

Hong Kong Triathlon Association
 Benchmarking Result - October 2022

Pass NS
Pass NS Potential

Name(ENG)	Name(CHN)	Category	Swim Time (800m)	Run Time (5km)	Remarks
Wong Tsz To	黃子圖	Male Elite	09:32.49	16:11.58	Pass NS
Tan, James Alexander Ming-Fai	陳明輝	Male Elite	09:18.44	16:26.79	Pass NS
Cho Wing To Cheri	曹詠洵	Female Elite U23	10:08.00	19:04.61	Pass NS
Robin Bent Edvin Thomas ELG	-	Male Elite U23	09:07.77	15:53.70	Pass NS
Tsang Cheung Sing, Nicholas	曾祥星	Male Elite U23	09:29.40	16:37.35	Pass NS
Yu Shing Him	余承謙	Male Elite U23	09:41.97	16:39.94	Pass NS
Hung Tik Long	洪迪朗	Male Elite U23	09:34.91	17:11.35	Pass NS Potential
Name(ENG)	Name(CHN)	Category	Swim Time (400m)	Run Time (3km)	Remarks
Pauline Courret	-	Female Elite Junior 17	05:03.24	10:42.01	Pass NS
Zoe Metais		Female Elite Junior 17	05:05.00	11:07.47	Pass NS
Chan Yui Fung	陳睿澤	Male Elite Junior 16	04:46.27	09:14.00	Pass NS
Kwan Lok Chun Andrew	關樂晉	Male Elite Junior 16	05:03.18	10:06.50	Pass NS
Fok Wang Hin Ian	霍泓軒	Male Elite Junior 16	04:39.59	10:02.37	Pass NS
Yip Tak Long	葉德朗	Male Elite Junior 18	04:46.93	09:13.00	Pass NS
Tsang Wai Chun	曾津潛	Male Elite Junior 16	05:12.39	09:48.00	Pass NS Potential
Wong Ka Ho	黃嘉豪	Male Elite Junior 16	05:09.61	09:37.00	Pass NS Potential
Lo Hin Ching	盧衍澄	Male Elite Junior 16	05:14.38	10:00.50	Pass NS Potential
Wan Chak Lam	溫澤林	Male Elite Junior 16	04:59.25	10:21.56	Pass NS Potential
Chu Yan Ho	朱昕浩	Male Elite Junior 17	05:13.00	09:25.68	Pass NS Potential
Chan Pak Hoi	陳柏愷	Male Elite Junior 17	04:36.00	10:21.00	Pass NS Potential
Chan Ho Kwan	陳灝鈞	Male Elite Junior 19	04:57.03	09:40.20	Pass NS Potential

Name(ENG)	Name(CHN)	Category	Swim Time (200m)	Run Time (1500m)	Remarks
Tsang Hayley	曾熹兒	Female 13	02:48.94	05:31.12	Pass NS
Petra Stamenovic	-	Female 14	02:24.12	05:01.68	Pass NS
Tess Greaton	-	Female 15	02:33.00	05:17.39	Pass NS
Lun Anson	倫柏翹	Female 15	02:38.00	05:06.10	Pass NS
Lam Lok Shi	林樂仕	Male 14	02:15.60	04:28.10	Pass NS
Tsang Auscar	曾竟瑋	Male 14	02:19.18	04:52.94	Pass NS
Yim Tsun Fung	嚴浚鋒	Male 14	02:09.45	04:22.62	Pass NS
Tsang Kwong Hei Anson	曾廣晞	Male 14	02:26.17	04:28.78	Pass NS
Wong Nok Hei	王諾熙	Male 14	02:14.00	04:33.65	Pass NS
Carson WT Dominic	簡煒晉	Male 15	02:10.12	04:40.33	Pass NS
Yung Pu Chak	翁溥澤	Male 15	02:09.29	04:37.20	Pass NS
Wong Pak Yiu Anson	黃栢堯	Male 15	02:20.78	04:35.87	Pass NS
Sarah Elise Modiano		Female 13	02:58.47	05:19.09	Pass NS Potential
Wong Lok Tung	王樂彤	Female 13	02:35.70	05:42.81	Pass NS Potential
Wong Wan Tung Esme	黃允彤	Female 14	02:36.88	05:41.95	Pass NS Potential
Chan Ka Hei Cyrus	陳家晞	Male 14	02:30.14	04:39.38	Pass NS Potential
Mok Pak Fan	莫柏勛	Male 15	02:27.94	04:42.55	Pass NS Potential
Au Ho Chun	區皓駿	Male 13	02:43.91	04:35.60	Pass Run Talent ID

Name(ENG)	Name(CHN)	Category	Swim Time	Run Time	Remarks
Tang Hiu Tung	鄧曉桐	Female Elite Junior 16	06:23.57	11:51.00	Fail
Miu Tanaka		Female Elite Junior 17	05:32.66	14:01.30	Fail
Wu Chun Ming Marcus	胡晉銘	Male 14	02:46.11	06:45.50	Fail
Aitan Hilton Goldberg	-	Male 14	02:38.00	04:51.38	Fail
Lui Tsun Kiu	呂峻翹	Male Elite Junior 17	05:38.26	10:52.10	Fail
Leung Lok Hei	梁洛熙	Male Elite Junior 17	04:51.00	12:41.66	Fail

Sze Pak Wing Owen		Male 15	02:53.04	04:30.84	Fail
Oscar Louis Coggins	奧斯卡	Male Elite U23	ABS	ABS	Overseas Race - Miyazaki
Jason Ng Tai Long Hardcastle	伍泰龍	Male Elite U23	ABS	ABS	Overseas Race - Miyazaki
Choi Yan Yin	蔡欣妍	Female Elite	ABS	ABS	Overseas Race - Miyazaki
Charlotte Hall	賀思樂	Female Elite Junior 19	ABS	ABS	Overseas Race - Miyazaki
Yip Tsz Hin	葉子軒	Male Elite Junior 16	05:35.90	ABS	Sick leave Exemption
Man Lai Ki Nicole	文麗淇	Female 14	02:27.98	ABS	Sick leave Exemption
Lun Paco Pak Hou	倫柏灝	Male Elite Junior 19	05:26.18	ABS	
Chan Oi Yin	陳愛妍	Female 13	02:37.90	ABS	
Law Wing Lap	羅永立	Male 14	ABS	ABS	