113	Tony Flynn		01:17:33	00:19:14	00:02:18	00:34:06	00:01:20	00:20:38	40	100.00
Course A - Male 50-54	2	75	ALAN TORRIGINO	Hong Kong Dragons Triathlon Club	01:17:39	00:15:18	00:02:13	00:33:26	00:01:35	00:25:09	39	97.50
Course A - Male 50-54	3	78	Chan Chu	Energetic Triathlon Shatin	01:17:58	00:18:07	00:02:26	00:34:38	00:01:31	00:21:18	38	95.00
Course A - Male 50-54	4	88	Desmond Hill		01:18:11						37	92.50
Course A - Male 50-54	5	105	Lee Ying Ho	Sonic Sports Association	01:20:01	00:19:37	00:02:28	00:33:45	00:01:25	00:22:47	36	90.00

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 50-54	6	87	David Howell		01:20:08	00:16:25	00:03:04	00:34:26	00:01:45	00:24:29	35	87.50
Course A - Male 50-54	7	119	Ho Tak Ming	Energetic Triathlon Shatin	01:20:29	00:16:41	00:02:54	00:35:02	00:01:43	00:24:10	34	85.00
Course A - Male 50-54	8	109	MA YUK FU	Titan Triathlon	01:22:13	00:18:37	00:02:42	00:34:41	00:01:37	00:24:38	33	82.50
Course A - Male 50-54	9	104	Lee Kwok Ning		01:22:51	00:20:26	00:02:25	00:33:38	00:02:09	00:24:13	32	80.00
Course A - Male 50-54	10	106	LEUNG YAU HONG	Hope Sport Association	01:23:45	00:21:40	00:02:21	00:34:56	00:01:35	00:23:15	31	77.50
Course A - Male 50-54	11	110	Poon Kwok Wing	Energetic Triathlon Shatin	01:24:20	00:18:45	00:02:45	00:34:28	00:01:42	00:26:42	30	75.00
Course A - Male 50-54	12	98	Lam Fergus	Energetic Triathlon Shatin	01:25:50	00:20:14	00:03:44	00:37:27	00:01:52	00:22:35	29	72.50
Course A - Male 50-54	13	94	JOHNSON CHAN	Sonic Sports Association	01:25:51	00:15:32	00:02:49	00:40:01	00:01:23	00:26:07	28	70.00
Course A - Male 50-54	14	85	Chung Lui Hung Lawrence	Energetic Triathlon Shatin	01:26:51	00:21:56	00:02:35	00:33:58	00:02:11	00:26:12	27	67.50
Course A - Male 50-54	15	112	Tim Smith		01:27:21	00:22:04	00:03:12	00:33:26	00:01:47	00:26:53	26	65.00
Course A - Male 50-54	16	102	Law Chun Kuen, Stanley	AustSports Association	01:29:28	00:21:27	00:03:14	00:38:15	00:01:44	00:24:50	25	62.50
Course A - Male 50-54	17	111	Stuart Stuart Cranfield		01:29:43	00:23:23	00:03:16	00:35:30	00:02:16	00:25:20	24	60.00
Course A - Male 50-54	18	100	Lam Wing Biu		01:33:24	00:23:04	00:04:23	00:38:04	00:02:11	00:25:43	23	57.50
Course A - Male 50-54	19	93	Jimmy Chau		01:34:30	00:24:38	00:03:28	00:36:21	00:02:50	00:27:15	22	55.00
Course A - Male 50-54	20	99	Lam Tsz Leung		01:34:38	00:27:51	00:03:00	00:36:42	00:02:15	00:24:50	21	52.50
Course A - Male 50-54	21	83	Choy Ying Keung	Part Time Association	01:34:46	00:24:08	00:02:37	00:38:51	00:02:01	00:27:09	20	50.00
Course A - Male 50-54	22	79	CHAN SIK WING		01:35:04	00:24:53	00:04:59	00:40:29	00:01:46	00:22:58	19	47.50
Course A - Male 50-54	23	77	Armin Zahner		01:36:04	00:20:59	00:03:46	00:34:04	00:02:21	00:34:57	18	45.00
Course A - Male 50-54	24	96	Lam Chi Choi	Titan Triathlon	01:36:11	00:25:08	00:04:21	00:39:06	00:02:12	00:25:24	17	42.50
Course A - Male 50-54	25	90	Ho Kon Bun		01:36:13	00:21:35	00:02:51	00:39:46	00:01:59	00:30:03	16	40.00
Course A - Male 50-54	26	114	Tsang Hon Min	Sonic Sport Association	01:38:03	00:22:22	00:03:03	00:38:38	00:02:15	00:31:45	15	37.50
Course A - Male 50-54	27	107	LUI KIM MING	Energetic Triathlon Shatin	01:39:05	00:22:07	00:03:06	00:42:18	00:02:27	00:29:08	14	35.00
Course A - Male 50-54	28	86	Chung Shun	AustSports Association	01:40:06	00:20:53	00:05:41	00:44:27	00:02:17	00:26:50	13	32.50
Course A - Male 50-54	29	95	Kwok Sui Wing		01:41:06	00:25:48	00:03:50	00:42:16	00:01:49	00:27:24	12	30.00
Course A - Male 50-54	30	116	Wong Kit		01:42:13	00:22:31	00:02:37	00:44:27	00:02:55	00:29:43	11	27.50
Course A - Male 50-54	31	97	Lam Chi Wing		01:42:19	00:30:38	00:03:13	00:37:21	00:02:12	00:28:57	10	25.00
Course A - Male 50-54	32	117	Yuen Kai Ming	Energetic Triathlon Shatin	01:42:20	00:23:41	00:03:12	00:43:36	00:02:18	00:29:34	9	22.50
Course A - Male 50-54	33	101	Lau Chi Wai		01:43:50	00:22:38	00:06:47	00:42:47	00:02:31	00:29:08	8	20.00
Course A - Male 50-54	34	118	Cheung Yung Tak		01:44:44	00:22:17	00:04:03	00:49:29	00:02:36	00:26:20	7	17.50
Course A - Male 50-54	35	84	Chu Shiu Kay, Ferdinand	Energetic Triathlon Shatin	01:47:02	00:21:50	00:04:38	00:41:55	00:02:38	00:36:02	6	15.00
Course A - Male 50-54	36	80	Chan Yuk Hing	AustSports Association	01:48:31	00:27:51	00:04:45	00:44:11	00:02:24	00:29:22	5	12.50
Course A - Male 50-54	37	89	Ho Hing Cheung		01:50:26	00:24:06	00:04:56	00:40:40	00:03:19	00:37:27	4	10.00
Course A - Male 50-54	38	91	HO KWONG NGAI ERIC		01:55:02	00:19:50	00:05:15	00:55:35	00:02:22	00:32:02	3	7.50
Course A - Male 50-54	39	82	Cheung Wai Kiu		02:00:42	00:22:44	00:04:35	01:01:18	00:02:37	00:29:28	2	5.00
Course A - Male 50-54	40	108	Ma Hing Kit		02:02:41	00:20:23	00:04:38	01:06:15	00:02:47	00:28:40	1	2.50
Course A - Male 50-54	DNS	103	Lee Chi Wai									
Course A - Male 50-54	DNS	81	Chau Ho Ming	Energetic Triathlon Shatin								
Course A - Male 50-54	DNS	92	Olivia June Alfheim	Energetic Triathlon Shatin								
Course A - Male 50-54	DNS	115	Wang Zhe Shen, Julius	Sonic Sports Association								

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 55-59	1	133	Wong Cheuk Yin	Mango Swimming Club	01:19:49	00:15:18	00:02:27	00:36:46	00:02:08	00:23:11	15	100.00
Course A - Male 55-59	2	134	Wong Kam Tim	Part Time Association	01:22:54	00:19:24	00:02:45	00:33:48	00:01:40	00:25:19	14	93.33
Course A - Male 55-59	3	122	Chan King Yuen	Titan Triathlon	01:28:07	00:17:38	00:03:05	00:38:26	00:01:44	00:27:16	13	86.67
Course A - Male 55-59	4	131	Shek Kong		01:29:44	00:20:32	00:03:35	00:40:09	00:02:06	00:23:25	12	80.00
Course A - Male 55-59	5	135	WU CHI WAI		01:31:07	00:22:15	00:04:13	00:35:20	00:02:45	00:26:35	11	73.33

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 55-59	6	123	Cheung He		01:32:13	00:21:05	00:04:17	00:38:52	00:01:51	00:26:09	10	66.67
Course A - Male 55-59	7	124	Graeme Deuchars		01:32:45	00:25:03	00:04:20	00:34:44	00:02:43	00:25:56	9	60.00
Course A - Male 55-59	8	125	James Vickers		01:33:17	00:22:15	00:03:24	00:38:18	00:01:56	00:27:25	8	53.33
Course A - Male 55-59	9	121	Chan Fai Ming	Hope Sport Association	01:39:01	00:21:25	00:04:06	00:39:58	00:01:45	00:31:49	7	46.67
Course A - Male 55-59	10	120	Au Yau Kit	AustSports Association	01:44:57	00:18:42	00:02:37	00:44:56	00:02:37	00:36:07	6	40.00
Course A - Male 55-59	11	126	Jimmy Kam		01:45:36	00:25:26	00:04:36	00:42:30	00:01:59	00:31:07	5	33.33
Course A - Male 55-59	12	130	LEE KA YIU		01:51:04	00:33:39	00:03:17	00:40:18	00:03:11	00:30:39	4	26.67
Course A - Male 55-59	13	136	Fung Cheuk Sing		02:01:19	00:28:19	00:03:30	00:45:08	00:04:07	00:40:18	3	20.00
Course A - Male 55-59	14	127	Lai Chiu Cheong		02:09:46	00:25:52	00:06:24	00:47:42	00:06:17	00:43:33	2	13.33
Course A - Male 55-59	15	129	Lam Chi Keung	Chi Keung Aqua Club	02:46:26	00:28:02	00:08:46	01:07:21	00:03:41	00:58:38	1	6.67
Course A - Male 55-59	DNS	128	Lai Wai Kwok									
Short Bike	DSQ	132	Tso Chun Bong	Titan Triathlon	01:25:47	00:22:48	00:03:15	00:29:59	00:01:49	00:27:58		

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male 60 & Over	1	144	Leung Chi Hung□Nelson	Energetic Triathlon Shatin	01:27:09	00:19:06	00:02:40	00:38:12	00:01:30	00:25:43	6	100.00
Course A - Male 60 & Over	2	140	CHAN KING CHE, STEPHEN	Energetic Triathlon Shatin	01:36:43	00:22:39	00:03:47	00:39:35	00:01:59	00:28:46	5	83.33
Course A - Male 60 & Over	3	139	Chan Ho Kee		01:40:56	00:21:54	00:03:03	00:37:21	00:01:57	00:36:43	4	66.67
Course A - Male 60 & Over	4	137	Alan Collins		01:43:37	00:24:57	00:04:00	00:43:57	00:02:36	00:28:09	3	50.00
Lost Chips	5	142	Iain Dacre		01:48:29						2	33.33
Course A - Male 60 & Over	6	138	Aloysius Martin Yirk Yu So		01:55:17	00:25:00	00:05:46	00:47:14	00:02:43	00:34:36	1	16.67
Course A - Male 60 & Over	DNS	141	Donnet Alan									
Course A - Male 60 & Over	DNS	143	Ian Brownlee	Sonic Sports Association								
Course A - Male 60 & Over	DNF	145	Tsang Hing Lun			00:32:16	00:07:48					
Course A - Male 60 & Over	DNF	146	TSOI HON KUEN	Energetic Triathlon Shatin		00:24:08	00:03:02	00:38:30	00:02:09			

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male Elite Junior	1	163	Sam Brian Mitchelmore		01:03:18	00:11:16	00:01:31	00:30:42	00:01:01	00:18:48	20	100.00
Course A - Male Elite Junior	2	172	Perry Wong	South China Athletic Association	01:04:56	00:10:58	00:01:43	00:30:52	00:01:05	00:20:20	19	95.00
Course A - Male Elite Junior	3	169	Wong Hui Wai	Energetic Triathlon Shatin	01:05:17	00:11:14	00:01:36	00:30:44	00:01:15	00:20:30	18	90.00
Course A - Male Elite Junior	4	156	KOK YU HANG	Energetic Triathlon Shatin	01:05:25	00:11:26	00:01:40	00:31:56	00:01:08	00:19:16	17	85.00
Course A - Male Elite Junior	5	160	Miles Williams	South China Athletic Association	01:06:37	00:10:55	00:02:54	00:29:45	00:01:11	00:21:53	16	80.00
Course A - Male Elite Junior	6	166	Tse Chun Yin	Sonic Sport Association	01:07:05	00:11:23	00:01:47	00:31:52	00:01:18	00:20:46	15	75.00
Course A - Male Elite Junior	7	171	WONG TSZ TO	Hope Sport Association	01:07:56	00:11:43	00:01:42	00:33:44	00:01:19	00:19:30	14	70.00
Course A - Male Elite Junior	8	170	Wong Pak To	Sonic Sport Association	01:08:40	00:12:54	00:01:51	00:32:41	00:01:46	00:19:30	13	65.00
Course A - Male Elite Junior	9	161	Or Yiu Hang	Hope Sport Association	01:09:14	00:12:49	00:02:54	00:31:42	00:01:13	00:20:37	12	60.00
Course A - Male Elite Junior	10	155	James Tan	South China Athletic Association	01:09:50	00:12:43	00:01:57	00:32:53	00:01:10	00:21:09	11	55.00
Course A - Male Elite Junior	11	154	Heung Chin Tung	Sonic Sport Association	01:10:04	00:11:38	00:02:54	00:33:06	00:01:21	00:21:06	10	50.00
Course A - Male Elite Junior	12	167	Tsoi Ka Cheuk	Hope Sport Association	01:10:25	00:12:47	00:01:54	00:32:52	00:01:16	00:21:37	9	45.00
Course A - Male Elite Junior	13	168	Warren Henry	South China Athletic Association	01:11:05	00:11:29	00:01:56	00:34:12	00:01:15	00:22:16	8	40.00
Course A - Male Elite Junior	14	158	Leung Chun Hin	Sonic Sport Association	01:12:38	00:12:18	00:01:52	00:33:25	00:01:17	00:23:48	7	35.00
Course A - Male Elite Junior	15	152	FAN LUKAS LONG	South China Athletic Association	01:13:11	00:12:49	00:01:54	00:32:53	00:01:30	00:24:08	6	30.00
Course A - Male Elite Junior	16	157	Lee Tsun Kiu	Hope Sport Association	01:13:56	00:12:51	00:01:53	00:35:17	00:01:50	00:22:06	5	25.00
Course A - Male Elite Junior	17	151	Chan Yat Chi	Hope Sport Association	01:16:18	00:13:25	00:02:54	00:34:43	00:01:43	00:23:34	4	20.00
Course A - Male Elite Junior	18	164	Shuen Chun Kit, Jeffrey	Hope Sport Association	01:20:05	00:12:14	00:01:53	00:45:19	00:01:13	00:19:27	3	15.00
Course A - Male Elite Junior	19	162	REINY KYLE BROWN	South China Athletic Association	01:27:47	00:11:31	00:02:54	00:52:15	00:01:11	00:19:57	2	10.00
Course A - Male Elite Junior	20	165	tou yu chak		01:44:49	00:23:31	00:04:38	00:43:14	00:01:40	00:31:48	1	5.00

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male Elite Junior	DNS	159	Michael Lam	Sonic Sport Association								
Course A - Male Elite Junior	DNF	153	Fung Yat To	Sonic Sport Association		00:11:53	00:01:49	00:33:29	00:01:27			
Course A - Male Elite Junior	DNF	76	Tang Ho Fai, Jeffrey	Titan Triathlon		00:11:36	00:01:43	00:31:50	00:01:44			

Cat	Category	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male Elite Open	1	150	Lo Ching Hin, Ivan	South China Athletic Association	01:02:45	00:11:15	00:01:40	00:31:39	00:01:12	00:17:01	2	100.00
Course A - Male Elite Open	2	149	Law Leong Tim	Energetic Triathlon Shatin	01:02:50	00:10:48	00:02:54	00:29:49	00:01:06	00:18:14	1	50.00
Course A - Male Elite Open	DNF	148	Cheung Tak Hei, Arthur			00:11:18	00:01:44	00:32:06	00:01:23			
Short Run	DSQ	147	Andrew Wright		01:03:16	00:10:56	00:01:44	00:30:55	00:01:07	00:12:11		

Cat	Category	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Male Junior	1	176	Chow Man Him	South China Athletic Association	01:07:55	00:13:11	00:01:46	00:32:28	00:01:13	00:19:17	10	100.00
Course A - Male Junior	2	177	Lam Ka Wai	AustSports Association	01:08:33	00:12:46	00:02:04	00:32:42	00:01:07	00:19:55	9	90.00
Course A - Male Junior	3	175	Chan Ka Lung	Excel Swim Sports Association	01:12:38	00:13:23	00:01:53	00:35:54	00:01:14	00:20:16	8	80.00
Course A - Male Junior	4	173	Tsoi Ka Kit	Hope Sport Association	01:13:10	00:12:18	00:01:53	00:33:24	00:01:21	00:24:16	7	70.00
Course A - Male Junior	5	180	Leung Wai Yan Benson	Hope Sport Association	01:20:00	00:14:27	00:02:24	00:35:55	00:01:32	00:25:45	6	60.00
Course A - Male Junior	6	182	Tse Hoi Kit	AustSports Association	01:23:06	00:17:32	00:02:24	00:32:53	00:01:35	00:28:44	5	50.00
Course A - Male Junior	7	178	Lau Chak Fung	Titan Triathlon	01:30:01	00:15:40	00:02:12	00:34:25	00:01:37	00:36:08	4	40.00
Course A - Male Junior	8	174	Siu Kin Lok	Hope Sport Association	01:30:26	00:18:13	00:02:18	00:36:09	00:01:56	00:31:51	3	30.00
Course A - Male Junior	9	183	Tsoi Ka Hei	Hope Sport Association	01:42:14	00:17:36	00:02:48	00:36:21	00:02:11	00:43:20	2	20.00
Course A - Male Junior	10	181	Tong Hing Ki		02:04:54	00:22:11	00:07:41	00:51:51	00:03:55	00:39:18	1	10.00

Cat	Category	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Paratriathlon	1	2	Shum Han Fung		02:07:59	00:41:16	00:05:08	00:42:22	00:02:36	00:36:38	1	100.00

Cat	Category	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Relay Team	1	R18	MT BIKER		01:05:14	00:12:25	00:02:04	00:32:00	00:01:13	00:17:34	27	100.00
Course A - Relay Team	2	R19	MT BIKER A		01:09:42	00:14:40	00:02:13	00:30:05	00:01:18	00:21:27	26	96.30
Course A - Relay Team	3	R23	MT BIKER E		01:12:45	00:16:18	00:02:19	00:32:59	00:01:23	00:19:48	25	92.59
Course A - Relay Team	4	R3	ASAP		01:13:13	00:16:09	00:01:57	00:32:47	00:01:29	00:20:53	24	88.89
Course A - Relay Team	5	R13	Faithwalker		01:13:59	00:16:48	00:02:24	00:31:39	00:01:09	00:22:02	23	85.19
Course A - Relay Team	6	R20	MT BIKER B		01:15:05	00:17:29	00:02:54	00:33:22	00:01:14	00:20:07	22	81.48
Course A - Relay Team	7	R26	SLS3HK		01:17:05	00:14:09	00:01:47	00:35:18	00:01:09	00:24:45	21	77.78
Course A - Relay Team	8	R25	MT Biker G		01:18:22	00:18:51	00:02:28	00:34:37	00:01:12	00:21:15	20	74.07
Course A - Relay Team	9	R29	港島MS08小隊A		01:21:24	01:26:16					19	70.37
Course A - Relay Team	10	R21	MT BIKER C		01:24:30	00:19:58	00:02:09	00:33:37	00:01:30	00:27:17	18	66.67
Course A - Relay Team	11	R15	Happy Trio		01:24:41	00:20:29	00:02:18	00:38:05	00:01:27	00:22:23	17	62.96
Course A - Relay Team	12	R24	MT BIKER F		01:25:43	00:17:28	00:02:36	00:39:32	00:01:38	00:24:30	16	59.26
Course A - Relay Team	13	R14	Generation		01:26:09	00:17:39	00:02:51	00:33:33	00:01:48	00:30:19	15	55.56
Course A - Relay Team	14	R22	MT BIKER D		01:31:21	00:22:39	00:02:58	00:32:55	00:01:35	00:31:16	14	51.85
Course A - Relay Team	15	R5	Chi-Den-Cla		01:31:56	00:21:45	00:02:35	00:37:46	00:01:49	00:28:03	13	48.15
Course A - Relay Team	16	R30	爛玩一族		01:33:18	00:20:52	00:02:52	00:44:03	00:01:28	00:24:05	12	44.44
Course A - Relay Team	17	R8	CS Girl		01:33:54	00:25:29	00:02:50	00:37:08	00:01:45	00:26:44	11	40.74
Course A - Relay Team	18	R17	Magic		01:37:43	00:21:45	00:02:46	00:47:01	00:01:32	00:24:42	10	37.04
Course A - Relay Team	19	R2	Alex Family		01:37:49	00:24:15	00:04:02	00:37:12	00:01:44	00:30:37	9	33.33
Course A - Relay Team	20	R1	A Drop of Life		01:39:22	00:26:00	00:03:30	00:42:29	00:02:36	00:24:48	8	29.63
Course A - Relay Team	21	R10	Excel Relay 1		01:41:08	00:23:37	00:02:11	00:33:49	00:02:17	00:39:15	7	25.93
Course A - Relay Team	22	R7	CMF		01:43:32	00:25:36	00:02:02	00:52:27	00:01:32	00:21:58	6	22.22
Course A - Relay Team	23	R4	Breakfast Ironman		01:46:01	00:24:25	00:02:31	00:43:41	00:01:36	00:33:49	5	18.52
Course A - Relay Team	24	R9	Dashing Iron Team 1		01:48:00	00:23:50	00:03:00	00:41:26	00:02:09	00:37:36	4	14.81

Hong Kong Life Triathlon 2013 - Course A Race Result

Cat	Category Position	Bib	EngName	Club	Official Time	Swim Time	T1 Time	Bike Time	T2 Time	Run Time	Points	%
Course A - Relay Team	25	R6	City One		<b>01:48:40</b>	00:23:58	00:02:46	00:51:00	00:01:43	00:29:14	3	11.11
Course A - Relay Team	26	R16	IronBaby		<b>01:50:31</b>	00:24:45	00:02:33	00:51:26	00:01:44	00:30:05	2	7.41
Course A - Relay Team	27	R27	Snazz Music		<b>02:17:58</b>	00:27:21	00:02:26	00:55:20	00:03:04	00:49:49	1	3.70
Short Bike	DSQ	R11	Excel Relay 2		<b>01:22:20</b>	00:19:29	00:02:43	00:28:42	00:01:17	00:30:10		
Short Run	DSQ	R12	F368		<b>01:21:25</b>	00:22:48	00:02:46	00:45:51	00:01:31	00:08:32		