

First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Yuen Chi Hang	42	Male	Ages 20 - 24	Titan Triathlon	0:14:47	0:15:09	1:05:50	1:06:11	1:21:35	1:21:35	1	14	130.00
	Pun Yiu Chung	29	Male	Ages 20 - 24	AustSports Association	0:14:37	0:15:01	1:05:51	1:06:16	1:21:49	1:21:49	2	13	120.71
	Cheng Tsz Yeung	33	Male	Ages 20 - 24	Titan Triathlon	0:15:50	0:16:12	1:05:47	1:06:09	1:23:36	1:23:36	3	12	111.43
	Ng Ching Hong	35	Male	Ages 20 - 24	AustSports Association	0:16:02	0:16:32	1:11:06	1:11:37	1:29:01	1:29:01	4	11	102.14
Nelson	Lam Chi Wen	36	Male	Ages 20 - 24	Energetic Triathlon Shatin	0:16:07	0:17:10	1:11:53	1:12:25	1:29:26	1:29:26	5	10	92.86
Alan	Chan Chun Lung	32	Male	Ages 20 - 24	Titan Triathlon	0:14:48	0:15:31	1:05:39	1:06:07	1:29:27	1:29:27	6	9	83.57
	Tse Yau Chun	37	Male	Ages 20 - 24	Excel Swim Sports Association	0:17:46	0:18:15	1:11:30	1:11:56	1:31:08	1:31:08	7	8	74.29
	Lai Yue Cheung	39	Male	Ages 20 - 24	Excel Swim Sports Association	0:18:16	0:18:45	1:11:28	1:12:00	1:32:53	1:32:53	8	7	65.00
	Ng Kwok Leung	43	Male	Ages 20 - 24	Titan Triathlon	0:16:54	0:17:30	1:09:57	1:10:38	1:33:38	1:33:38	9	6	55.71
	Tong Lai Hin	41	Male	Ages 20 - 24	Titan Triathlon	0:17:31	0:17:56	1:11:04	1:11:40	1:35:52	1:35:52	10	5	46.43
Kenneth	Wu Yee Lok	30	Male	Ages 20 - 24		0:18:49	0:19:32	1:19:37	1:20:22	1:37:38	1:37:38	11	4	37.14
	Fok Yun Sam	34	Male	Ages 20 - 24		0:18:04	0:18:48	1:16:38	1:17:32	1:37:52	1:37:52	12	3	27.86
	Chui Chung Hong	27	Male	Ages 20 - 24	Sonic Sports Association	0:18:11	0:18:49	1:25:01	1:25:27	1:46:57	1:46:57	13	2	18.57
	Leung Ka Wa	28	Male	Ages 20 - 24	Excel Swim Sports Association	0:17:31	0:18:22	1:24:34	1:25:34	1:51:32	1:51:32	14	1	9.29
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Tang Cheuk Hang	1	Female	Ages 25 - 29	Energetic Triathlon Shatin	0:22:30	0:23:27	1:31:33	1:31:33	1:54:28	1:54:28	1	2	130.00
	Lau Wai Yin	2	Female	Ages 25 - 29		0:31:37	0:33:18	1:49:11	1:49:11	2:25:06	2:25:06	2	1	65.00
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Zeco	Wan Zhen Hao	46	Male	Ages 25 - 29		0:13:59	0:14:23	1:01:48	1:02:10	1:16:38	1:16:38	1	11	130.00
	Chan Hoi Wing	52	Male	Ages 25 - 29	Energetic Triathlon Shatin	0:14:16	0:14:41	1:01:49	1:02:10	1:17:13	1:17:13	2	10	118.18
	Leung Ka Lun	49	Male	Ages 25 - 29	Energetic Triathlon Shatin	0:15:59	0:16:25	1:05:51	1:06:20	1:24:07	1:24:07	3	9	106.36
	Yau Kwun San	53	Male	Ages 25 - 29	Tung Chung Triathlon Association	0:15:23	0:16:04	1:07:13	1:07:49	1:24:54	1:24:54	4	8	94.55
	Hon Yau Tin	51	Male	Ages 25 - 29		0:16:38	0:17:37	1:08:54	1:09:36	1:27:55	1:27:55	5	7	82.73
	Wan Ka Ming	45	Male	Ages 25 - 29	AustSports Association	0:15:14	0:16:19	1:11:44	1:12:17	1:29:22	1:29:22	6	6	70.91
John	Hung Cheung Kit	44	Male	Ages 25 - 29	South China Athletic Association	0:18:30	0:18:59	1:19:34	1:19:59	1:39:50	1:39:50	7	5	59.09
	Chan Hoi Hang	55	Male	Ages 25 - 29		0:18:57	0:20:03	1:17:49	1:18:51	1:42:25	1:42:25	8	4	47.27
	Wong Wing Hang	47	Male	Ages 25 - 29		0:19:09	0:19:46	1:25:59	1:26:37	1:46:29	1:46:29	9	3	35.45
	Hsu Ka Wing	54	Male	Ages 25 - 29		0:18:14	0:19:04	1:26:15	1:26:56	1:47:48	1:47:48	10	2	23.64
	Hui Ka Wai	50	Male	Ages 25 - 29		0:22:54	0:24:38	1:39:12	1:39:12	2:07:51	2:07:51	11	1	11.82
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Lau On Yue	3	Female	Ages 30 - 34	Titan Triathlon	0:17:42	0:18:12	1:14:34	1:14:57	1:33:46	1:33:46	1	3	130.00
Mandy	Tik	4	Female	Ages 30 - 34	Tritons Triathlon Club	0:16:49	0:17:40	1:18:46	1:19:34	1:38:35	1:38:35	2	2	86.67
Carlay	Tong	5	Female	Ages 30 - 34	Energetic Triathlon Shatin	0:18:47	0:19:20	1:36:58	1:36:58	1:57:14	1:57:14	3	1	43.33
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Andrew	Wright	62	Male	Ages 30 - 34	South China Athletic Association	0:13:52	0:14:17	1:01:47	1:02:04	1:16:19	1:16:19	1	21	130.00
Iain	Veitch	86	Male	Ages 30 - 34		0:14:20	0:14:50	1:01:52	1:02:16	1:16:19	1:16:19	2	20	123.81
Michal	Bucek	70	Male	Ages 30 - 34	Hope Sport Association	0:14:16	0:14:37	1:01:48	1:02:08	1:16:50	1:16:50	3	19	117.62
	Wong Ka Ming	68	Male	Ages 30 - 34	Energetic Triathlon Shatin	0:14:52	0:15:18	1:05:36	1:06:00	1:21:07	1:21:07	4	18	111.43
Trujillo	Pabco	75	Male	Ages 30 - 34	Tritons Triathlon Club	0:14:17	0:14:43	1:05:38	1:06:18	1:21:25	1:21:25	5	17	105.24
	Sun Fat Yee	59	Male	Ages 30 - 34	South China Athletic Association	0:15:20	0:15:44	1:05:51	1:06:14	1:22:30	1:22:30	6	16	99.05
	Lee Yuk Tong	67	Male	Ages 30 - 34	Energetic Triathlon Shatin	0:16:23	0:16:51	1:09:15	1:09:46	1:25:20	1:25:20	7	15	92.86
	Lam Tsz Wai	66	Male	Ages 30 - 34	Energetic Triathlon Shatin	0:16:32	0:16:54	1:07:22	1:07:55	1:26:53	1:26:53	8	14	86.67
	Ku Wang Kwong	78	Male	Ages 30 - 34		0:16:49	0:17:46	1:08:55	1:09:31	1:26:59	1:26:59	9	13	80.48
	Au Ho Lam	83	Male	Ages 30 - 34		0:18:04	0:18:46	1:11:05	1:11:42	1:30:45	1:30:45	10	12	74.29
Roman	Hofmann	77	Male	Ages 30 - 34		0:16:37	0:17:20	1:13:04	1:13:49	1:31:23	1:31:23	11	11	68.10
	Mak Chi Chung	58	Male	Ages 30 - 34	Titan Triathlon	0:18:56	0:19:22	1:12:43	1:13:22	1:31:50	1:31:50	12	10	61.90
	Woo Wai Kit	61	Male	Ages 30 - 34		0:17:50	0:18:36	1:13:15	1:13:45	1:32:58	1:32:58	13	9	55.71
	Lui Kim Lun	57	Male	Ages 30 - 34	AustSports Association	0:18:11	0:18:43	1:13:43	1:14:10	1:34:43	1:34:43	14	8	49.52
	Chow Chi Man	80	Male	Ages 30 - 34	Energetic Triathlon Shatin	0:21:16	0:22:14	1:18:52	1:19:40	1:39:52	1:39:52	15	7	43.33
Luke	Maga	76	Male	Ages 30 - 34		0:20:57	0:22:04	1:18:53	1:19:39	1:40:09	1:40:09	16	6	37.14

	Ho Kwok Wai	64	Male	Ages 30 - 34	Energetic Triathlon Shatin	0:22:02	0:22:54	1:24:12	1:25:07	1:47:05	1:47:05	17	5	30.95
Kam	Wai Ho	73	Male	Ages 30 - 34	Part Time Association	0:21:27	0:22:04	1:24:03	1:24:31	1:47:41	1:47:41	18	4	24.76
	Cheng Chi Fung	56	Male	Ages 30 - 34	Hope Sport Association	0:20:26	0:21:07	1:29:21	1:29:21	1:52:31	1:52:31	19	3	18.57
	Wan Chun Hung	60	Male	Ages 30 - 34	AustSports Association	0:25:01	0:25:37	1:36:21	1:36:21	2:01:02	2:01:02	20	2	12.38
	Cheung Ting Fung	69	Male	Ages 30 - 34	Titan Triathlon	0:25:03	0:26:21	1:55:06	1:55:06	2:25:04	2:25:04	21	1	6.19
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Merida	Rigg	7	Female	Ages 35 - 39	Hong Kong Dragons Triathlon Club	0:22:03	0:23:00	1:26:52	1:27:36	1:49:50	1:49:50	1	3	130.00
Emma	Poon	8	Female	Ages 35 - 39		0:21:46	0:22:59	1:30:17	1:30:17	1:54:07	1:54:07	2	2	86.67
	Li Chi Yan	10	Female	Ages 35 - 39	Titan Triathlon	0:23:19	0:24:33	1:37:52	1:37:52	2:02:37	2:02:37	3	1	43.33
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Simon	Waterhouse	95	Male	Ages 35 - 39		0:14:18	0:14:52	1:01:51	1:02:17	1:17:05	1:17:05	1	24	130.00
Erich	Felbabel	74	Male	Ages 35 - 39	Tritons Triathlon Club	0:14:17	0:14:40	1:01:45	1:02:08	1:18:40	1:18:40	2	23	124.58
	Wong Pui Yuen	99	Male	Ages 35 - 39	Energetic Triathlon Shatin	0:16:56	0:17:51	1:09:22	1:09:58	1:26:54	1:26:54	3	22	119.17
James	Whitman	96	Male	Ages 35 - 39	Tung Chung Triathlon Association	0:16:56	0:17:29	1:09:13	1:09:45	1:27:09	1:27:09	4	21	113.75
	Chow Hoi Tat	89	Male	Ages 35 - 39		0:16:44	0:17:07	1:09:30	1:09:51	1:27:18	1:27:18	5	20	108.33
Frankie	Leung Ching Fai	92	Male	Ages 35 - 39	New Wave Swimming Club	0:16:41	0:17:28	1:09:20	1:09:52	1:27:47	1:27:47	6	19	102.92
	Sin Chun Kwong	98	Male	Ages 35 - 39	Energetic Triathlon Shatin	0:16:39	0:17:06	1:10:55	1:11:16	1:28:53	1:28:53	7	18	97.50
Gary	Tiu	106	Male	Ages 35 - 39	Energetic Triathlon Shatin	0:17:45	0:18:37	1:11:13	1:11:50	1:29:47	1:29:47	8	17	92.08
	Cheng Chi Ko	87	Male	Ages 35 - 39	Tung Chung Triathlon Association	0:17:59	0:18:53	1:13:39	1:14:25	1:33:43	1:33:43	9	16	86.67
Simon	Jones	111	Male	Ages 35 - 39	Sonic Sports Association	0:16:27	0:17:24	1:15:45	1:16:35	1:34:33	1:34:33	10	15	81.25
	Lee Ming Yeung	105	Male	Ages 35 - 39	Energetic Triathlon Shatin	0:17:53	0:18:35	1:15:39	1:16:16	1:35:28	1:35:28	11	14	75.83
	Cheung Ka Lok	101	Male	Ages 35 - 39		0:17:09	0:17:48	1:16:03	1:16:43	1:36:05	1:36:05	12	13	70.42
	Voon Hing Wah	103	Male	Ages 35 - 39	AustSports Association	0:18:27	0:19:07	1:18:20	1:19:09	1:39:31	1:39:31	13	12	65.00
Steve	Chiu Chi Wah	88	Male	Ages 35 - 39		0:18:57	0:19:35	1:16:56	1:18:25	1:39:45	1:39:45	14	11	59.58
	Kwan Chiu Fai	109	Male	Ages 35 - 39		0:18:11	0:19:41	1:17:45	1:18:51	1:41:38	1:41:38	15	10	54.17
	Cheng Cho Chuen	107	Male	Ages 35 - 39	Part Time Association	0:19:16	0:19:53	1:19:24	1:19:59	1:42:55	1:42:55	16	9	48.75
Kenny	Tsui Sze Kam	110	Male	Ages 35 - 39	AustSports Association	0:18:24	0:19:18	1:23:37	1:24:13	1:44:06	1:44:06	17	8	43.33
	Ho Chi Hong	90	Male	Ages 35 - 39	South China Athletic Association	0:17:00	0:17:40	1:24:03	1:24:47	1:44:48	1:44:48	18	7	37.92
	Tham Kuan Chee	102	Male	Ages 35 - 39		0:19:19	0:20:34	1:24:54	1:26:53	1:48:18	1:48:18	19	6	32.50
Raymond	Ma	93	Male	Ages 35 - 39	South China Athletic Association	0:19:42	0:20:42	1:24:53	1:26:00	1:49:08	1:49:08	20	5	27.08
	Ip Chung Yin	100	Male	Ages 35 - 39	Titan Triathlon	0:18:40	0:19:11	1:33:20	1:33:20	1:52:41	1:52:41	21	4	21.67
	Cheng Hoi Man	108	Male	Ages 35 - 39	Titan Triathlon	0:19:20	0:20:15	1:39:45	1:39:45	2:01:58	2:01:58	22	3	16.25
	Kwok Ping Hung	91	Male	Ages 35 - 39	Part Time Association	0:24:13	0:25:05	1:38:13	1:38:13	2:02:53	2:02:53	23	2	10.83
	Chen Chi Ming	85	Male	Ages 35 - 39		0:22:05	0:22:54	1:38:42	1:38:42	2:03:32	2:03:32	24	1	5.42
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Karen	Lui Shuk Han	14	Female	Ages 40 - 44	Energetic Triathlon Shatin	0:16:42	0:17:16	1:09:23	1:09:51	1:28:28	1:28:28	1	8	130.00
Natalie	Thornton	128	Female	Ages 40 - 44	Hong Kong Dragons Triathlon Club	0:20:41	0:21:35	1:29:20	1:29:20	1:51:09	1:51:09	2	7	113.75
Jessica	Poon Wan Sze	18	Female	Ages 40 - 44	AustSports Association	0:22:50	0:23:23	1:32:55	1:32:55	1:56:36	1:56:36	3	6	97.50
	Leung Wing Sau	13	Female	Ages 40 - 44		0:21:50	0:23:06	1:34:20	1:34:20	1:59:27	1:59:27	4	5	81.25
Libby	Alexander	17	Female	Ages 40 - 44		0:22:52	0:23:49	1:36:12	1:36:12	2:01:09	2:01:09	5	4	65.00
Anita	Man	16	Female	Ages 40 - 44	Titan Triathlon	0:22:48	0:24:04	1:37:52	1:37:52	2:02:02	2:02:02	6	3	48.75
	Fung Pik Yee	15	Female	Ages 40 - 44	Titan Triathlon	0:22:47	0:23:57	1:36:59	1:36:59	2:02:09	2:02:09	7	2	32.50
	Lee Wing Yu	12	Female	Ages 40 - 44		0:24:05	0:25:29	1:53:15	1:53:15	2:18:14	2:18:14	8	1	16.25
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Wan Shu Wah	122	Male	Ages 40 - 44	Energetic Triathlon Shatin	0:15:59	0:16:23	1:07:16	1:07:46	1:24:02	1:24:02	1	14	130.00
Paul	Darcy	121	Male	Ages 40 - 44	Hong Kong Dragons Triathlon Club	0:15:46	0:16:21	1:07:18	1:07:56	1:24:24	1:24:24	2	13	120.71
Gianandrea	Pesci	187	Male	Ages 40 - 44	Tritons Triathlon Club	0:15:49	0:16:42	1:07:29	1:07:59	1:25:29	1:25:29	3	12	111.43
Richard	Young	130	Male	Ages 40 - 44	Energetic Triathlon Shatin	0:16:28	0:17:02	1:07:17	1:08:00	1:25:39	1:25:39	4	11	102.14
	Lau Bik Wah	115	Male	Ages 40 - 44	South China Athletic Association	0:16:16	0:16:45	1:09:11	1:09:40	1:26:38	1:26:38	5	10	92.86
Andy	Wong	123	Male	Ages 40 - 44	Energetic Triathlon Shatin	0:17:00	0:17:30	1:09:16	1:09:44	1:28:25	1:28:25	6	9	83.57
Andrew	Yue Kwok Chung	119	Male	Ages 40 - 44	South China Athletic Association	0:16:37	0:17:18	1:11:01	1:11:38	1:28:39	1:28:39	7	8	74.29

	Ka Ki Leung	114	Male	Ages 40 - 44		0:16:36	0:17:34	1:11:37	1:12:33	1:32:55	1:32:55	8	7	65.00
	Chan Ping Kwong	112	Male	Ages 40 - 44	South China Athletic Association	0:16:58	0:17:32	1:13:26	1:13:57	1:34:06	1:34:06	9	6	55.71
	Yung Leong Sang	124	Male	Ages 40 - 44	Titan Triathlon	0:17:57	0:18:27	1:16:04	1:16:38	1:34:55	1:34:55	10	5	46.43
	Lo Ying Wai	117	Male	Ages 40 - 44	New Wave Swimming Club	0:19:14	0:20:10	1:18:43	1:19:25	1:40:05	1:40:05	11	4	37.14
	Yau Wing Lun	129	Male	Ages 40 - 44	AustSports Association	0:18:57	0:20:24	1:21:33	1:23:22	1:43:44	1:43:44	12	3	27.86
	Yeung Chi Wai	118	Male	Ages 40 - 44	Energetic Triathlon Shatin	0:19:15	0:20:18	1:26:16	1:27:06	1:49:00	1:49:00	13	2	18.57
	Leung Wai Kwong	116	Male	Ages 40 - 44		0:24:53	0:26:27	1:42:22	1:42:22	2:12:03	2:12:03	14	1	9.29
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Phoebe	Tong Yuk Ling	25	Female	Ages 45 - 49	Energetic Triathlon Shatin	0:18:21	0:19:08	1:27:02	1:27:37	1:47:40	1:47:40	1	3	130.00
	Chan Man Mei	22	Female	Ages 45 - 49	Energetic Triathlon Shatin	0:21:42	0:22:46	1:29:29	1:29:29	1:53:56	1:53:56	2	2	86.67
	Leung Yin Yi	21	Female	Ages 45 - 49	Hope Sport Association	0:23:25	0:24:38	1:34:02	1:34:02	2:02:19	2:02:19	3	1	43.33
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Edward	Wong Tak Wah	136	Male	Ages 45 - 49	Energetic Triathlon Shatin	0:15:22	0:15:48	1:07:21	1:07:49	1:25:19	1:25:19	1	16	130.00
	Lam Kam Ching	145	Male	Ages 45 - 49	Tung Chung Triathlon Association	0:16:27	0:16:53	1:09:23	1:09:52	1:28:16	1:28:16	2	15	121.88
Richard	Thornton	180	Male	Ages 45 - 49	Hong Kong Dragons Triathlon Club	0:17:37	0:18:39	1:12:50	1:13:30	1:30:36	1:30:36	3	14	113.75
Philip	Tong Chi Hung	141	Male	Ages 45 - 49	Energetic Triathlon Shatin	0:19:54	0:20:53	1:14:02	1:14:30	1:33:24	1:33:24	4	13	105.63
Bertram	Shi	140	Male	Ages 45 - 49	Energetic Triathlon Shatin	0:17:49	0:18:48	1:16:25	1:17:04	1:36:38	1:36:38	5	12	97.50
	Cheung Man Kwong	133	Male	Ages 45 - 49	Mango Swimming Club	0:18:15	0:18:51	1:17:50	1:18:19	1:37:54	1:37:54	6	11	89.38
	Ma Chi Po	137	Male	Ages 45 - 49	Titan Triathlon	0:20:25	0:20:52	1:18:32	1:19:07	1:40:22	1:40:22	7	10	81.25
Kevin	Lee	135	Male	Ages 45 - 49		0:18:38	0:19:45	1:23:11	1:24:03	1:44:36	1:44:36	8	9	73.13
Nicholas	Tan	138	Male	Ages 45 - 49		0:19:17	0:20:27	1:26:59	1:28:06	1:47:44	1:47:44	9	8	65.00
	Lai Ying Fai	186	Male	Ages 45 - 49	AustSports Association	0:20:16	0:20:50	1:26:44	1:27:23	1:47:58	1:47:58	10	7	56.88
Francis	Chan	142	Male	Ages 45 - 49	Energetic Triathlon Shatin	0:18:43	0:19:14	1:26:28	1:26:48	1:48:25	1:48:25	11	6	48.75
Eiji	Yanagawa	139	Male	Ages 45 - 49		0:21:37	0:22:10	1:27:27	1:28:20	1:49:32	1:49:32	12	5	40.63
	Choug Chor For	131	Male	Ages 45 - 49		0:19:54	0:20:46	1:31:56	1:31:56	1:52:38	1:52:38	13	4	32.50
	Choy Wai Kwun	134	Male	Ages 45 - 49	AustSports Association	0:21:06	0:22:08	1:32:46	1:32:46	1:55:26	1:55:26	14	3	24.38
	Leung Shu On	162	Male	Ages 45 - 49	AustSports Association	0:21:07	0:22:56	1:36:16	1:36:16	1:59:40	1:59:40	15	2	16.25
Chris	Tam Man Kwong	143	Male	Ages 45 - 49	Energetic Triathlon Shatin	0:25:59	0:26:33	1:38:33	1:38:33	2:06:53	2:06:53	16	1	8.13
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Tam Yuen Hung	24	Female	Ages 50 - 54	AustSports Association	0:24:44	0:25:52	1:24:51	1:26:08	1:50:48	1:50:48	1	3	130.00
Janet	Sy Mei Lee	23	Female	Ages 50 - 54		0:22:29	0:23:33	1:32:02	1:32:02	1:56:13	1:56:13	2	2	86.67
Tania	Harris	189	Female	Ages 50 - 54	Hong Kong Dragons Triathlon Club	0:24:18	0:25:26	1:33:28	1:33:28	1:59:19	1:59:19	3	1	43.33
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Chan Chu	154	Male	Ages 50 - 54	Energetic Triathlon Shatin	0:16:29	0:17:11	1:11:05	1:11:44	1:29:08	1:29:08	1	16	130.00
	Liu Wing Chuen	159	Male	Ages 50 - 54	Titan Triathlon	0:16:52	0:17:26	1:09:31	1:10:15	1:29:26	1:29:26	2	15	121.88
	Lee Ying Ho	151	Male	Ages 50 - 54	Sonic Sports Association	0:16:50	0:17:18	1:11:11	1:11:46	1:29:43	1:29:43	3	14	113.75
	Li Ka Wo	164	Male	Ages 50 - 54	New Wave Swimming Club	0:17:54	0:18:25	1:11:02	1:11:35	1:29:43	1:29:43	4	13	105.63
	Lee Kwok Ning	150	Male	Ages 50 - 54		0:18:03	0:18:38	1:11:10	1:11:44	1:31:32	1:31:32	5	12	97.50
Alan	Torrigno	153	Male	Ages 50 - 54	Hong Kong Dragons Triathlon Club	0:18:20	0:18:56	1:13:45	1:14:20	1:35:12	1:35:12	6	11	89.38
	Poon Kwok Wing	158	Male	Ages 50 - 54	Energetic Triathlon Shatin	0:18:07	0:18:45	1:16:14	1:16:55	1:36:28	1:36:28	7	10	81.25
	Leung Yau Hong	152	Male	Ages 50 - 54	Hope Sport Association	0:17:03	0:17:58	1:17:33	1:18:09	1:38:17	1:38:17	8	9	73.13
	Chau Ho Ming	161	Male	Ages 50 - 54	Energetic Triathlon Shatin	0:19:42	0:20:32	1:18:21	1:19:11	1:39:55	1:39:55	9	8	65.00
Julius	Wang	183	Male	Ages 50 - 54	Sonic Sports Association	0:19:24	0:20:58	1:19:23	1:20:41	1:41:10	1:41:10	10	7	56.88
Lawrence	Chung Lui Hung	155	Male	Ages 50 - 54	Energetic Triathlon Shatin	0:19:37	0:20:13	1:23:59	1:24:37	1:46:34	1:46:34	11	6	48.75
	Lam Tsz Leung	149	Male	Ages 50 - 54		0:18:25	0:19:28	1:27:31	1:29:00	1:48:08	1:48:08	12	5	40.63
	Lam Chi Wing	148	Male	Ages 50 - 54	Part Time Association	0:20:15	0:21:00	1:27:51	1:29:09	1:49:44	1:49:44	13	4	32.50
	Kwok Sui Wing	163	Male	Ages 50 - 54		0:19:27	0:20:17	1:34:00	1:34:00	1:54:45	1:54:45	14	3	24.38
Chris	Lillingston-Price	166	Male	Ages 50 - 54		0:23:49	0:24:22	1:27:40	1:28:46	1:55:51	1:55:51	15	2	16.25
	Lui Kim Ming	157	Male	Ages 50 - 54	Energetic Triathlon Shatin	0:24:10	0:24:57	1:44:12	1:44:12	2:11:25	2:11:25	16	1	8.13
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Trisha	Leahy	184	Female	Ages 55 - 59		0:24:21	0:25:45	1:39:46	1:39:46	2:04:40	2:04:40	1	2	130.00

Sally	Yeung Sai Hee	26	Female	Ages 55 - 59	Titan Triathlon	0:23:28	0:24:26	1:41:42	1:41:42	2:05:18	2:05:18	2	1	65.00
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Chau Yun Tung	169	Male	Ages 55 - 59		0:17:08	0:17:43	1:11:17	1:11:53	1:29:52	1:29:52	1	8	130.00
	Lam Chan Fai	172	Male	Ages 55 - 59	Energetic Triathlon Shatin	0:18:23	0:19:12	1:14:57	1:15:32	1:34:50	1:34:50	2	7	113.75
	Wong Kwok Wah	173	Male	Ages 55 - 59	Titan Triathlon	0:18:26	0:19:07	1:15:58	1:16:30	1:36:45	1:36:45	3	6	97.50
	Wong Kam Tim	160	Male	Ages 55 - 59	Part Time Association	0:18:26	0:19:10	1:17:37	1:18:34	1:39:28	1:39:28	4	5	81.25
	Wu Chi Wai	171	Male	Ages 55 - 59		0:18:26	0:19:52	1:22:17	1:23:40	1:44:48	1:44:48	5	4	65.00
	Lau Chi Wai	170	Male	Ages 55 - 59		0:22:28	0:23:40	1:23:18	1:24:19	1:48:24	1:48:24	6	3	48.75
	Chan King Yuen	167	Male	Ages 55 - 59	Titan Triathlon	0:21:03	0:22:02	1:26:41	1:27:30	1:49:23	1:49:23	7	2	32.50
	Chan Fai Ming	168	Male	Ages 55 - 59	Hope Sport Association	0:20:58	0:22:06	1:35:33	1:35:33	1:58:02	1:58:02	8	1	16.25
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Chan Ho Kee	177	Male	Ages 60+	Titan Triathlon	0:21:31	0:22:07	1:24:29	1:25:07	1:49:49	1:49:49	1	3	130.00
	Tsoi Hon Kuen	176	Male	Ages 60+	Energetic Triathlon Shatin	0:24:35	0:25:42	1:35:23	1:35:23	2:01:41	2:01:41	2	2	86.67
Stephen	Chan King Che	179	Male	Ages 60+	Energetic Triathlon Shatin	0:23:21	0:24:10	1:38:27	1:38:27	2:03:16	2:03:16	3	1	43.33
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Kate	Rutherford	188	Female	Elite Open	Hong Kong Dragons Triathlon Club	0:16:01	0:16:33	1:08:25	1:08:55	1:25:58	1:25:58	1	1	130.00
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
	Tsang Ka Hung	193	Female	Junior	AustSports Association	0:07:59	0:08:25	0:46:45	0:47:08	0:56:16	0:56:16	1	23	130.00
	Chan Wing Tung	191	Female	Junior	Hope Sport Association	0:08:42	0:09:17	0:51:39	0:52:10	1:01:26	1:01:26	2	22	124.35
	Chan Kwan Ho	190	Female	Junior	Hope Sport Association	0:09:48	0:10:18	0:52:17	0:52:49	1:02:31	1:02:31	3	21	118.70
	Lee Wing Sum	192	Female	Junior	Hope Sport Association	0:10:21	0:10:53	0:55:57	0:56:25	1:08:11	1:08:11	4	20	113.04
	Chow Man Him	219	Male	Junior	South China Athletic Association	0:06:50	0:07:20	0:42:44	0:43:07	0:50:43	0:50:43	5	19	107.39
James	Tan	228	Male	Junior		0:06:55	0:07:23	0:42:44	0:43:11	0:50:55	0:50:55	6	18	101.74
	Tsoi Ka Kit	224	Male	Junior	Hope Sport Association	0:07:32	0:07:56	0:42:41	0:43:01	0:52:11	0:52:11	7	17	96.09
	Tse Hoi Kit	222	Male	Junior	AustSports Association	0:08:00	0:08:32	0:42:32	0:43:15	0:52:22	0:52:22	8	16	90.43
	Lau Chak Fung	231	Male	Junior	Titan Triathlon	0:07:43	0:08:05	0:42:42	0:43:18	0:52:59	0:52:59	9	15	84.78
	Lam Ka Wai	220	Male	Junior	AustSports Association	0:06:56	0:07:31	0:44:57	0:45:20	0:53:16	0:53:16	10	14	79.13
	Sung Chun Hin	229	Male	Junior	Excel Swim Sports Association	0:07:51	0:08:40	0:44:08	0:45:08	0:53:41	0:53:41	11	13	73.48
	Yin Chun Hong	225	Male	Junior	Excel Swim Sports Association	0:08:04	0:08:29	0:44:41	0:44:54	0:54:04	0:54:04	12	12	67.83
	Chau Man Kei	226	Male	Junior	Energetic Triathlon Shatin	0:08:11	0:08:35	0:44:33	0:44:43	0:54:20	0:54:20	13	11	62.17
Benson	Leung Wai Yan	234	Male	Junior	Hope Sport Association	0:08:07	0:08:34	0:45:58	0:46:25	0:55:42	0:55:42	14	10	56.52
	Leung Pok Yin	227	Male	Junior	Energetic Triathlon Shatin	0:07:54	0:08:17	0:47:17	0:47:31	0:57:28	0:57:28	15	9	50.87
	Li Ka Tsun	235	Male	Junior	Hope Sport Association	0:08:09	0:08:36	0:48:31	0:48:58	0:58:03	0:58:03	16	8	45.22
	Cheung Ka Chun	245	Male	Junior	Hope Sport Association	0:08:09	0:08:40	0:48:30	0:48:58	0:58:07	0:58:07	17	7	39.57
	Wong Wing Yin	237	Male	Junior	Sonic Sports Association	0:07:30	0:08:07	0:48:32	0:49:01	0:58:08	0:58:08	18	6	33.91
	Tse Long Hin	217	Male	Junior	AustSports Association	0:08:19	0:08:53	0:48:33	0:49:04	0:59:20	0:59:20	19	5	28.26
Isaac	Tse Hau Hang	218	Male	Junior	AustSports Association	0:08:07	0:08:45	0:51:19	0:52:04	1:02:21	1:02:21	20	4	22.61
	Chan Ho Ting	242	Male	Junior	Excel Swim Sports Association	0:09:23	0:09:59	0:52:27	0:53:08	1:04:16	1:04:16	21	3	16.96
	Siu Kin Lok	221	Male	Junior		0:09:37	0:10:17	0:52:16	0:52:56	1:05:45	1:05:45	22	2	11.30
	Tsoi Ka Hei	223	Male	Junior	Hope Sport Association	0:11:43	0:12:21	0:55:25	0:56:22	1:13:15	1:13:15	23	1	5.65
First name	Last name	Race number	Gender	Age category	Club	Run1 Race Time	T1 Race Time	Cycle Race Time	T2 Race Time	Run2 Race Time	Finish time	Pos	Points	%
Kelly	Law	194	Female	Youth Open	Sonic Sports Association	0:09:11	0:09:53	0:52:38	0:53:02	1:02:43	1:02:43	1	13	130.00
	Tam Nga Man	195	Female	Youth Open		0:08:58	0:09:31	0:57:06	0:57:32	1:07:34	1:07:34	2	12	120.00
	Chan Chi Lai	246	Male	Youth Open	Energetic Triathlon Shatin	0:07:24	0:07:53	0:44:35	0:45:01	0:52:47	0:52:47	3	11	110.00
Angus	Chow	232	Male	Youth Open	Hope Sport Association	0:07:33	0:08:04	0:46:00	0:46:29	0:55:04	0:55:04	4	10	100.00
	Lee Lap Pui	244	Male	Youth Open		0:08:06	0:08:35	0:44:35	0:45:12	0:56:56	0:56:56	5	9	90.00
	Lai Chun Ming	233	Male	Youth Open	Sonic Sports Association	0:07:23	0:07:54	0:48:13	0:48:33	0:57:07	0:57:07	6	8	80.00
Matthew	Tan	249	Male	Youth Open		0:07:29	0:07:57	0:48:15	0:48:49	0:58:42	0:58:42	7	7	70.00
	Wong Yat Long	240	Male	Youth Open	Excel Swim Sports Association	0:08:40	0:09:12	0:49:28	0:50:04	1:00:18	1:00:18	8	6	60.00
Charlie	Stewart	239	Male	Youth Open	Mango Swimming Club	0:07:45	0:08:33	0:51:58	0:52:32	1:01:41	1:01:41	9	5	50.00
	Chan Kwun Chung	241	Male	Youth Open	Excel Swim Sports Association	0:09:26	0:09:58	0:52:54	0:53:31	1:04:18	1:04:18	10	4	40.00

Sung Ho Hin	243	Male	Youth Open	Excel Swim Sports Association	0:09:28	0:10:01	0:55:18	0:55:53	1:04:51	1:04:51	11	3	30.00
Lai Nok Hei	250	Male	Youth Open	AustSports Association	0:08:26	0:09:21	0:54:49	0:55:46	1:04:52	1:04:52	12	2	20.00
Lau Yue Hong	248	Male	Youth Open	Energetic Triathlon Shatin	0:09:28	0:10:07	0:57:01	0:57:28	1:08:54	1:08:54	13	1	10.00