

2023 Benchmarking Official Result (April)

| Race No | Name(ENG)               | Name(CHN) | Category                                   | Swim        | Swim Time           | Pass | Run          | Run Time            | Pass | Combine Time | Remarks             |
|---------|-------------------------|-----------|--|-------------|---------------------|------|--------------|---------------------|------|--------------|---------------------|
| 507     | Lun Anson               | 倫柏翹       | Female Elite Junior 16                     | 400m        | 05:39.82            | NSA  | 3km          | 11:29.73            | NSA  |              | Pass NS             |
| 518     | Wan Chak Yan Bosco      | 溫澤仁       | Male Youth 13 & below                      | 200m        | 02:23.04            | NSA  | 1500m        | 05:03.39            | NSA  |              | Pass NS             |
| 519     | Ting Ngai Chun          | 丁毅臻       | Male Youth 13 & below                      | 200m        | 02:27.50            | NSA  | 1500m        | 04:41.42            | NSA  |              | Pass NS             |
| 567     | Au Ho Chun              | 區皓駿       | Male Youth 14                              | 200m        | 02:36.62            | NDS  | 1500m        | 04:35.28            | NSA  |              | Pass Run Talent ID  |
| 525     | Wong Lok Tung           | 王樂彤       | Female Youth 14                            | 200m        | 02:29.58            | NSA  | 1500m        | 05:48.86            | RS   |              | Pass Swim Talent ID |
| 503     | Tsang Wai Chun          | 曾澤滔       | Male Elite Junior 17                       | 400m        | 05:06.02            | NSP  | 3km          | 09:59.00            | NSA  |              | Pass NS Potential   |
| 504     | Wan Chak Lam            | 溫澤林       | Male Elite Junior 17                       | 400m        | 04:53.04            | NSA  | 3km          | 10:31.00            | NSP  |              | Pass NS Potential   |
| 505     | Yip Tsz Hin             | 葉子軒       | Male Elite Junior 17                       | 400m        | 05:15.08            | NSP  | 3km          | 09:48.00            | NSA  |              | Pass NS Potential   |
| 506     | Chu Yan Ho              | 朱昕浩       | Male Elite Junior 18                       | 400m        | 05:02.72            | NSP  | 3km          | 09:40.00            | NSA  |              | Pass NS Potential   |
| 510     | Chan Ka Hei Cyrus       | 陳家晞       | Male Youth 15                              | 200m        | 02:24.31            | NSP  | 1500m        | 04:40.27            | NSA  |              | Pass NS Potential   |
| 511     | Lai Pak Long            | 黎柏朗       | Male Youth 15                              | 200m        | 02:29.36            | NSP  | 1500m        | 04:31.89            | NSA  |              | Pass NS Potential   |
| 512     | Aitan Hilton Goldberg   | -         | Male Youth 15                              | 200m        | 02:27.23            | NSP  | 1500m        | 04:47.69            | NSA  |              | Pass NS Potential   |
| 524     | Leung Ka Yui Kami       | 梁珈睿       | Female Youth 13 & below                    | 200m        | 02:57.52            | NSP  | 1500m        | 05:53.14            | NSP  |              | Pass NS Potential   |
| 526     | Sarah Elise Modiano     | -         | Female Youth 14                            | 200m        | 02:47.54            | NSP  | 1500m        | 05:10.36            | NSA  |              | Pass NS Potential   |
| 527     | Chan Oi Yin             | 陳愛妍       | Female Youth 14                            | 200m        | 02:34.07            | NSA  | 1500m        | 05:42.26            | NSP  |              | Pass NS Potential   |
| 528     | Wong Wan Tung           | 黃允彤       | Female Youth 15                            | 200m        | 02:40.72            | NSA  | 1500m        | 05:42.11            | NSP  |              | Pass NS Potential   |
| 515     | Chan Yui Hei            | 陳睿浠       | Male Youth 13 & below / Male 13            | 200m        | 02:31.19            | NSP  | 1500m/800m   | 05:05.58 / 02:36.80 | NSA  |              | Pass NS Potential   |
| 517     | Tam Tze Kiu             | 譚子翹       | Male Youth 13 & below / Male 12            | 200m        | 02:34.25            | NSP  | 1500m/800m   | 05:01.59 / 02:35.00 | NSA  |              | Pass NS Potential   |
| 513     | Wong Chun Hei           | 黃俊偉       | Male Youth 14                              | 200m        | 02:39.94            | NDS  | 1500m / 800m | 04:54.41 / 02:31.06 | NSA  | 05:11.00     | Pass NDS            |
| 599     | Kwok Ching Ho           | 郭鈺灝       | Male Youth 14                              | 200m        | 02:40.08            | NDS  | 1500m / 800m | 05:17.00 / 02:41.00 | NDS  | 05:21.08     | Pass NDS            |
| 529     | Ng Cheuk Kiu            | 吳卓翹       | Male 12                                    | 200m        | 02:51.11            | NDS  | 800m         | 02:33.32            | NDS  | 05:24.43     | Pass NDS            |
| 530     | Chung Chi Yan Ian       | 鍾智仁       | Male 12                                    | 200m        | 02:52.32            | NDS  | 800m         | 02:46.52            | NDS  | 05:38.84     | Pass NDS            |
| 532     | Lam King Sing Kurtis    | 林敬昇       | Male 12                                    | 200m        | 02:38.61            | NDS  | 800m         | 03:02.34            | Fail | 05:40.95     | Pass NDS            |
| 533     | Cheung Wai Ching, Jesse | 張維正       | Male 14                                    | 200m        | 02:27.99            | NDS  | 800m         | 02:39.83            | NDS  | 05:07.82     | Pass NDS            |
| 552     | Chau Heulwen            | 周焯慧       | Female 12                                  | 200m        | 03:23.56            | Fail | 800m         | 02:59.31            | NDS  | 06:22.87     | Pass NDS            |
| 522     | Chow Yu Chak            | 周雨澤       | Male Junior 16 / Male 16 & above           | 200m        | 02:21.70            | NDS  | 1500m        | 05:11.37            | RS   | 07:33.07     | Pass NDS            |
| 523     | Yick Po Shun Yemi       | 易甫鏗       | Male Junior 16 / Male 16 & above           | 200m        | 02:38.16            | RS   | 1500m        | 04:49.23            | NDS  | 07:27.39     | Pass NDS            |
| 531     | Chau Cheuk Yin Desmond  | 周卓賢       | Male 12                                    | 200m        | 02:39.06            | NDS  | 800m         | 02:50.18            | NDS  | 05:29.24     | Pass NDS            |
| 508     | Leung Tsz Long          | 梁子朗       | Female Elite Junior 19 / Female 16 & above | 400m / 200m | 05:40.19 / 02:43.99 | RS   | 3km / 1500m  | 11:58.64 / 05:50.28 | RS   | 08:34.27     | Pass RS             |
| 516     | Edison Wong             | 黃子健       | Male Youth 13 & below / Male 13            | 200m        | 02:35.46            | NSP  | 1500m/800m   | 05:33.00 / 02:55.00 | RS   | 05:30.46     | Pass RS             |
| 509     | Tang Hiu Tung           | 鄧曉桐       | Female Elite Junior 17 / Female 16 & above | 400m/200m   | 06:11.40 / 02:57.84 | RS   | 3km/1500m    | 12:30.85 / 06:00.70 | RS   | 08:58.54     | Pass RS             |
| 521     | Au-Yeung Siu-Wo Nathan  | 歐陽兆和      | Male Junior 18 & above                     | 200m        | 02:24.42            | NDS  | 1500m        | 05:10.28            | RS   | 07:34.70     | Pass RS             |
| 538     | Choi Yui Hang           | 蔡睿珩       | Male 11                                    | 200m        | 02:44.92            | RS   | 800m         | 02:51.19            | RS   | 05:36.11     | Pass RS             |
| 543     | Tsui Yuen Ying Max      | 隋元瑛       | Male 11                                    | 200m        | 02:46.56            | RS   | 800m         | 02:51.79            | RS   | 05:38.35     | Pass RS             |
| 544     | Au Cheuk Nam Janko      | 區卓嵐       | Male 11                                    | 200m        | 03:04.47            | Fail | 800m         | 03:01.86            | RS   | 06:06.33     | Pass RS             |
| 520     | Ting Chun Ching         | 丁進澄       | Male Youth 13 & below / Male 11            | 200m        | 02:44.91            | RS   | 1500m / 800m | 04:59.60 / 02:34.00 | NSA  | 05:18.91     | Pass RS             |

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|     |                      |     |                   |      |          |      |       |          |      |          |         |
|-----|----------------------|-----|-------------------|------|----------|------|-------|----------|------|----------|---------|
| 549 | Lau Hong Nam         | 劉康楠 | Male 13           | 200m | 02:31.26 | RS   | 800m  | 02:51.00 | RS   | 05:22.26 | Pass RS |
| 550 | Shum Mathis Hin Lun  | 沈衍輪 | Male 13           | 200m | 02:44.84 | RS   | 800m  | 02:39.00 | RS   | 05:23.84 | Pass RS |
| 556 | Chung Chi Yee Cydnee | 鍾倩兒 | Female 10         | 200m | 03:00.58 | RS   | 800m  | 02:49.80 | RS   | 05:50.38 | Pass RS |
| 557 | Yeung Hiu Yau        | 楊曉悠 | Female 11         | 200m | 02:59.25 | RS   | 800m  | 02:59.49 | RS   | 05:58.74 | Pass RS |
| 563 | Tai Chun Max         | 戴晉  | Male 15           | 200m | 02:29.47 | RS   | 1500m | 05:18.61 | RS   | 07:48.08 | Pass RS |
| 564 | Yau Chi Him Ryan     | 丘志謙 | Male 15           | 200m | 02:35.07 | RS   | 1500m | 05:19.26 | RS   | 07:54.33 | Pass RS |
| 566 | Shum Yan To          | 沈恩途 | Male 15           | 200m | 02:55.78 | Fail | 1500m | 04:59.51 | RS   | 07:55.29 | Pass RS |
|     |                      |     |                   |      |          |      |       |          |      |          |         |
|     |                      |     |                   |      |          |      |       |          |      |          |         |
| 502 | Chan Ho Kwan         | 陳灝鈞 | Male Elite U23    | 800m | 10:24.55 | Fail | 5km   | 16:25.69 | NSA  |          | Fail    |
| 514 | Feng Chak Yan        | 馮澤恩 | Male Youth 14     | 200m | 03:37.99 | Fail | 1500m | 05:59.52 | Fail |          | Fail    |
| 534 | Man Pak Lam Cass     | 文柏藍 | Male 14           | 200m | 03:35.38 | Fail | 800m  | 02:46.03 | RS   | 06:21.41 | Fail    |
| 553 | Leung Hiu Tung       | 梁曉彤 | Female 13         | 200m | 03:31.86 | Fail | 800m  | 03:21.82 | Fail | 06:53.68 | Fail    |
| 554 | Chan Yi Chun         | 陳以臻 | Female 13         | 200m | 03:30.00 | Fail | 800m  | 02:59.63 | NDS  | 06:29.63 | Fail    |
| 555 | Cheung Sin Tung      | 張善桐 | Female 13         | 200m | 04:13.88 | Fail | 800m  | 03:11.10 | RS   | 07:24.98 | Fail    |
| 535 | Wong Chun Him Louis  | 黃俊謙 | Male 10           | 200m | 03:28.38 | Fail | 800m  | 02:55.18 | RS   | 06:23.56 | Fail    |
| 536 | Damon Lau Sze Chai   | 劉思齊 | Male 10           | 200m | 03:35.10 | Fail | 800m  | 03:03.90 | RS   | 06:39.00 | Fail    |
| 546 | Chan Yat Hay Sky     | 陳逸希 | Male 12           | 200m | 02:55.20 | RS   | 800m  | 03:23.23 | Fail | 06:18.43 | Fail    |
| 547 | Chan Tsz Long        | 陳子朗 | Male 12           | 200m | 03:26.68 | Fail | 800m  | 02:37.17 | RS   | 06:03.85 | Fail    |
| 548 | Tai, Chak Marc       | 戴澤  | Male 13           | 200m | 03:12.37 | Fail | 800m  | 03:01.86 | Fail | 06:14.23 | Fail    |
| 551 | Lucas Wong           | 王諾  | Male 13           | 200m | 03:11.69 | Fail | 800m  | 02:46.55 | RS   | 05:58.24 | Fail    |
| 558 | Law Sum Yin          | 羅沁妍 | Female 13         | 200m | 02:54.60 | RS   | 800m  | ABS      |      | 02:54.60 | Fail    |
| 560 | Cheung Man Ying      | 張敏盈 | Female 14         | 200m | 02:54.38 | RS   | 800m  | 04:12.20 | Fail | 07:06.58 | Fail    |
| 562 | Kei Yin              | 紀彥  | Male 16 & above   | 200m | 02:55.71 | Fail | 1500m | 05:14.10 | RS   | 08:09.81 | Fail    |
| 565 | Mok Tsz Him          | 莫子謙 | Male 15           | 200m | 03:04.29 | Fail | 1500m | 05:18.25 | RS   | 08:22.54 | Fail    |
| 600 | Tang Yee Ching       | 鄧綺晴 | Female 16 & above | 200m | 02:58.33 | Fail | 1500m | 07:45.00 | Fail | 10:43.33 | Fail    |
|     |                      |     |                   |      |          |      |       |          |      |          |         |
| 501 | Lun Paco Pak Hou     | 倫柏灝 | Male Elite U23    | 800m | ABS      |      | 5km   | ABS      |      |          | ABS     |
| 537 | Mak San Mau Jacob    | 麥宸畝 | Male 10           | 200m | ABS      |      | 800m  | ABS      |      |          | ABS     |
| 559 | Lin Wai Lam          | 連焯琳 | Female 14         | 200m | ABS      |      | 800m  | ABS      |      |          | ABS     |
| 561 | Ma Yi                | 馬懿  | Female 11         | 200m | ABS      |      | 800m  | ABS      |      |          | ABS     |