

2023 Benchmarking Result (RS)

Name(ENG)	Name(CHN)	Category	Swim	Swim Time	Run	Run Time	Status
Ma Yi	馬懿	Female 11	200m	03:14.59	800m	03:18.75	RS
Wong Chun Him Louis	黃俊謙	Male 10	200m	03:12.44	800m	02:44.80	RS
Damon Lau Sze Chai	劉思齊	Male 10	200m	03:09.94	800m	02:52.00	RS
Mak San Mau Jacob	麥宸畝	Male 10	200m	03:07.05	800m	02:38.52	RS
Chan Pak Long	陳柏朗	Male 10	200m	03:08.88	800m	02:50.95	RS
Chan Oi Hei	陳愛希	Male 10	200m	02:56.80	800m	03:06.30	RS
Au Leong Yin	歐亮言	Male 11	200m	03:24.26	800m	02:42.79	RS
Chang Hao Che	張浩哲	Male 11	200m	03:14.84	800m	02:52.54	RS
Au Cheuk Nam Janko	區卓嵐	Male 11	200m	03:03.04	800m	02:55.90	RS
Choi Yui Hang	蔡睿珩	Male 11	200m	02:51.94	800m	02:44.32	RS
Chan Pak Hei	陳柏僖	Male 13	200m	02:56.84	800m	02:43.90	RS
Mok Tsz Him	莫子謙	Male 15	200m	02:55.01	1500m	05:08.50	RS
Shum Mathis Hin Lun	沈衍輪	Male Youth 13	200m	02:54.61	800m	02:49.16	RS
Man Pak Lam Cass	文柏藍	Male Youth 14	200m	02:57.59	800m	02:41.38	RS
Wu Chun Ming	胡晉銘	Male Youth 15	200m	02:27.49	1500m	05:29.29	RS