

| | | | | | | | | | |
|---------------------------------------|----------------------------------|-----|-------------|-----------|-------------|-----------|------------|--------------|----------------|
| DNS | SERCOMBE VIKKI | | | | | | | | 2146 |
| DNS | EASTMAN ALICIA | | | | | | | | 2147 |
| DNS | HUGHES CARON | | | | | | | | 2175 |
| DNS | JENNO JOSEPHINE | | | | | | | | 2181 |
| DSQ | LAM SIU YUNG | | 00:51:30 | 00:09:28 | 01:34:05 | 00:03:28 | 00:48:37 | 03:27:05 | 2140 |
| DSQ | DESSEIGNE BEATRICE MARIE DANIELE | | 00:35:20 | 00:08:22 | 01:24:09 | 00:04:07 | 00:48:17 | 03:00:13 | 2151 |
| Female Age Group 40-44 | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | STEAD ABIGAIL | | 00:27:31 | 00:06:27 | 01:12:13 | 00:02:52 | 00:43:07 | 02:32:08 | 2177 |
| 2 | FAIRLEY KAREN | | 00:27:56 | 00:08:40 | 01:14:22 | 00:03:31 | 00:47:13 | 02:41:39 | 2156 |
| 3 | LUI SHUK HAN, KAREN | 呂淑嫻 | 00:36:14 | 00:06:32 | 01:14:03 | 00:02:38 | 00:45:56 | 02:45:20 | 2152 |
| 4 | ROSEMARY CHAN | 陳煜晨 | 00:35:37 | 00:10:31 | 01:20:09 | 00:05:08 | 00:54:02 | 03:05:27 | 2157 |
| 5 | LEE CHRISTINA | 李頌儀 | 00:39:20 | 00:08:08 | 01:25:52 | 00:03:50 | 00:55:16 | 03:12:23 | 2160 |
| 6 | ADORIAN CAITRIN | | 00:51:07 | 00:09:10 | 01:23:20 | 00:04:51 | 00:53:54 | 03:22:21 | 2153 |
| 7 | WO SHUI FAN, BIEBIE | 胡瑞芬 | 00:37:21 | 00:11:29 | 01:38:30 | 00:04:57 | 00:58:39 | 03:30:54 | 2155 |
| 8 | ROBERTS PETRA | | 00:30:12 | 00:16:38 | 01:24:55 | 00:08:30 | 01:29:57 | 03:50:10 | 2159 |
| 9 | HARRIS SARAH | | 01:04:23 | 00:14:50 | 01:42:29 | 00:07:45 | 01:14:54 | 04:24:19 | 2154 |
| 10 | LAI PEGGY | | 00:40:48 | 00:11:26 | 02:16:15 | 00:05:54 | 01:22:00 | 04:36:22 | 2182 |
| DNF | NG FENELLA | | 00:24:17 | 00:12:02 | | | | | 2188 |
| DNS | NICOLLE PENNY | | | | | | | | 2158 |
| DNS | ONG EU LIN KATHY | | | | | | | | 2183 |
| Female Age Group 45-49 | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | WALSH LAURA | | 00:29:19 | 00:07:07 | 01:10:04 | 00:02:49 | 00:42:31 | 02:31:48 | 2162 |
| 2 | BROWN GEORGIA | | 00:28:13 | 00:06:59 | 01:13:51 | 00:02:43 | 00:47:38 | 02:39:22 | 2189 |
| 3 | ABATE SIAN | | 00:35:49 | 00:07:31 | 01:13:39 | 00:03:07 | 00:43:08 | 02:43:12 | 2168 |
| 4 | CLAIRE DARKE | | 00:35:01 | 00:08:20 | 01:13:42 | 00:03:01 | 00:49:28 | 02:49:30 | 2164 |
| 5 | DELARIVA MALLETTE | | 00:40:54 | 00:08:44 | 01:22:39 | 00:03:23 | 00:48:03 | 03:03:41 | 2167 |
| 6 | COEN FERNANDEZ LINDSEY | | 00:35:55 | 00:09:25 | 01:27:16 | 00:05:10 | 01:00:01 | 03:17:45 | 2185 |
| 7 | CHAU GLORIA CHAI HIU | | 00:35:34 | 00:09:22 | 01:32:48 | 00:04:32 | 00:57:13 | 03:19:26 | 2163 |
| 8 | HARRIS JANE | | 00:25:20 | 00:13:02 | 01:33:09 | 00:06:19 | 01:02:23 | 03:20:10 | 2161 |
| 9 | TAM YUEN HUNG | 譚婉紅 | 00:58:51 | 00:12:27 | 01:17:33 | 00:06:44 | 01:02:59 | 03:38:32 | 2166 |
| 10 | LI TITANIA KA WING | 李嘉榮 | 00:52:17 | 00:15:42 | 01:38:06 | 00:05:51 | 00:51:06 | 03:43:01 | 2184 |
| 11 | WONG YUEN MEI | | 00:50:05 | 00:13:21 | 02:31:23 | 00:05:41 | 01:00:44 | 04:41:12 | 2165 |
| DNS | LE CLUE SOPHIE | | | | | | | | 2169 |
| DNS | HARRIS TANIA | | | | | | | | 2170 |
| Female Age Group 50-54 | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | ANNE KNECHT-BOYER | | 00:29:24 | 00:07:08 | 01:11:33 | 00:03:26 | 00:49:07 | 02:40:35 | 2178 |
| 2 | LANGE CHRISTIANE | | 00:47:14 | 00:09:38 | 01:29:01 | 00:04:49 | 00:52:52 | 03:23:32 | 2171 |
| Female Age Group 55 & Over | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | FONG CHOI YING, GRACE | | 00:30:59 | 00:09:50 | 01:21:18 | 00:05:40 | 00:57:22 | 03:05:08 | 2186 |
| DNS | LEITAO ANA | | | | | | | | 2172 |
| Male Age Group 20-24 | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | HUI KA CHEONG | 許家鏘 | 00:24:03 | 00:05:46 | 01:07:06 | 00:02:18 | 00:39:07 | 02:18:17 | 2801 |
| 2 | KU LAP CHOU | 古立進 | 00:24:42 | 00:06:19 | 01:07:52 | 00:02:27 | 00:42:26 | 02:23:44 | 2818 |
| 3 | LAU CHUN NGAI | 劉俊毅 | 00:24:39 | 00:06:21 | 01:09:55 | 00:02:23 | 00:42:45 | 02:26:01 | 2805 |
| 4 | LEUNG KA LUN | 梁嘉倫 | 00:26:29 | 00:06:06 | 01:08:08 | 00:02:24 | 00:48:01 | 02:31:06 | 2800 |
| 5 | CHAN HING KUI, KK | | 00:25:43 | 00:07:13 | 01:12:24 | 00:02:33 | 00:52:51 | 02:40:43 | 2848 |
| 6 | CHOI SZE KAM | 蔡詩鑫 | 00:34:32 | 00:07:22 | 01:14:22 | 00:02:40 | 00:46:47 | 02:45:40 | 2802 |
| 7 | BLERVAQUE THOMAS | 托马斯 | 00:40:12 | 00:07:55 | 01:30:10 | 00:02:31 | 00:43:14 | 03:04:00 | 2849 |
| 8 | YIP PAK KWAN | 葉伯鈞 | 00:36:18 | 00:10:17 | 01:20:47 | 00:03:42 | 01:05:56 | 03:16:58 | 2804 |
| 9 | HUANG ZIHAO | 黃紫顛 | 00:55:34 | 00:09:54 | 01:28:38 | 00:03:36 | 00:57:00 | 03:34:41 | 2803 |
| DNF | WELBURN PHILLIP | | 00:20:06 | 00:07:10 | 01:08:05 | | | | 2807 |
| DNF | TAM YAU YAN | | 00:26:33 | 00:06:16 | | | | | 2859 |
| DSQ | KWOK YAN WING, WILLIAM | 郭恩榮 | 00:43:23 | 00:09:59 | 01:20:18 | 00:05:56 | 01:03:41 | 03:23:15 | 2806 |

| Male Age Group 25-29 | | | | | | | | | |
|----------------------|----------------------|----------|----------|----------|----------|----------|----------|----------|------|
| Pos | Name | Swim | T1 | Bike | T2 | Run | Total | Bib No. | |
| 1 | BUCEK MICHAL | 00:23:18 | 00:05:41 | 01:03:03 | 00:02:13 | 00:37:30 | 02:11:43 | 2857 | |
| 2 | CHONG CHI SEAK | 鍾子石 | 00:25:28 | 00:05:32 | 01:06:34 | 00:02:12 | 00:34:58 | 02:14:42 | 2814 |
| 3 | TSANG CHUN KIT | 曾進傑 | 00:28:28 | 00:05:45 | 01:05:16 | 00:02:19 | 00:35:34 | 02:17:21 | 2836 |
| 4 | JENKINSON COLIN | | 00:25:38 | 00:06:52 | 01:06:59 | 00:02:21 | 00:42:32 | 02:24:20 | 2851 |
| 5 | GOURLAY BEN | | 00:22:58 | 00:07:38 | 01:06:18 | 00:02:16 | 00:50:58 | 02:30:07 | 2830 |
| 6 | LI ADRIAN | | 00:28:37 | 00:06:47 | 01:05:30 | 00:02:56 | 00:47:28 | 02:31:16 | 2834 |
| 7 | HALKES MICHAEL JOHN | | 00:26:34 | 00:06:55 | 01:11:54 | 00:02:51 | 00:46:39 | 02:34:51 | 2852 |
| 8 | MAES NICOLAS | | 00:35:47 | 00:06:33 | 01:09:16 | 00:02:45 | 00:40:46 | 02:35:06 | 2841 |
| 9 | CHU HING CHEUNG | 朱興祥 | 00:33:56 | 00:06:48 | 01:09:21 | 00:02:49 | 00:43:25 | 02:36:18 | 2831 |
| 10 | ASHWORTH SIMON | | 00:30:05 | 00:07:17 | 01:11:44 | 00:03:00 | 00:45:27 | 02:37:32 | 2842 |
| 11 | LAM TSZ WAI | 林梓維 | 00:30:15 | 00:07:37 | 01:08:41 | 00:03:27 | 00:47:54 | 02:37:52 | 2809 |
| 12 | TSANG YIN TING | 曾彥庭 | 00:30:46 | 00:07:32 | 01:15:54 | 00:02:38 | 00:43:08 | 02:39:56 | 2829 |
| 13 | CHAN HO WAI HOWARD | 陳灝璋 | 00:27:35 | 00:07:55 | 01:13:11 | 00:03:07 | 00:53:43 | 02:45:30 | 2812 |
| 14 | HO REN HUA | 何仁樺 | 00:33:12 | 00:08:34 | 01:14:42 | 00:03:32 | 00:46:43 | 02:46:41 | 2838 |
| 15 | MART RAUDVEE | | 00:28:54 | 00:08:24 | 01:11:46 | 00:03:58 | 00:57:12 | 02:50:12 | 2846 |
| 16 | YIM TAT YIP | 嚴達業 | 00:40:14 | 00:07:46 | 01:14:37 | 00:02:51 | 00:44:49 | 02:50:15 | 2828 |
| 17 | WONG KARLSON | 黃嘉信 | 00:28:49 | 00:08:05 | 01:15:00 | 00:02:48 | 00:58:15 | 02:52:56 | 2825 |
| 18 | NGAI HO SHUN | 魏豪遜 | 00:36:49 | 00:08:37 | 01:11:19 | 00:03:26 | 00:53:11 | 02:53:19 | 2855 |
| 19 | MACLEAN HUNTER | | 00:33:18 | 00:07:52 | 01:15:12 | 00:03:26 | 00:53:46 | 02:53:32 | 2850 |
| 20 | SÄRKKINEN TOMMI | | 00:33:37 | 00:07:28 | 01:21:53 | 00:02:39 | 00:50:55 | 02:56:30 | 2822 |
| 21 | LUI KIM LUN GARY | 呂劍倫 | 00:32:15 | 00:08:04 | 01:14:29 | 00:03:30 | 00:58:30 | 02:56:47 | 2808 |
| 22 | SU SHENG | 苏生 | 00:36:55 | 00:09:36 | 01:21:22 | 00:03:43 | 00:46:18 | 02:57:53 | 2823 |
| 23 | LEE NING KIT | 李寧傑 | 00:40:33 | 00:09:59 | 01:17:07 | 00:03:54 | 00:48:57 | 03:00:28 | 2840 |
| 24 | TONG YU FUNG | 唐宇鋒 | 00:36:33 | 00:09:33 | 01:19:09 | 00:04:20 | 00:52:22 | 03:01:56 | 2824 |
| 25 | FONG CHUN WING | | 00:53:18 | 00:06:49 | 01:12:03 | 00:03:12 | 00:46:51 | 03:02:12 | 2827 |
| 26 | HOLDER GARTH | 何健華 | 00:27:28 | 00:09:39 | 01:26:09 | 00:03:38 | 00:58:51 | 03:05:43 | 2844 |
| 27 | POON KING YIP, PETER | 潘競業 | 00:33:02 | 00:08:30 | 01:33:14 | 00:03:05 | 00:57:58 | 03:15:48 | 2839 |
| 28 | WONG KA SHING | 黃嘉成 | 00:37:57 | 00:08:58 | 01:30:21 | 00:03:30 | 00:57:51 | 03:18:35 | 2853 |
| 29 | CHO KWAN YIN | 曹君彥 | 00:39:45 | 00:09:42 | 01:30:15 | 00:03:44 | 01:04:48 | 03:28:11 | 2856 |
| 30 | LIU YING WAI RYAN | 廖英偉 | 00:51:03 | 00:06:56 | 01:32:30 | 00:02:26 | 00:55:21 | 03:28:14 | 2843 |
| 31 | CHAN MAN HO | 陳文灝 | 00:34:54 | 00:11:19 | 01:29:50 | 00:04:29 | 01:07:50 | 03:28:20 | 2845 |
| 32 | CHENG YIU TING | | 00:47:05 | 00:07:51 | 01:36:45 | 00:03:22 | 00:54:47 | 03:29:49 | 2813 |
| 33 | LAM WAI HO, VINCENT | | 00:35:32 | 00:11:18 | 01:41:59 | 00:04:07 | 01:03:07 | 03:36:01 | 2821 |
| 34 | MAN LOK TIN | 萬樂天 | 00:40:48 | 00:08:43 | 01:59:26 | 00:05:13 | 01:04:56 | 03:59:04 | 2854 |
| 35 | LAM HIU TIN | 林曉天 | 00:42:58 | 00:10:47 | 01:32:13 | 00:09:29 | 01:28:00 | 04:03:26 | 2820 |
| DNS | LEUNG YAU TIM | 梁友添 | | | | | | 2810 | |
| DNS | SMITH DAVID | | | | | | | 2811 | |
| DNS | DOUGLAS ANDREW | | | | | | | 2815 | |
| DNS | FERGUSON MARK | | | | | | | 2816 | |
| DNS | KU LAP IN | 古立賢 | | | | | | 2819 | |
| DNS | XIAO BIN | 肖斌 | | | | | | 2826 | |
| DNS | CHAU CHUN KIT | 周俊傑 | | | | | | 2832 | |
| DNS | BOELEN MARC | | | | | | | 2835 | |
| DNS | CHAU KIN YUK | 周鍵毓 | | | | | | 2847 | |
| DSQ | GUO ZHIJUN | 过智俊 | 00:42:21 | 00:09:39 | 01:15:37 | 00:04:14 | 01:04:57 | 03:16:46 | 2817 |
| DSQ | CHAU KIN LUNG | 鄒健龍 | 00:35:34 | 00:10:56 | 01:58:52 | 00:04:06 | 01:17:45 | 04:07:11 | 2833 |
| DSQ | JIA JASON | | 00:35:38 | 00:06:35 | 01:09:19 | 00:02:36 | 00:29:13 | 02:23:18 | 2837 |
| DSQ | RANA JOSEPH | | 01:41:27 | 00:16:43 | 00:42:03 | 00:06:49 | 00:37:52 | 03:24:52 | 2858 |
| Male Age Group 30-34 | | | | | | | | | |
| Pos | Name | Swim | T1 | Bike | T2 | Run | Total | Bib No. | |
| 1 | DANE CANTWELL | | 00:22:48 | 00:05:56 | 01:02:00 | 00:02:15 | 00:35:47 | 02:08:44 | 2719 |
| 2 | CHIU WENG CHON | 趙詠俊 | 00:24:26 | 00:05:48 | 01:05:41 | 00:02:22 | 00:38:34 | 02:16:49 | 2685 |
| 3 | PIACHAUD JAMES | | 00:26:21 | 00:06:05 | 01:06:22 | 00:02:17 | 00:38:12 | 02:19:15 | 2721 |
| 4 | LI CHUN PONG | 李振邦 | 00:25:17 | 00:06:08 | 01:07:26 | 00:02:18 | 00:38:19 | 02:19:26 | 2651 |
| 5 | CHAN KIT BUN, ERIK | 陳傑斌 | 00:27:40 | 00:06:05 | 01:05:08 | 00:02:17 | 00:38:31 | 02:19:39 | 2724 |
| 6 | SUN FAT YEE | 辛法義 | 00:21:02 | 00:06:22 | 01:08:27 | 00:02:34 | 00:42:44 | 02:21:07 | 2716 |
| 7 | KIBAR TIMUR | | 00:22:47 | 00:07:28 | 01:07:01 | 00:02:52 | 00:44:11 | 02:24:18 | 2691 |
| 8 | LEE YUK TONG | 李玉堂 | 00:30:05 | 00:06:08 | 01:10:04 | 00:02:23 | 00:36:59 | 02:25:38 | 2652 |
| 9 | WONG KA MING | 黃家明 | 00:35:35 | 00:05:59 | 01:04:42 | 00:02:20 | 00:37:08 | 02:25:42 | 2653 |
| 10 | STOFFEL SEBASTIEN | | 00:28:07 | 00:06:47 | 01:08:07 | 00:02:55 | 00:41:15 | 02:27:10 | 2713 |
| 11 | CHAPMAN JAMES | | 00:28:18 | 00:07:02 | 01:07:42 | 00:02:57 | 00:41:36 | 02:27:33 | 2658 |

| | | | | | | | | | |
|-----|---------------------------|-----|----------|----------|----------|----------|----------|----------|------|
| 12 | TANAKA SHUNSUKE | | 00:26:35 | 00:07:07 | 01:07:08 | 00:02:51 | 00:44:27 | 02:28:06 | 2677 |
| 13 | CHOO JUSTIN | | 00:26:31 | 00:06:47 | 01:05:43 | 00:02:40 | 00:46:46 | 02:28:25 | 2687 |
| 14 | SHELLEY DAN | | 00:27:09 | 00:07:53 | 01:05:39 | 00:02:50 | 00:46:08 | 02:29:37 | 2722 |
| 15 | YEUNG KA MING, IVAN | 楊家明 | 00:28:37 | 00:06:36 | 01:11:27 | 00:02:26 | 00:40:49 | 02:29:53 | 2711 |
| 16 | RAKE JONATHAN | | 00:29:03 | 00:07:11 | 01:09:13 | 00:03:20 | 00:42:41 | 02:31:26 | 2695 |
| 17 | LIAM COHEN RUHLE | | 00:29:26 | 00:07:08 | 01:09:12 | 00:02:55 | 00:44:18 | 02:32:57 | 2718 |
| 18 | DAY BARRY MATTHEW | | 00:28:15 | 00:07:01 | 01:10:11 | 00:02:50 | 00:45:01 | 02:33:16 | 2666 |
| 19 | LOK LAM FUNG | 駱林鋒 | 00:27:00 | 00:06:51 | 01:05:06 | 00:03:31 | 00:51:08 | 02:33:33 | 2717 |
| 20 | DURY MARK | | 00:35:11 | 00:07:13 | 01:07:02 | 00:02:44 | 00:42:28 | 02:34:36 | 2709 |
| 21 | WHITMAN JAMES | | 00:28:23 | 00:06:47 | 01:10:43 | 00:03:00 | 00:47:09 | 02:36:00 | 2725 |
| 22 | LO KIM FONG | 羅儉豐 | 00:32:34 | 00:07:10 | 01:08:46 | 00:02:53 | 00:45:00 | 02:36:21 | 2672 |
| 23 | ARAMBURU ERNESTO | | 00:29:00 | 00:07:37 | 01:12:01 | 00:03:18 | 00:46:21 | 02:38:15 | 2729 |
| 24 | BUCHANAN JAMES | | 00:32:59 | 00:07:01 | 01:10:12 | 00:03:23 | 00:44:47 | 02:38:20 | 2731 |
| 25 | STEVENS ANTHONY | | 00:33:26 | 00:08:58 | 01:12:35 | 00:04:16 | 00:39:37 | 02:38:49 | 2730 |
| 26 | BRIDGES GARETH | 喬敦興 | 00:39:45 | 00:09:27 | 01:08:44 | 00:03:11 | 00:41:27 | 02:42:34 | 2663 |
| 27 | WHITE TREVOR | | 00:31:55 | 00:06:47 | 01:09:49 | 00:03:45 | 00:51:01 | 02:43:16 | 2657 |
| 28 | NGAN CHIU WIK | 顏昭域 | 00:37:29 | 00:07:50 | 01:08:52 | 00:04:06 | 00:45:09 | 02:43:25 | 2694 |
| 29 | LAU GUM BONG GABRIEL | 劉錦邦 | 00:34:00 | 00:08:52 | 01:13:20 | 00:04:10 | 00:47:19 | 02:47:38 | 2714 |
| 30 | HORTON NEIL | | 00:38:07 | 00:08:35 | 01:08:43 | 00:03:50 | 00:48:39 | 02:47:53 | 2732 |
| 31 | FRASIER JR JOSEPH CHARLES | | 00:37:34 | 00:07:30 | 01:12:20 | 00:03:09 | 00:47:28 | 02:47:58 | 2688 |
| 32 | BARC JAREK | | 00:35:42 | 00:08:48 | 01:09:27 | 00:03:24 | 00:51:05 | 02:48:24 | 2662 |
| 33 | NG KA LOK | 吳家諾 | 00:33:10 | 00:08:21 | 01:21:46 | 00:03:57 | 00:41:37 | 02:48:48 | 2715 |
| 34 | LEUNG KIN YUI | | 00:37:26 | 00:08:00 | 01:12:40 | 00:03:22 | 00:48:36 | 02:50:03 | 2693 |
| 35 | CUNNINGHAM JAMES | | 00:36:04 | 00:06:54 | 01:11:11 | 00:03:04 | 00:54:40 | 02:51:51 | 2728 |
| 36 | CHIAM CHOON WEI, EDWIN | 詹尊璋 | 00:33:48 | 00:07:38 | 01:14:43 | 00:03:44 | 00:52:47 | 02:52:38 | 2735 |
| 37 | TSANG CHI LEUNG | 曾志良 | 00:36:15 | 00:08:53 | 01:16:18 | 00:03:14 | 00:49:03 | 02:53:41 | 2701 |
| 38 | DAILLY KARL | | 00:29:19 | 00:08:12 | 01:16:34 | 00:03:15 | 00:56:35 | 02:53:52 | 2703 |
| 39 | SAK KAI YAU | 石啓右 | 00:40:41 | 00:07:16 | 01:08:39 | 00:02:54 | 00:56:00 | 02:55:27 | 2655 |
| 40 | MCLEISH EUAN | | 00:35:57 | 00:08:44 | 01:18:16 | 00:03:22 | 00:49:29 | 02:55:48 | 2673 |
| 41 | WELLS JASON | | 00:35:04 | 00:08:15 | 01:19:35 | 00:03:48 | 00:50:04 | 02:56:45 | 2661 |
| 42 | TSANG WAI MAN | 曾偉文 | 00:42:26 | 00:09:27 | 01:15:20 | 00:03:25 | 00:46:47 | 02:57:22 | 2679 |
| 43 | FUNG KA FAI | 馮嘉輝 | 00:35:53 | 00:09:44 | 01:17:48 | 00:03:53 | 00:50:06 | 02:57:22 | 2650 |
| 44 | WONG LOK SHUN | 黃諾信 | 00:26:19 | 00:06:25 | 01:24:21 | 00:04:06 | 00:57:11 | 02:58:19 | 2712 |
| 45 | MIKULA PAVEL | | 00:30:09 | 00:09:14 | 01:20:52 | 00:03:10 | 00:55:04 | 02:58:27 | 2734 |
| 46 | FUNG CHI YEUNG | | 00:32:52 | 00:08:04 | 01:29:03 | 00:02:39 | 00:47:58 | 03:00:35 | 2689 |
| 47 | LEUNG SIU FAI | 梁兆輝 | 00:49:22 | 00:09:02 | 01:11:24 | 00:03:53 | 00:47:39 | 03:01:17 | 2702 |
| 48 | GRENON BENJAMIN | | 00:33:58 | 00:10:29 | 01:22:15 | 00:04:26 | 00:52:42 | 03:03:49 | 2668 |
| 49 | CHU ADRIAN | | 00:30:06 | 00:08:15 | 01:31:27 | 00:03:32 | 00:55:44 | 03:09:02 | 2704 |
| 50 | TIU GARY | 刁家駿 | 00:57:07 | 00:08:33 | 01:16:59 | 00:03:26 | 00:43:02 | 03:09:05 | 2736 |
| 51 | HUI SZE YUEN | 許思遠 | 00:38:07 | 00:07:46 | 01:17:47 | 00:03:38 | 01:04:09 | 03:11:24 | 2654 |
| 52 | BROWLEE JARRAD HAMISH | | 00:31:09 | 00:09:03 | 01:20:48 | 00:04:19 | 01:07:39 | 03:12:56 | 2659 |
| 53 | CHAN CHUN TAK | 陳俊德 | 00:47:31 | 00:07:21 | 01:24:02 | 00:03:00 | 00:51:11 | 03:13:03 | 2684 |
| 54 | CHUI KEN | 徐紹基 | 00:37:04 | 00:07:32 | 01:36:31 | 00:02:54 | 00:49:59 | 03:13:58 | 2738 |
| 55 | PATTISON CHARLES | | 00:42:31 | 00:09:36 | 01:24:39 | 00:03:37 | 00:54:18 | 03:14:39 | 2675 |
| 56 | CHENG CHING | | 00:47:23 | 00:07:46 | 01:26:15 | 00:02:49 | 00:54:07 | 03:18:18 | 2698 |
| 57 | CHO EDDIE | 曹秀榮 | 00:38:03 | 00:09:08 | 01:24:09 | 00:06:09 | 01:04:02 | 03:21:28 | 2686 |
| 58 | HIRST GARETH | | 00:37:56 | 00:11:04 | 01:19:35 | 00:04:52 | 01:12:04 | 03:25:29 | 2690 |
| 59 | ENSMINGER-LAW BEN | | 00:42:07 | 00:11:25 | 01:26:14 | 00:04:19 | 01:15:35 | 03:39:38 | 2700 |
| 60 | LEUNG YAT SING | 梁日昇 | 00:51:01 | 00:11:29 | 01:35:19 | 00:04:25 | 00:57:35 | 03:39:48 | 2671 |
| 61 | CHU BOND | 朱銘邦 | 00:44:40 | 00:10:07 | 01:47:43 | 00:03:02 | 00:57:51 | 03:43:21 | 2664 |
| 62 | LAU MING WAI | 劉鳴煒 | 00:50:07 | 00:10:41 | 01:37:44 | 00:04:44 | 01:01:53 | 03:45:07 | 2670 |
| 63 | LEUNG KEATING | | 00:39:35 | 00:14:22 | 01:35:32 | 00:05:17 | 01:17:56 | 03:52:40 | 2692 |
| DNS | CHENG CHO CHUEN | 鄭祖銓 | | | | | | | 2656 |
| DNS | COLLINS MARK | | | | | | | | 2660 |
| DNS | COSGROVE EDWARD | | | | | | | | 2665 |
| DNS | GLASSOCK LEE | | | | | | | | 2667 |
| DNS | HO TSZ KIN | 何子健 | | | | | | | 2669 |
| DNS | MOREL LAURENT | | | | | | | | 2674 |
| DNS | SALIBA MATHEW | | | | | | | | 2676 |
| DNS | TOBIAS SMITH-CULLEN | | | | | | | | 2678 |
| DNS | VAN DER HEIJDEN ALEXANDER | | | | | | | | 2680 |
| DNS | WONG CHI HOU | 黃志濠 | | | | | | | 2681 |
| DNS | YEN SHIAU SIN | | | | | | | | 2683 |
| DNS | TSANG SAI BUN | | | | | | | | 2696 |

| | | | | | | | | | |
|-----------------------------|---------------------------|-----|-------------|-----------|-------------|-----------|------------|--------------|----------------|
| DNS | TSE LOK WAI | 謝樂威 | | | | | | | 2697 |
| DNS | HARDMAN THOMAS | | | | | | | | 2699 |
| DNS | VANDERWALT SCHALK | | | | | | | | 2705 |
| DNS | LEPEU JULIEN | | | | | | | | 2706 |
| DNS | MEENS LODEWIJK | | | | | | | | 2707 |
| DNS | HON JACK | 韓浩祥 | | | | | | | 2708 |
| DNS | CHAN CHIN HUNG | 陳展雄 | | | | | | | 2710 |
| DNS | TREVINO BERLANGA EVARISTO | | | | | | | | 2720 |
| DNS | LAI MARSHALL | 黎錫豪 | | | | | | | 2723 |
| DNS | AMEEN RAMADAN | 張愛民 | | | | | | | 2726 |
| DNS | KNEBEL JESS | | | | | | | | 2727 |
| DNS | FORD LEONARD | | | | | | | | 2733 |
| DNS | WU PAI HONG | | | | | | | | 2737 |
| DSQ | WOO DOUGLAS | | 00:24:07 | 00:08:22 | 01:02:16 | 00:03:59 | 00:48:30 | 02:27:13 | 2682 |
| Male Age Group 35-39 | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | HALL RICHARD | | 00:24:23 | 00:05:43 | 01:02:39 | 00:02:37 | 00:39:44 | 02:15:04 | 2510 |
| 2 | WARNER WARREN | | 00:30:53 | 00:06:11 | 01:03:01 | 00:02:34 | 00:39:45 | 02:22:23 | 2608 |
| 3 | MASIN FEDERICO | | 00:28:29 | 00:05:49 | 01:05:31 | 00:02:42 | 00:40:39 | 02:23:07 | 2560 |
| 4 | LEONG CLINTON | | 00:28:30 | 00:06:47 | 01:04:35 | 00:02:29 | 00:41:46 | 02:24:06 | 2572 |
| 5 | DEPREE OLIVER HARRY | | 00:30:37 | 00:06:23 | 01:04:25 | 00:02:31 | 00:40:36 | 02:24:31 | 2511 |
| 6 | WADE DYLAN | | 00:31:54 | 00:06:17 | 01:01:30 | 00:02:52 | 00:42:55 | 02:25:25 | 2610 |
| 7 | CHURCH MICHAEL | | 00:24:15 | 00:06:39 | 01:07:50 | 00:03:27 | 00:46:21 | 02:28:31 | 2614 |
| 8 | TE RIELW MARK | | 00:27:32 | 00:07:09 | 01:05:02 | 00:03:18 | 00:46:08 | 02:29:07 | 2567 |
| 9 | CHUM TIK HO | 覃迪豪 | 00:31:12 | 00:07:09 | 01:05:49 | 00:03:00 | 00:42:45 | 02:29:53 | 2556 |
| 10 | PESCI JOHN | | 00:28:09 | 00:07:12 | 01:06:23 | 00:03:16 | 00:45:06 | 02:30:05 | 2591 |
| 11 | HOOGERWERF MARTIJN | | 00:27:56 | 00:07:15 | 01:09:19 | 00:03:23 | 00:43:06 | 02:30:56 | 2561 |
| 12 | HO CHI HUNG | 何志雄 | 00:31:53 | 00:06:38 | 01:06:31 | 00:02:58 | 00:43:08 | 02:31:06 | 2586 |
| 13 | WONG SIU YUEN | 黃兆元 | 00:36:34 | 00:05:52 | 01:07:10 | 00:02:37 | 00:39:04 | 02:31:15 | 2583 |
| 14 | MAK JAMES | | 00:30:17 | 00:07:00 | 01:06:28 | 00:03:19 | 00:44:55 | 02:31:57 | 2562 |
| 15 | FLETCHER LUKE | | 00:30:29 | 00:06:47 | 01:07:10 | 00:02:55 | 00:45:00 | 02:32:19 | 2512 |
| 16 | GETHING DAVID | | 00:31:12 | 00:07:10 | 01:05:04 | 00:02:50 | 00:46:15 | 02:32:30 | 2509 |
| 17 | D"ARCY PAUL | | 00:31:08 | 00:07:10 | 01:05:23 | 00:04:12 | 00:45:40 | 02:33:32 | 2517 |
| 18 | ROWLAND PHIL | | 00:33:11 | 00:07:48 | 01:06:26 | 00:03:39 | 00:42:32 | 02:33:34 | 2534 |
| 19 | CHAN LI | 陳利 | 00:30:22 | 00:06:44 | 01:08:54 | 00:02:48 | 00:44:52 | 02:33:39 | 2605 |
| 20 | GARCIA XAVIER | | 00:27:11 | 00:07:20 | 01:05:26 | 00:02:55 | 00:51:12 | 02:34:03 | 2514 |
| 21 | ADAMS STEPHEN | | 00:30:35 | 00:06:58 | 01:06:53 | 00:02:59 | 00:46:45 | 02:34:09 | 2592 |
| 22 | LEUNG CHING FAI FRANKIE | 梁正輝 | 00:33:37 | 00:07:10 | 01:10:21 | 00:02:40 | 00:40:37 | 02:34:23 | 2574 |
| 23 | CHEN YUFENG | 陳宇峰 | 00:31:37 | 00:08:12 | 01:07:40 | 00:03:35 | 00:43:59 | 02:35:01 | 2543 |
| 24 | KOLB ALEXANDER | | 00:27:08 | 00:07:19 | 01:05:33 | 00:03:09 | 00:52:13 | 02:35:21 | 2597 |
| 25 | WAN TIN LAP | 溫天立 | 00:34:01 | 00:06:53 | 01:09:09 | 00:02:51 | 00:42:31 | 02:35:24 | 2500 |
| 26 | OSCHETTI ANDREA | | 00:32:35 | 00:07:36 | 01:09:54 | 00:02:54 | 00:43:32 | 02:36:29 | 2595 |
| 27 | YIP TIMOTHY | | 00:33:15 | 00:08:02 | 01:06:08 | 00:02:35 | 00:46:39 | 02:36:38 | 2539 |
| 28 | TSANG HIN LAP | 曾憲立 | 00:28:28 | 00:07:18 | 01:18:24 | 00:03:05 | 00:39:39 | 02:36:52 | 2584 |
| 29 | DONNE JONATHAN | | 00:33:15 | 00:08:12 | 01:09:44 | 00:02:55 | 00:43:13 | 02:37:17 | 2563 |
| 30 | DALE ANDREW | | 00:30:58 | 00:07:06 | 01:08:34 | 00:03:21 | 00:49:26 | 02:39:24 | 2557 |
| 31 | BEAUJEAN FREDERIC | | 00:30:47 | 00:07:51 | 01:09:59 | 00:04:01 | 00:47:16 | 02:39:52 | 2578 |
| 32 | KIND ANDERS | | 00:42:41 | 00:06:55 | 01:07:34 | 00:03:04 | 00:39:49 | 02:40:01 | 2568 |
| 33 | DERRICK SIMON | | 00:32:25 | 00:07:40 | 01:11:31 | 00:02:50 | 00:45:50 | 02:40:14 | 2507 |
| 34 | CRUIKSHANKS STUART | | 00:30:42 | 00:08:04 | 01:12:14 | 00:03:27 | 00:45:49 | 02:40:15 | 2544 |
| 35 | CHAN PAK WING, TIM | 陳柏榮 | 00:32:06 | 00:07:13 | 01:12:43 | 00:02:45 | 00:45:40 | 02:40:25 | 2571 |
| 36 | SUTCH JEREMY R P | | 00:35:41 | 00:08:27 | 01:12:18 | 00:03:26 | 00:40:37 | 02:40:27 | 2606 |
| 37 | TAM KWOK KEUNG GARY | 譚國強 | 00:28:43 | 00:06:42 | 01:19:47 | 00:02:57 | 00:42:26 | 02:40:33 | 2616 |
| 38 | SLACK NATHAN | | 00:29:14 | 00:08:18 | 01:12:09 | 00:03:54 | 00:48:08 | 02:41:42 | 2535 |
| 39 | WONG ANDY | 黃國駿 | 00:28:58 | 00:07:10 | 01:13:17 | 00:02:50 | 00:50:11 | 02:42:24 | 2506 |
| 40 | LEE MING YEUNG | 李銘揚 | 00:34:14 | 00:06:41 | 01:12:35 | 00:02:48 | 00:46:47 | 02:43:04 | 2502 |
| 41 | BRUCE THORSTEN | | 00:38:27 | 00:06:39 | 01:13:47 | 00:02:20 | 00:42:57 | 02:44:07 | 2520 |
| 42 | WONG JOSEPH | 王声禾 | 00:33:26 | 00:08:53 | 01:10:19 | 00:03:23 | 00:48:27 | 02:44:28 | 2537 |
| 43 | LEE CHUN FAN | | 00:34:30 | 00:07:46 | 01:12:52 | 00:03:00 | 00:46:36 | 02:44:42 | 2528 |
| 44 | HRYCYK JASON | | 00:32:00 | 00:07:58 | 01:11:03 | 00:02:58 | 00:50:54 | 02:44:51 | 2565 |
| 45 | HUGHES OWEN | | 00:33:49 | 00:07:38 | 01:17:01 | 00:02:45 | 00:44:14 | 02:45:26 | 2601 |
| 46 | ROBERTS JAMIE | | 00:27:52 | 00:08:43 | 01:14:56 | 00:03:55 | 00:52:53 | 02:48:17 | 2589 |
| 47 | GRAY SIMON | | 00:32:16 | 00:07:58 | 01:11:16 | 00:03:37 | 00:53:30 | 02:48:35 | 2575 |

| | | | | | | | | | |
|-----|-------------------------------------|-----|----------|----------|----------|----------|----------|----------|------|
| 48 | NG KA-LAI | 伍家禮 | 00:40:12 | 00:08:46 | 01:08:10 | 00:03:18 | 00:48:43 | 02:49:07 | 2550 |
| 49 | PICAZO PAOLO | | 00:35:18 | 00:08:28 | 01:13:40 | 00:04:05 | 00:47:47 | 02:49:16 | 2532 |
| 50 | BARTON RICHARD | | 00:30:34 | 00:09:00 | 01:11:48 | 00:04:16 | 00:54:02 | 02:49:38 | 2541 |
| 51 | SILVA MIGUEL ANGEL | | 00:30:52 | 00:07:42 | 01:12:27 | 00:02:51 | 00:55:51 | 02:49:41 | 2603 |
| 52 | MCFEE DANIEL | 麦朝辉 | 00:36:42 | 00:08:09 | 01:12:36 | 00:03:29 | 00:48:56 | 02:49:50 | 2516 |
| 53 | MEYERS JUSTIN | | 00:28:06 | 00:08:54 | 01:18:06 | 00:03:27 | 00:51:35 | 02:50:06 | 2530 |
| 54 | BRAEMS BERNHARD PAUL | | 00:33:11 | 00:08:59 | 01:09:09 | 00:04:27 | 00:55:27 | 02:51:10 | 2542 |
| 55 | WONG PUI YUEN | | 00:41:22 | 00:07:19 | 01:18:06 | 00:02:47 | 00:41:59 | 02:51:32 | 2604 |
| 56 | CHU KWOK LEUNG | 朱國亮 | 00:34:03 | 00:07:39 | 01:20:30 | 00:03:28 | 00:46:20 | 02:51:58 | 2504 |
| 57 | HAMILTON REID | | 00:32:37 | 00:08:36 | 01:13:03 | 00:03:43 | 00:54:14 | 02:52:11 | 2523 |
| 58 | DALLY CRAIG | | 00:32:12 | 00:06:11 | 01:28:10 | 00:02:50 | 00:43:03 | 02:52:24 | 2598 |
| 59 | LIEW ARTHUR | | 00:35:28 | 00:08:08 | 01:15:21 | 00:03:22 | 00:50:34 | 02:52:53 | 2590 |
| 60 | WONG HON WEI | 黃漢威 | 00:35:49 | 00:08:54 | 01:16:53 | 00:03:33 | 00:48:18 | 02:53:25 | 2503 |
| 61 | READER MICHAEL | | 00:36:33 | 00:08:24 | 01:16:18 | 00:04:20 | 00:47:54 | 02:53:26 | 2612 |
| 62 | MARTIN PAUL | | 00:32:52 | 00:08:39 | 01:15:46 | 00:04:27 | 00:53:26 | 02:55:09 | 2518 |
| 63 | LEE TAK LING GEORGE | 李德霖 | 00:40:43 | 00:07:59 | 01:15:35 | 00:03:25 | 00:48:04 | 02:55:44 | 2580 |
| 64 | AVERILL PETER | | 00:31:16 | 00:08:26 | 01:13:04 | 00:03:41 | 00:59:23 | 02:55:48 | 2593 |
| 65 | HUGHES SEBASTIAN | | 00:34:23 | 00:08:16 | 01:14:04 | 00:03:28 | 00:55:49 | 02:55:58 | 2547 |
| 66 | YUNG LEONG SANG | 容量生 | 00:35:15 | 00:08:12 | 01:19:40 | 00:03:02 | 00:50:09 | 02:56:17 | 2585 |
| 67 | WONG YAT LEUNG, DAVID | 黃一樑 | 00:34:23 | 00:08:25 | 01:13:20 | 00:02:48 | 00:58:57 | 02:57:51 | 2587 |
| 68 | DAVISON STEPHEN FRANCIS | | 00:30:00 | 00:08:36 | 01:17:45 | 00:03:26 | 00:58:18 | 02:58:03 | 2573 |
| 69 | LUEDDECKE MARK | | 00:36:29 | 00:09:33 | 01:10:36 | 00:03:49 | 00:59:08 | 02:59:33 | 2549 |
| 70 | YEUNG CHI YAT | | 00:34:34 | 00:08:07 | 01:17:14 | 00:03:04 | 00:57:51 | 03:00:48 | 2555 |
| 71 | THIRLWALL OLIVER | | 00:36:31 | 00:09:09 | 01:23:33 | 00:04:04 | 00:49:16 | 03:02:30 | 2536 |
| 72 | TAN THOMAS | | 00:40:07 | 00:07:51 | 01:25:48 | 00:02:39 | 00:46:25 | 03:02:48 | 2554 |
| 73 | MAN KA KEE | 文家祺 | 00:35:01 | 00:08:34 | 01:18:38 | 00:03:20 | 00:58:53 | 03:04:24 | 2505 |
| 74 | CURRIE CHRISTOPHER | | 00:32:23 | 00:09:01 | 01:22:52 | 00:04:24 | 00:56:17 | 03:04:55 | 2023 |
| 75 | LAMBRIKS ROBBERT | | 00:51:29 | 00:08:12 | 01:14:51 | 00:04:13 | 00:46:50 | 03:05:33 | 2527 |
| 76 | GAYLARD OLIVER | | 00:34:09 | 00:08:31 | 01:11:03 | 00:04:14 | 01:08:13 | 03:06:09 | 2546 |
| 77 | CHUNG HYUN CHANG | | 00:47:29 | 00:08:54 | 01:11:23 | 00:04:02 | 00:54:40 | 03:06:26 | 2570 |
| 78 | BOOTHE BRANDON | | 00:35:34 | 00:09:19 | 01:26:28 | 00:04:38 | 00:52:28 | 03:08:25 | 2519 |
| 79 | LABELLE JOEL | | 00:50:07 | 00:07:30 | 01:19:09 | 00:04:38 | 00:47:11 | 03:08:33 | 2526 |
| 80 | GAGLIARDI CARLOS MIGUEL | | 00:32:55 | 00:07:58 | 01:32:09 | 00:03:03 | 00:53:34 | 03:09:37 | 2521 |
| 81 | RAMIREZ QUINTANILLA MAURICIO ANDRES | | 00:50:06 | 00:08:18 | 01:19:18 | 00:03:49 | 00:48:48 | 03:10:17 | 2551 |
| 82 | ZHONG HUIYU | 钟辉宇 | 00:40:20 | 00:08:34 | 01:19:29 | 00:05:21 | 00:57:39 | 03:11:21 | 2540 |
| 83 | BREMNER MURRAY | | 00:37:04 | 00:08:48 | 01:16:17 | 00:04:21 | 01:06:33 | 03:13:01 | 2564 |
| 84 | WONG KIN WAH | 黃健華 | 00:36:14 | 00:09:31 | 01:20:12 | 00:04:14 | 01:03:06 | 03:13:15 | 2538 |
| 85 | YUEN KENNETH | | 00:38:16 | 00:08:55 | 01:24:23 | 00:05:03 | 00:56:48 | 03:13:24 | 2582 |
| 86 | HAN JI CHIAN | | 00:47:43 | 00:09:04 | 01:28:07 | 00:03:36 | 00:45:01 | 03:13:28 | 2524 |
| 87 | SU AKI | 蘇鵬飛 | 00:42:40 | 00:09:21 | 01:23:04 | 00:03:38 | 00:56:36 | 03:15:18 | 2579 |
| 88 | POON ALBERT | | 00:38:29 | 00:09:03 | 01:16:35 | 00:04:18 | 01:10:43 | 03:19:07 | 2613 |
| 89 | KWOK CHUN HONG | 郭俊航 | 00:47:03 | 00:08:53 | 01:17:06 | 00:03:56 | 01:02:14 | 03:19:09 | 2576 |
| 90 | NGO TONG HENG | | 00:37:23 | 00:09:29 | 01:27:59 | 00:04:50 | 01:00:10 | 03:19:48 | 2611 |
| 91 | TANG ANDY | 鄧智勇 | 01:01:19 | 00:08:39 | 01:17:45 | 00:03:39 | 00:53:47 | 03:25:07 | 2588 |
| 92 | NG WAI CHI DANIEL | | 00:41:24 | 00:10:09 | 01:36:23 | 00:05:15 | 00:55:06 | 03:28:15 | 2581 |
| 93 | ARTHUR RANDALL | | 00:39:17 | 00:10:42 | 01:25:34 | 00:03:56 | 01:14:48 | 03:34:15 | 2559 |
| DNF | CHEUNG WAI KEI | 張偉基 | 00:27:49 | 00:05:55 | | | | | 2558 |
| DNS | WONG CHUNG MAN | 黃仲文 | | | | | | | 2501 |
| DNS | CHEUNG WEN PING | 張穩平 | | | | | | | 2513 |
| DNS | RIGG GRAEME | | | | | | | | 2515 |
| DNS | GLOSSOTI MARK | | | | | | | | 2522 |
| DNS | LEI KUOK HONG | 李國雄 | | | | | | | 2529 |
| DNS | NG YUN LUNG | 伍潤龍 | | | | | | | 2531 |
| DNS | POLIDANO DAN | | | | | | | | 2533 |
| DNS | FUNG RONALD CHI PUN | | | | | | | | 2545 |
| DNS | JELFS PATRICK | | | | | | | | 2548 |
| DNS | SOUTHALL LUKE | | | | | | | | 2552 |
| DNS | SUN CHO KAN | 辛祖勤 | | | | | | | 2553 |
| DNS | HRIC JURAJ | | | | | | | | 2566 |
| DNS | RICHARD CASEY | | | | | | | | 2569 |
| DNS | MAK CHEUK MAN JACKY | 麥卓民 | | | | | | | 2577 |
| DNS | SUN EUGENE | 孙群 | | | | | | | 2594 |
| DNS | PARKER DOUGLAS GORDON | | | | | | | | 2596 |
| DNS | MILLAR LUKE | | | | | | | | 2599 |

| | | | | | | | | | |
|-----------------------------|------------------------|-----|-------------|-----------|-------------|-----------|------------|--------------|----------------|
| DNS | MILLER LACHLIN | | | | | | | | 2600 |
| DNS | MCINTOSH IAN | | | | | | | | 2607 |
| DNS | GLOOR THIERRY | | | | | | | | 2609 |
| DNS | MOLNAR CHRISTOPHER | | | | | | | | 2615 |
| DNS | YUE JEFFREY | 余智宏 | | | | | | | 2617 |
| DSQ | WILLMOTT STEVE | | 00:33:45 | 00:06:17 | 00:51:50 | 00:02:18 | 00:42:43 | 02:16:50 | 2508 |
| DSQ | KAWAKITA TAD | | 00:18:09 | 00:12:48 | 01:39:45 | 00:03:58 | 00:57:32 | 03:12:11 | 2525 |
| DSQ | WAN PONG YIN, BON | | 00:42:54 | 00:07:33 | 01:17:39 | 00:02:57 | 00:20:21 | 02:31:21 | 2602 |
| | | | | | | | | | |
| Male Age Group 40-44 | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | BAILLET OLIVIER | | 00:24:41 | 00:05:58 | 01:01:54 | 00:02:36 | 00:37:00 | 02:12:08 | 2414 |
| 2 | DYER ASHLEY | | 00:25:16 | 00:06:01 | 01:02:54 | 00:02:21 | 00:38:26 | 02:14:57 | 2396 |
| 3 | DINGLEY PAUL | | 00:25:17 | 00:05:59 | 01:02:58 | 00:02:16 | 00:38:34 | 02:15:02 | 2428 |
| 4 | THOMPSON PAUL | | 00:25:21 | 00:06:15 | 01:02:38 | 00:02:27 | 00:43:27 | 02:20:06 | 2361 |
| 5 | HOLST HERMANN | | 00:30:01 | 00:06:56 | 01:04:08 | 00:02:46 | 00:42:53 | 02:26:42 | 2375 |
| 6 | KREMER TIM | | 00:28:58 | 00:06:44 | 01:05:09 | 00:02:32 | 00:43:46 | 02:27:07 | 2401 |
| 7 | BELL DAVID | | 00:27:05 | 00:06:56 | 01:07:04 | 00:02:44 | 00:44:30 | 02:28:16 | 2472 |
| 8 | CAMERON HUGH KOSMALA | | 00:25:29 | 00:07:59 | 01:11:16 | 00:03:16 | 00:40:56 | 02:28:54 | 2463 |
| 9 | YEUNG YAM HO | 楊任豪 | 00:27:46 | 00:06:53 | 01:08:40 | 00:02:35 | 00:43:21 | 02:29:13 | 2352 |
| 10 | CHAN CHUN CHUNG | 陳振宗 | 00:26:44 | 00:07:47 | 01:06:23 | 00:02:57 | 00:46:01 | 02:29:49 | 2439 |
| 11 | CHAN HON WA | 陳康華 | 00:29:41 | 00:07:02 | 01:09:06 | 00:02:38 | 00:42:02 | 02:30:27 | 2393 |
| 12 | GIBB DAVID | | 00:30:14 | 00:07:02 | 01:08:11 | 00:02:59 | 00:42:24 | 02:30:48 | 2470 |
| 13 | LEBEDA BRUNO | | 00:31:53 | 00:06:24 | 01:03:56 | 00:02:53 | 00:46:32 | 02:31:37 | 2362 |
| 14 | BROWN DANIEL | | 00:33:56 | 00:09:14 | 01:04:31 | 00:03:45 | 00:40:15 | 02:31:40 | 2368 |
| 15 | WONG TAK WAH, EDWARD | 黃德華 | 00:31:38 | 00:06:42 | 01:07:06 | 00:03:08 | 00:43:22 | 02:31:53 | 2354 |
| 16 | TONG CHRISTOPHER | 湯惠驄 | 00:28:50 | 00:07:16 | 01:04:52 | 00:02:49 | 00:48:30 | 02:32:16 | 2437 |
| 17 | CHIU KOK FU | 趙國富 | 00:29:33 | 00:06:14 | 01:09:38 | 00:02:52 | 00:44:24 | 02:32:39 | 2448 |
| 18 | FESCHE ANTHONY | | 00:29:10 | 00:07:15 | 01:06:03 | 00:03:12 | 00:47:19 | 02:32:58 | 2398 |
| 19 | HARVEY MARC | | 00:34:14 | 00:06:55 | 01:06:04 | 00:02:56 | 00:43:40 | 02:33:47 | 2455 |
| 20 | HAYMAN MARK | | 00:35:43 | 00:06:51 | 01:05:42 | 00:02:39 | 00:43:44 | 02:34:37 | 2357 |
| 21 | THORNTON RICHARD | | 00:32:11 | 00:07:06 | 01:07:59 | 00:03:19 | 00:44:29 | 02:35:03 | 2363 |
| 22 | CHAN TZE CHUNG | | 00:34:22 | 00:07:21 | 01:06:34 | 00:02:44 | 00:44:17 | 02:35:16 | 2394 |
| 23 | WONG KIN, KENNY | 黃健 | 00:37:09 | 00:06:40 | 01:07:58 | 00:03:00 | 00:40:55 | 02:35:40 | 2350 |
| 24 | SHIRLEY PHIL | | 00:31:53 | 00:07:36 | 01:05:58 | 00:03:03 | 00:47:24 | 02:35:52 | 2389 |
| 25 | WATTS DAVID | | 00:34:21 | 00:07:13 | 01:06:45 | 00:03:08 | 00:45:02 | 02:36:26 | 2365 |
| 26 | HOLLAND MATTHEW | | 00:35:29 | 00:07:46 | 01:05:05 | 00:03:11 | 00:44:57 | 02:36:26 | 2359 |
| 27 | YIP SHING YAN | 葉承恩 | 00:35:23 | 00:07:14 | 01:09:09 | 00:03:05 | 00:41:54 | 02:36:43 | 2462 |
| 28 | PANG ALWYN SEE KIT | 彭思杰 | 00:31:05 | 00:07:26 | 01:08:29 | 00:03:07 | 00:47:13 | 02:37:19 | 2457 |
| 29 | TRIPODORO ALEJANDRO | | 00:33:58 | 00:08:17 | 01:06:04 | 00:03:26 | 00:45:37 | 02:37:20 | 2390 |
| 30 | HORNE GUY | | 00:30:35 | 00:07:05 | 01:09:37 | 00:03:04 | 00:47:16 | 02:37:36 | 2358 |
| 31 | EMSLEY MATTHEW CALVERT | | 00:33:27 | 00:07:14 | 01:07:42 | 00:03:05 | 00:46:53 | 02:38:19 | 2364 |
| 32 | ALBURY DARYL | | 00:31:56 | 00:07:40 | 01:08:52 | 00:03:14 | 00:47:01 | 02:38:42 | 2467 |
| 33 | DRU DRURY GUY | | 00:34:06 | 00:07:31 | 01:12:15 | 00:02:51 | 00:43:02 | 02:39:42 | 2469 |
| 34 | HORN MARK | | 00:28:06 | 00:09:31 | 01:10:18 | 00:03:58 | 00:48:09 | 02:40:00 | 2376 |
| 35 | JENKS CAMERON | | 00:30:48 | 00:08:47 | 01:09:09 | 00:03:48 | 00:47:32 | 02:40:02 | 2399 |
| 36 | WONG MING FAE | 王鳴輝 | 00:32:45 | 00:07:29 | 01:08:07 | 00:03:20 | 00:48:52 | 02:40:31 | 2442 |
| 37 | CARSTENSEN JAN | | 00:30:56 | 00:08:05 | 01:09:38 | 00:03:40 | 00:48:16 | 02:40:33 | 2370 |
| 38 | CHOW BILLY | 周捷恆 | 00:35:48 | 00:08:00 | 01:08:18 | 00:03:41 | 00:45:23 | 02:41:08 | 2445 |
| 39 | CHAN PETER | | 00:31:11 | 00:08:22 | 01:08:51 | 00:03:32 | 00:49:33 | 02:41:27 | 2458 |
| 40 | BILLINGTON ASHLEY | | 00:30:56 | 00:07:44 | 01:10:42 | 00:03:06 | 00:49:20 | 02:41:47 | 2392 |
| 41 | YVAN CORNO | | 00:30:23 | 00:07:35 | 01:15:15 | 00:03:14 | 00:47:03 | 02:43:28 | 2436 |
| 42 | QUIGLEY GARRETT | | 00:37:44 | 00:08:09 | 01:09:49 | 00:04:00 | 00:44:24 | 02:44:04 | 2386 |
| 43 | NIXON CHARLES | | 00:31:49 | 00:08:36 | 01:10:36 | 00:04:06 | 00:49:28 | 02:44:33 | 2424 |
| 44 | YIP CHUN FAI | 葉俊輝 | 00:42:27 | 00:07:27 | 01:12:03 | 00:03:13 | 00:40:31 | 02:45:38 | 2391 |
| 45 | TOLHOEK PATRICK | | 00:34:16 | 00:08:12 | 01:14:12 | 00:03:24 | 00:46:03 | 02:46:05 | 2366 |
| 46 | MULLINEAUX ANTHONY | | 00:44:05 | 00:07:19 | 01:07:34 | 00:02:50 | 00:44:32 | 02:46:18 | 2360 |
| 47 | SOU IAO KEONG | 蘇有强 | 00:30:55 | 00:07:22 | 01:21:06 | 00:02:42 | 00:44:32 | 02:46:36 | 2409 |
| 48 | JEFFERY PAUL | | 00:32:25 | 00:08:18 | 01:13:09 | 00:03:47 | 00:49:39 | 02:47:17 | 2474 |
| 49 | CHAUDHRY ALI | | 00:34:16 | 00:07:46 | 01:11:53 | 00:03:30 | 00:50:22 | 02:47:46 | 2356 |
| 50 | LAM KEVIN YING WAI | 林應威 | 00:31:26 | 00:07:56 | 01:15:04 | 00:02:58 | 00:50:32 | 02:47:55 | 2417 |
| 51 | JOHN JUSTIN | | 00:36:04 | 00:07:54 | 01:11:46 | 00:04:06 | 00:48:09 | 02:47:57 | 2456 |
| 52 | GIAMPORCARO MARCELLO | | 00:35:32 | 00:07:35 | 01:16:43 | 00:03:07 | 00:45:11 | 02:48:06 | 2431 |
| 53 | CHAN CHIK KIN | 陳植堅 | 00:33:02 | 00:09:09 | 01:09:36 | 00:04:13 | 00:52:52 | 02:48:51 | 2351 |

| | | | | | | | | | |
|-----|-----------------------|-----|----------|----------|----------|----------|----------|----------|------|
| 54 | ZHANG XIAOFEI | | 00:43:15 | 00:06:51 | 01:12:01 | 00:03:10 | 00:43:53 | 02:49:08 | 2413 |
| 55 | TREDE VOLKER | | 00:40:16 | 00:08:16 | 01:10:30 | 00:03:10 | 00:47:12 | 02:49:23 | 2426 |
| 56 | YPERSIEL VINCENT | | 00:32:02 | 00:09:02 | 01:13:03 | 00:03:52 | 00:52:35 | 02:50:32 | 2471 |
| 57 | HO BERNARD | 何志亮 | 00:32:32 | 00:07:41 | 01:21:36 | 00:03:14 | 00:46:03 | 02:51:04 | 2444 |
| 58 | BODDINGTON STEPHEN | | 00:31:21 | 00:08:27 | 01:14:02 | 00:03:44 | 00:53:35 | 02:51:07 | 2422 |
| 59 | WAN TING YIU, RICKY | 尹庭耀 | 00:31:03 | 00:08:02 | 01:15:45 | 00:03:33 | 00:53:47 | 02:52:08 | 2355 |
| 60 | SADLER MICHAEL | | 00:38:16 | 00:07:35 | 01:13:34 | 00:03:28 | 00:49:22 | 02:52:12 | 2408 |
| 61 | DAHL MARK | | 00:32:50 | 00:08:58 | 01:15:05 | 00:03:55 | 00:51:35 | 02:52:21 | 2434 |
| 62 | PLAT JEROEN HANS | | 00:32:15 | 00:08:34 | 01:10:50 | 00:04:02 | 00:56:46 | 02:52:25 | 2385 |
| 63 | REX ENGELKING | | 00:41:26 | 00:07:57 | 01:09:48 | 00:03:19 | 00:50:55 | 02:53:22 | 2387 |
| 64 | KO PO HUNG | 高寶鴻 | 00:32:17 | 00:08:36 | 01:16:30 | 00:03:55 | 00:52:53 | 02:54:09 | 2419 |
| 65 | PENDERS STIJN | | 00:37:24 | 00:07:05 | 01:16:56 | 00:02:57 | 00:50:25 | 02:54:45 | 2384 |
| 66 | MCINTOSH RODNEY | | 00:33:02 | 00:11:16 | 01:11:49 | 00:04:32 | 00:54:24 | 02:55:01 | 2406 |
| 67 | GUENTHER HANS | | 00:32:33 | 00:10:15 | 01:13:59 | 00:05:15 | 00:54:02 | 02:56:02 | 2374 |
| 68 | CASTLEY SIMON | | 00:27:57 | 00:08:24 | 01:15:05 | 00:03:56 | 01:02:15 | 02:57:34 | 2429 |
| 69 | LAM HING YIN | 林興賢 | 00:34:00 | 00:09:05 | 01:14:14 | 00:03:51 | 00:56:43 | 02:57:51 | 2425 |
| 70 | FELLOWS SIMON | | 00:33:20 | 00:09:16 | 01:14:12 | 00:03:40 | 00:59:28 | 02:59:55 | 2397 |
| 71 | PYE BRUCE | | 00:31:04 | 00:09:17 | 01:15:51 | 00:04:11 | 01:01:14 | 03:01:36 | 2407 |
| 72 | LYONS STEVE | | | | 01:18:25 | 00:04:28 | 00:46:02 | 03:01:51 | 2404 |
| 73 | STOKES EDMUND | | 00:33:14 | 00:09:05 | 01:14:30 | 00:04:02 | 01:01:09 | 03:01:58 | 2452 |
| 74 | CHUNG WAI LAP WILLIAM | 鍾偉立 | 00:33:29 | 00:09:11 | 01:24:05 | 00:03:29 | 00:52:14 | 03:02:26 | 2372 |
| 75 | LEUNG WAH TAT KEITH | 梁華達 | 00:33:24 | 00:08:16 | 01:27:25 | 00:03:10 | 00:51:08 | 03:03:22 | 2353 |
| 76 | VAN BUUREN BAS | | 00:39:46 | 00:09:05 | 01:18:00 | 00:04:10 | 00:52:48 | 03:03:46 | 2013 |
| 77 | CHAN PING KWONG | 陳炳光 | 00:43:09 | 00:08:11 | 01:17:19 | 00:03:26 | 00:51:53 | 03:03:56 | 2427 |
| 78 | TSANG VALENTINE | 曾晃祥 | 00:37:36 | 00:09:02 | 01:15:14 | 00:04:19 | 00:58:16 | 03:04:25 | 2418 |
| 79 | NG YU WAI | 吳裕偉 | 00:41:14 | 00:10:20 | 01:20:22 | 00:04:46 | 00:48:12 | 03:04:53 | 2415 |
| 80 | LEE CHUN KEUNG | | 00:43:58 | 00:10:54 | 01:18:05 | 00:05:20 | 00:48:20 | 03:06:35 | 2403 |
| 81 | MYERS PAUL | | 00:41:09 | 00:08:28 | 01:20:43 | 00:03:47 | 00:55:40 | 03:09:45 | 2464 |
| 82 | NG YUEN FU | 吳源富 | 00:38:09 | 00:09:26 | 01:29:36 | 00:02:54 | 00:49:46 | 03:09:49 | 2416 |
| 83 | YIP HO MING | 葉浩明 | 00:45:30 | 00:08:05 | 01:25:11 | 00:03:04 | 00:48:20 | 03:10:09 | 2449 |
| 84 | WOLFSGRUBER GUNTHER | | 00:37:32 | 00:09:00 | 01:18:30 | 00:04:13 | 01:02:25 | 03:11:38 | 2461 |
| 85 | CHAN DARYL | | 00:38:45 | 00:09:56 | 01:22:17 | 00:04:51 | 00:55:57 | 03:11:44 | 2423 |
| 86 | CHAU CHE CHIU, RICKY | 周志超 | 00:50:08 | 00:09:08 | 01:10:16 | 00:03:55 | 00:58:24 | 03:11:49 | 2459 |
| 87 | BRUNNER PIERS | | 00:43:17 | 00:07:44 | 01:21:10 | 00:03:48 | 00:56:21 | 03:12:18 | 2369 |
| 88 | KAI KUNNASMAA | | 00:29:55 | 00:09:32 | 01:24:09 | 00:04:19 | 01:04:28 | 03:12:21 | 2377 |
| 89 | KLOCK KEVIN | | 00:47:09 | 00:09:45 | 01:17:37 | 00:04:13 | 00:57:02 | 03:15:44 | 2473 |
| 90 | KUNG HIN CHEUNG JOHN | 龔顯璋 | 00:42:08 | 00:11:19 | 01:29:07 | 00:05:15 | 00:50:54 | 03:18:41 | 2402 |
| 91 | LUI TSZ HIN | 劉子軒 | 00:42:40 | 00:09:13 | 01:30:31 | 00:05:54 | 00:54:24 | 03:22:41 | 2430 |
| 92 | KOH JOHN | | 00:31:16 | 00:10:57 | 01:30:29 | 00:04:53 | 01:05:25 | 03:22:58 | 2400 |
| 93 | CHU WAI KIT | 朱偉傑 | 00:46:22 | 00:09:43 | 01:19:03 | 00:04:45 | 01:03:32 | 03:23:22 | 2446 |
| 94 | LEE YIU KEE, ERIC | 李耀基 | 00:37:46 | 00:08:25 | 01:33:40 | 00:02:48 | 01:03:13 | 03:25:50 | 2379 |
| 95 | MORGAN ALAN | | 00:43:46 | 00:09:34 | 01:24:32 | 00:03:52 | 01:08:55 | 03:30:36 | 2420 |
| 96 | TSE WEI-MUN | | 00:37:03 | 00:07:45 | 01:17:35 | 00:03:29 | 01:27:15 | 03:33:05 | 2025 |
| 97 | YEUNG LARRY | | 00:41:03 | 00:12:10 | 01:33:29 | 00:06:11 | 01:13:14 | 03:46:04 | 2412 |
| 98 | MAK WILLIAM WING YIU | | 00:47:25 | 00:08:41 | 01:41:17 | 00:03:28 | 01:06:53 | 03:47:42 | 2381 |
| 99 | PARTNOW PHILIP | 彭菲力 | 00:36:23 | 00:12:14 | 01:37:55 | 00:06:25 | 01:16:47 | 03:49:43 | 2011 |
| 100 | BRAMHAM SHAUN | | 01:03:16 | 00:11:27 | 01:34:15 | 00:05:05 | 01:20:22 | 04:14:24 | 2433 |
| 101 | CHAN TIN CHI | | 00:48:39 | 00:11:57 | 02:12:21 | 00:04:19 | 01:01:34 | 04:18:48 | 2371 |
| DNF | CHUNG KIM FUNG, JOE | | 00:39:18 | 00:10:00 | 01:47:26 | | | | 2460 |
| DNS | BEST PHILIP | | | | | | | | 2367 |
| DNS | GILDEMEISTER RUDOLF | | | | | | | | 2373 |
| DNS | MEXIA JOÃO | | | | | | | | 2382 |
| DNS | MILLER SAMANTHA | | | | | | | | 2383 |
| DNS | SCHUERMANN CLAUS | | | | | | | | 2388 |
| DNS | DINGLEY PAUL | | | | | | | | 2395 |
| DNS | MACPHERSON ANDREW | | | | | | | | 2405 |
| DNS | SUH EUGENE | | | | | | | | 2410 |
| DNS | WEHRY EDUARD | | | | | | | | 2411 |
| DNS | HARMER SCOTT | | | | | | | | 2421 |
| DNS | FLANAGAN CHRISTOPHER | | | | | | | | 2432 |
| DNS | CHEUNG ALAN | | | | | | | | 2435 |
| DNS | WONG HO MING | 黃浩明 | | | | | | | 2438 |
| DNS | LEE YIU MING | 李耀明 | | | | | | | 2440 |
| DNS | TAN WING ON | 鄧永安 | | | | | | | 2441 |

| | | | | | | | | | |
|-----------------------------|-------------------------|-----|-------------|-----------|-------------|-----------|------------|--------------|----------------|
| DNS | YONG RICHARD | 楊量光 | | | | | | | 2443 |
| DNS | LO KIT HUNG ERIC | | | | | | | | 2447 |
| DNS | HOLDSWORTH ROBIN TOM | | | | | | | | 2450 |
| DNS | STEINHAUER PETER | | | | | | | | 2451 |
| DNS | KEARNEY MARK | | | | | | | | 2453 |
| DNS | LUPTON ED | | | | | | | | 2454 |
| DNS | PARTNOW PHILIP | 彭菲力 | | | | | | | 2466 |
| DNS | POON CHE WAI | 潘志威 | | | | | | | 2468 |
| DSQ | LEE KELVIN CHUN HONG | 利振航 | 00:17:01 | 00:08:21 | 01:22:15 | 00:02:55 | 01:01:23 | 02:51:53 | 2378 |
| DSQ | LIU JIAN | | 00:32:06 | 00:08:17 | 00:48:09 | 00:03:22 | 00:46:15 | 02:18:07 | 2380 |
| DSQ | KIM JOEL | | 00:43:26 | 00:08:54 | 01:17:46 | | | | 2465 |
| | | | | | | | | | |
| Male Age Group 45-49 | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | BEMET STEVEN | | 00:27:12 | 00:06:21 | 01:05:01 | 00:02:24 | 00:40:42 | 02:21:39 | 2315 |
| 2 | DARGAN NICK | | 00:25:31 | 00:07:00 | 01:06:13 | 00:02:29 | 00:41:48 | 02:23:00 | 2253 |
| 3 | TONG CHI HUNG PHILIP | 湯志雄 | 00:30:09 | 00:07:18 | 01:05:39 | 00:02:39 | 00:42:18 | 02:28:01 | 2201 |
| 4 | WRAY MARTIN | | 00:22:17 | 00:07:15 | 01:06:05 | 00:03:33 | 00:49:22 | 02:28:29 | 2237 |
| 5 | WALKER PHILLIP | | 00:26:51 | 00:06:49 | 01:09:16 | 00:02:43 | 00:44:37 | 02:30:14 | 2251 |
| 6 | SUNG YAN WAH | 宋仁華 | 00:31:51 | 00:06:34 | 01:07:55 | 00:02:48 | 00:43:20 | 02:32:26 | 2250 |
| 7 | ABECASSIS MARC | | 00:29:05 | 00:07:17 | 01:10:39 | 00:03:01 | 00:43:11 | 02:33:10 | 2303 |
| 8 | CHAN WAI KEE, ERIC | 陳偉基 | 00:31:10 | 00:06:41 | 01:10:22 | 00:02:39 | 00:42:27 | 02:33:17 | 2245 |
| 9 | BOLGER LIAM | | 00:31:32 | 00:08:09 | 01:10:10 | 00:03:08 | 00:41:26 | 02:34:22 | 2229 |
| 10 | HO CHAK | 何澤 | 00:31:50 | 00:06:47 | 01:08:16 | 00:02:45 | 00:45:34 | 02:35:10 | 2202 |
| 11 | KIM YOUNG HO | | 00:32:01 | 00:07:33 | 01:08:21 | 00:02:57 | 00:44:44 | 02:35:33 | 2244 |
| 12 | BURTON SCOTT JAMES | | 00:23:47 | 00:07:40 | 01:17:31 | 00:02:58 | 00:43:57 | 02:35:51 | 2239 |
| 13 | BULBECK DAVID | | 00:33:22 | 00:07:24 | 01:07:04 | 00:03:07 | 00:45:50 | 02:36:46 | 2230 |
| 14 | LEE YING HO | 李英豪 | 00:35:25 | 00:06:45 | 01:09:52 | 00:02:37 | 00:43:54 | 02:38:30 | 2246 |
| 15 | FERNANDO NASCIMENTO | 施明道 | 00:32:03 | 00:06:56 | 01:11:52 | 00:03:01 | 00:45:41 | 02:39:31 | 2216 |
| 16 | TELFORD CHRIS | | 00:30:14 | 00:08:18 | 01:10:34 | 00:03:42 | 00:47:59 | 02:40:45 | 2314 |
| 17 | KENNEDY GRANT | | 00:32:55 | 00:07:46 | 01:13:11 | 00:03:29 | 00:46:43 | 02:44:03 | 2308 |
| 18 | QIAN LEI | 錢雷 | 00:41:47 | 00:06:53 | 01:07:52 | 00:03:23 | 00:46:02 | 02:45:56 | 2228 |
| 19 | SHARP MARK | | 00:32:37 | 00:07:43 | 01:15:51 | 00:03:06 | 00:46:59 | 02:46:14 | 2301 |
| 20 | CHE MENG KONG | 謝明光 | 00:35:26 | 00:08:36 | 01:12:28 | 00:03:45 | 00:46:31 | 02:46:44 | 2213 |
| 21 | STRAATEMEIER BRETT | | 00:36:38 | 00:07:07 | 01:06:09 | 00:03:04 | 00:55:54 | 02:48:50 | 2236 |
| 22 | LEWIS JOHN | | 00:32:31 | 00:09:34 | 01:10:00 | 00:04:12 | 00:55:48 | 02:52:04 | 2226 |
| 23 | O'HARA PAUL | | 00:38:32 | 00:07:35 | 01:16:13 | 00:02:49 | 00:47:15 | 02:52:21 | 2234 |
| 24 | GALLIFORD NEIL PETER | | 00:36:41 | 00:08:12 | 01:16:42 | 00:03:59 | 00:49:52 | 02:55:23 | 2240 |
| 25 | JONES STEVE | | 00:35:35 | 00:07:44 | 01:12:48 | 00:03:19 | 00:56:24 | 02:55:48 | 2222 |
| 26 | WANG ZHE SHEN, JULIUS | 王哲身 | 00:41:33 | 00:08:08 | 01:11:40 | 00:03:41 | 00:51:46 | 02:56:46 | 2248 |
| 27 | GILCHRIST BRIAN | | 00:35:26 | 00:09:51 | 01:12:50 | 00:04:51 | 00:55:58 | 02:58:55 | 2217 |
| 28 | CHILDS SIMON | | 00:33:03 | 00:09:21 | 01:24:51 | 00:03:20 | 00:48:39 | 02:59:12 | 2317 |
| 29 | CHOY STEPHEN | | 00:54:14 | 00:07:24 | 01:06:43 | 00:03:04 | 00:48:37 | 03:00:01 | 2299 |
| 30 | SMITH TIM | | 00:38:41 | 00:08:19 | 01:14:03 | 00:03:42 | 00:55:40 | 03:00:24 | 2241 |
| 31 | BERRISFORD CARL | | 00:34:31 | 00:08:23 | 01:18:19 | 00:03:48 | 00:55:36 | 03:00:35 | 2212 |
| 32 | ALCOCK BRENT | | 00:30:41 | 00:08:47 | 01:28:28 | 00:03:43 | 00:49:01 | 03:00:37 | 2210 |
| 33 | MORAN SIMON | | 00:33:34 | 00:10:28 | 01:16:24 | 00:04:42 | 00:57:28 | 03:02:33 | 2209 |
| 34 | CHOI SEK TONG | 徐錫棠 | 00:31:28 | 00:08:17 | 01:20:03 | 00:03:23 | 01:00:25 | 03:03:35 | 2215 |
| 35 | HOWELL DAVID | | 00:38:23 | 00:09:21 | 01:17:11 | 00:03:57 | 00:55:20 | 03:04:10 | 2238 |
| 36 | CHAN KA KEUNG | 陳嘉強 | 00:37:27 | 00:09:18 | 01:19:43 | 00:03:23 | 00:55:00 | 03:04:48 | 2309 |
| 37 | LEE KWOK NING | | 00:45:01 | 00:08:02 | 01:13:30 | 00:03:10 | 00:55:14 | 03:04:55 | 2243 |
| 38 | FERNANDEZ MARC | | 00:40:46 | 00:09:06 | 01:19:30 | 00:05:30 | 00:50:36 | 03:05:25 | 2307 |
| 39 | LAWRENCE CHUNG LUI HUNG | 鍾侶雄 | 00:41:44 | 00:07:37 | 01:22:46 | 00:03:31 | 00:49:53 | 03:05:29 | 2205 |
| 40 | OREGAN ANDREW | | 00:35:38 | 00:09:36 | 01:21:14 | 00:03:41 | 00:56:37 | 03:06:45 | 2227 |
| 41 | CHAN HING FAI | 陳慶輝 | 00:43:49 | 00:07:31 | 01:29:05 | 00:02:40 | 00:43:50 | 03:06:54 | 2231 |
| 42 | CHAN CHU | 陳珠 | 00:29:35 | 00:08:08 | 01:35:58 | 00:04:10 | 00:55:38 | 03:13:26 | 2206 |
| 43 | KRIS LARSSON | | 00:44:32 | 00:11:33 | 01:30:07 | 00:05:08 | 00:45:57 | 03:17:16 | 2223 |
| 44 | LEE MENG HONG | | 00:42:45 | 00:11:32 | 01:22:13 | 00:05:19 | 00:55:41 | 03:17:28 | 2225 |
| 45 | PARKER CLAYTON | | 00:46:00 | 00:10:53 | 01:17:13 | 00:04:58 | 01:01:11 | 03:20:14 | 2304 |
| 46 | CHAN JOHNSON | | 00:31:17 | 00:09:43 | 01:34:41 | 00:03:31 | 01:01:22 | 03:20:31 | 2200 |
| 47 | LEUNG HUNG SUN | 梁鴻燊 | 00:54:11 | 00:09:21 | 01:21:36 | 00:04:41 | 00:51:15 | 03:21:02 | 2232 |
| 48 | LAI WUT SUN JOHNNY | 賴活新 | 00:41:18 | 00:08:58 | 01:24:26 | 00:04:36 | 01:02:15 | 03:21:31 | 2247 |
| 49 | CHENG KWOK HUNG | 鄭國雄 | 00:37:35 | 00:10:24 | 01:35:39 | 00:04:53 | 00:55:45 | 03:24:14 | 2214 |
| 50 | NG DOUGLAS | | 01:00:07 | 00:11:22 | 01:20:05 | 00:04:08 | 00:51:38 | 03:27:17 | 2027 |

| | | | | | | | | | |
|-------------------------------------|-------------------------|-----|-------------|-----------|-------------|-----------|------------|--------------|----------------|
| 51 | CHUNG KWOK WING | 鍾國榮 | 00:42:37 | 00:09:01 | 01:37:03 | 00:03:32 | 00:58:54 | 03:31:05 | 2300 |
| 52 | AJMAL VICTOR SAMUEL | | 00:40:51 | 00:07:50 | 01:48:55 | 00:06:38 | 00:49:26 | 03:33:38 | 2305 |
| 53 | CHU SHIU KAY, FERDINAND | 朱兆麒 | 00:35:42 | 00:12:08 | 01:28:26 | 00:05:01 | 01:14:13 | 03:35:30 | 2204 |
| 54 | YUEN KAI MING | 阮啓明 | 00:42:51 | 00:09:02 | 01:29:56 | 00:03:42 | 01:13:11 | 03:38:41 | 2203 |
| 55 | HU QINGHE | | 00:32:29 | 00:09:43 | 02:05:37 | 00:07:00 | 00:53:13 | 03:48:00 | 2219 |
| 56 | CHAN YEE CHEONG EVAN | | 01:00:33 | 00:10:42 | 01:23:59 | 00:05:12 | 01:10:36 | 03:51:00 | 2302 |
| 57 | HUI CHEE SUM | | 01:14:58 | 00:12:04 | 01:47:49 | 00:05:35 | 00:57:04 | 04:17:28 | 2220 |
| DNF | PERRIN JONATHAN RHYS | | 00:33:10 | | | | | | 2242 |
| DNF | TSE MICHAEL | | 00:32:41 | 00:06:44 | 01:03:41 | | | | 2252 |
| DNS | TREMBLAY JEAN-FRANCOIS | | | | | | | | 2207 |
| DNS | HARRIS JEREMY | | | | | | | | 2208 |
| DNS | BELLING PHILLIP | | | | | | | | 2211 |
| DNS | HALLWORTH TIM | | | | | | | | 2218 |
| DNS | HYAMS DANIEL | | | | | | | | 2221 |
| DNS | LEE CHUNG-WAH | 李仲華 | | | | | | | 2224 |
| DNS | MILLS LARRY | | | | | | | | 2233 |
| DNS | SHELDON JEREMY | | | | | | | | 2235 |
| DNS | CHUNG RAYSON | 鍾冠國 | | | | | | | 2249 |
| DNS | TORRE GRAEME | | | | | | | | 2254 |
| DNS | RUSSELL KEITH | | | | | | | | 2255 |
| DNS | RICKARDS ANDREW | | | | | | | | 2306 |
| | | | | | | | | | |
| | | | | | | | | | |
| Male Age Group 50-54 | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | LIU CHON KA | 廖俊佳 | 00:27:29 | 00:06:13 | 01:04:54 | 00:02:23 | 00:40:41 | 02:21:39 | 2265 |
| 2 | DOUMA JOHN | | 00:31:16 | 00:06:43 | 01:10:12 | 00:02:32 | 00:43:22 | 02:34:03 | 2257 |
| 3 | MARRIOTT FRANK | | 00:32:22 | 00:07:54 | 01:07:58 | 00:02:40 | 00:43:45 | 02:34:37 | 2258 |
| 4 | WONG KWOK WAH | 黃國華 | 00:34:19 | 00:06:56 | 01:09:07 | 00:02:48 | 00:45:33 | 02:38:41 | 2276 |
| 5 | HILL DESMOND | | 00:34:31 | 00:08:28 | 01:09:00 | 00:03:39 | 00:45:44 | 02:41:21 | 2297 |
| 6 | WONG KAM TIM | 黃錦添 | 00:32:26 | 00:07:16 | 01:10:43 | 00:02:51 | 00:48:28 | 02:41:42 | 2274 |
| 7 | TRODD TIM | | 00:34:30 | 00:08:06 | 01:09:09 | 00:03:26 | 00:49:34 | 02:44:43 | 2273 |
| 8 | BARNARD GAWAIN | | 00:38:35 | 00:07:08 | 01:14:30 | 00:03:11 | 00:46:01 | 02:49:23 | 2259 |
| 9 | CHAU YING KWONG | 周應光 | 00:39:11 | 00:08:38 | 01:17:03 | 00:04:12 | 00:48:00 | 02:57:02 | 2268 |
| 10 | WU CHI-WAI | 鄔志偉 | 00:39:17 | 00:10:51 | 01:15:28 | 00:04:05 | 00:53:05 | 03:02:45 | 2266 |
| 11 | CHEUNG CHI WING | 張志榮 | 00:50:30 | 00:08:01 | 01:15:56 | 00:03:19 | 00:45:29 | 03:03:12 | 2278 |
| 12 | KWOK SUI WING | 郭瑞榮 | 00:42:37 | 00:08:23 | 01:28:03 | 00:03:14 | 00:48:19 | 03:10:33 | 2270 |
| 13 | HALKES ADRIAN JOHN | | 00:46:36 | 00:09:40 | 01:13:59 | 00:04:19 | 00:56:25 | 03:10:56 | 2310 |
| 14 | METZ STEPHEN | 麥士徒 | 00:39:21 | 00:11:00 | 01:20:21 | 00:05:08 | 00:58:45 | 03:14:33 | 2267 |
| 15 | HANSELMAN CHRISTOPHER | | 00:34:43 | 00:08:54 | 01:31:03 | 00:03:56 | 00:56:54 | 03:15:29 | 2272 |
| 16 | LAM CHI CHAM | 林熾參 | 00:54:06 | 00:07:44 | 01:24:56 | 00:03:47 | 00:46:13 | 03:16:45 | 2275 |
| 17 | YUNG TAK CHEUNG | | 00:43:12 | 00:10:05 | 01:28:44 | 00:04:06 | 00:51:42 | 03:17:47 | 2311 |
| 18 | LAM SHING MAN OTTO | 林醒文 | 00:39:55 | 00:12:26 | 01:28:20 | 00:06:24 | 01:12:10 | 03:39:13 | 2264 |
| 19 | PYNE JONATHAN | | 00:36:47 | 00:12:52 | 01:37:40 | 00:06:47 | 01:05:50 | 03:39:54 | 2261 |
| 20 | GAMBLIN CLIVE, ANTHONY | | 00:50:21 | 00:12:23 | 01:25:34 | 00:05:37 | 01:06:19 | 03:40:12 | 2263 |
| 21 | LAM CHI WING | 林志榮 | 01:03:10 | 00:11:29 | 01:31:39 | 00:05:01 | 01:01:39 | 03:52:57 | 2277 |
| 22 | PENALOZA PHILIP | 蔡偉立 | 00:49:42 | 00:16:01 | 01:30:03 | 00:07:59 | 01:23:03 | 04:06:46 | 2269 |
| 23 | TAM FAI KIN | 譚輝健 | 00:42:32 | 00:14:48 | 01:49:46 | 00:07:35 | 01:14:48 | 04:09:27 | 2256 |
| DNS | O'NEILL MIKE | | | | | | | | 2260 |
| DNS | YU KAM-CHOI | 余錦材 | | | | | | | 2262 |
| DNS | BARTLETT JEREMY | | | | | | | | 2271 |
| DNS | TATEYAMA YOSHIKI | | | | | | | | 2296 |
| | | | | | | | | | |
| | | | | | | | | | |
| Male Age Group 55 & Over | | | | | | | | | |
| Pos | Name | | Swim | T1 | Bike | T2 | Run | Total | Bib No. |
| 1 | PARMELEE WILLIAM | 包立宏 | 00:36:02 | 00:06:02 | 01:05:41 | 00:02:52 | 00:44:05 | 02:34:41 | 2316 |
| 2 | GUNNS CHRISTOPHER | | 00:40:02 | 00:07:42 | 01:09:58 | 00:03:37 | 00:48:55 | 02:50:12 | 2281 |
| 3 | STEWART JAMES | | 00:34:59 | 00:08:03 | 01:13:08 | 00:03:25 | 00:52:25 | 02:51:57 | 2287 |
| 4 | NAFTE ANTHONY | | 00:35:20 | 00:08:14 | 01:20:52 | 00:03:34 | 00:48:19 | 02:56:17 | 2280 |
| 5 | LEUNG CHI HUNG, NELSON | 梁治洪 | 00:32:17 | 00:07:26 | 01:20:04 | 00:04:14 | 00:53:56 | 02:57:56 | 2294 |
| 6 | ONG JOSEPH | 王阳乐 | 00:36:15 | 00:10:15 | 01:13:53 | 00:05:48 | 00:54:38 | 03:00:46 | 2295 |
| 7 | ENDICOTT JOHN | | 00:42:57 | 00:08:34 | 01:13:38 | 00:03:04 | 00:53:07 | 03:01:18 | 2289 |
| 8 | WONG HON CHIO | 黃漢釗 | 00:35:52 | 00:08:13 | 01:18:52 | 00:04:16 | 00:57:42 | 03:04:53 | 2285 |
| 9 | CHAN KING YUEN | 陳景源 | 00:32:24 | 00:08:18 | 01:23:32 | 00:03:35 | 01:00:00 | 03:07:47 | 2293 |
| 10 | CHAN HO KEE | 陳浩基 | 00:35:11 | 00:07:01 | 01:29:32 | 00:03:28 | 00:53:27 | 03:08:38 | 2292 |

