

2023 Benchmarking Result (NS)

Name(ENG)	Name(CHN)	Category	Swim	Swim Time	Run	Run Time	Status
Lun Anson	倫柏翹	Female Elite Junior 16	400m	05:32.64	3km	11:30.85	NSA
Pauline Courret		Female Elite Junior 18	400m	04:50.13	3km	10:45.73	NSA
Zoe Metais		Female Elite Junior 18	400m	04:52.00	3km	10:55.53	NSA
Cade Wright		Female U23	800m	09:50.43	5km	18:46.41	NSA
Tallulah Wright		Female U23	800m	09:50.20	5km	18:46.43	NSA
Ng Yuet Hei	吳悅曦	Female Youth 13 & below	200m	02:45.44	1500m	05:20.06	NSA
Sarah Modiano		Female Youth 14	200m	02:44.57	1500m	04:58.60	NSA
Wong Lok Tung	王樂彤	Female Youth 14	200m	02:25.67	1500m	05:13.76	NSA
Tsang Hayley	曾熹兒	Female Youth 14	200m	02:40.58	1500m	05:12.48	NSA
Chan Oi Yin	陳愛妍	Female Youth 14	200m	02:31.84	1500m	05:27.84	NSA
Man Lai Ki Nicole	文麗淇	Female Youth 15	200m	02:24.41	1500m	05:03.28	NSA
Wong Wan Tung	黃允彤	Female Youth 15	200m	02:30.22	1500m	05:16.41	NSA
Petra Stamenovic	-	Female Youth 15	200m	02:21.61	1500m	04:58.30	NSA
Yu Shing Him	余承謙	Male Elite	800m	09:33.72	5km	16:17.05	NSA
Wong Pak Yiu Anson	黃栢堯	Male Elite Junior 16	400m	04:54.71	3km	09:30.77	NSA
Yung Pu Chak	翁溥澤	Male Elite Junior 16	400m	04:36.03	3km	09:51.15	NSA
Mok Pak Fan	莫柏勛	Male Elite Junior 16	400m	05:01.23	3km	09:45.20	NSA
Dominic WT Carson	簡焯晉	Male Elite Junior 16	400m	04:32.89	3km	10:11.00	NSA
Wong Ka Ho	黃嘉豪	Male Elite Junior 17	400m	05:00.06	3km	09:40.05	NSA
Fok Wang Hin Ian	霍泓軒	Male Elite Junior 17	400m	04:33.69	3km	09:50.59	NSA
Wan Chak Lam	溫澤林	Male Elite Junior 17	400m	05:00.96	3km	09:59.68	NSA
Yip Tsz Hin	葉子軒	Male Elite Junior 17	400m	04:55.84	3km	09:27.14	NSA
Lo Hin Ching	盧衍澄	Male Elite Junior 17	400m	04:53.57	3km	09:47.81	NSA
Chan Yui Fung	陳睿澤	Male Elite Junior 17	400m	04:37.28	3km	09:08.84	NSA
Jan Yip		Male Elite Junior 17	400m	04:51.63	3km	09:52.30	NSA
Chan Pak Hoi	陳柏愷	Male Elite Junior 18	400m	04:43.80	3km	09:47.24	NSA
Yip Tak Long	葉德朗	Male Elite Junior 19	400m	04:38.58	3km	09:07.90	NSA
Hung Tik Long	洪迪朗	Male U23	800m	09:37.47	5km	16:51.19	NSA
Tsang Cheung Sing Nicholas	曾祥星	Male U23	800m	09:28.61	5km	16:37.10	NSA
Ting Ngai Chun	丁毅臻	Male Youth 13 & below	200m	02:20.29	1500m	04:32.94	NSA
Chan Yui Hei Mason	陳睿浠	Male Youth 13 & below	200m	02:29.46	1500m	05:08.68	NSA
Wan Chak Yan Bosco	溫澤仁	Male Youth 13 & below	200m	02:23.19	1500m	04:39.57	NSA
Kwan Ho Ming Ethan	關浩名	Male Youth 13 & below	200m	02:28.10	1500m	05:07.86	NSA
Wong Chun Hei	黃俊僖	Male Youth 14	200m	02:25.67	1500m	04:32.18	NSA
Aitan Hilton Goldberg	-	Male Youth 15	200m	02:23.79	1500m	04:38.30	NSA
Yim Tsun Fung	嚴浚鋒	Male Youth 15	200m	02:02.99	1500m	04:15.43	NSA
Lam Lok Shi	林樂仕	Male Youth 15	200m	02:12.51	1500m	04:20.00	NSA
Wong Nok Hei	王諾熙	Male Youth 15	200m	02:16.11	1500m	04:22.24	NSA
Tsang Auscar	曾竟瑋	Male Youth 15	200m	02:19.75	1500m	04:40.12	NSA
Cho Wing To Cheri	曹詠洵	Female U23	800m	10:01.69	5km	19:31.53	NSP
Yeung Hiu Yau	楊曉悠	Female Youth 13 & below	200m	02:50.33	1500m	05:40.09	NSP
Chung Cin Yee Cydnee	鍾倩兒	Female Youth 13 & below	200m	02:50.77	1500m	05:09.58	NSP
Yick Po Shun Yemi	易甫鏗	Male Elite Junior 16	400m	05:22.10	3km	10:01.97	NSP
Chow Yu Chak	周雨澤	Male Elite Junior 16	400m	05:05.90	3km	10:43.57	NSP
Tsang Wai Chun	曾滄溟	Male Elite Junior 17	400m	05:05.82	3km	09:29.43	NSP
Kwan Lok Chun Andrew	關樂晉	Male Elite Junior 17	400m	05:07.39	3km	10:32.34	NSP
Chu Yan Ho	朱昕浩	Male Elite Junior 18	400m	04:58.41	3km	09:27.52	NSP
Chan Ho Kwan	陳灝鈞	Male U23	800m	10:09.53	5km	15:46.57	NSP
Chung Chi Yan Ian	鍾智仁	Male Youth 13 & below	200m	02:34.81	1500m	05:07.47	NSP
Tam Tze Kiu	譚子翹	Male Youth 13 & below	200m	02:32.48	1500m	04:47.20	NSP
Ting Chun Ching	丁進澄	Male Youth 13 & below	200m	02:35.75	1500m	04:46.44	NSP
Ng Cheuk Kiu	吳卓翹	Male Youth 13 & below	200m	02:32.35	1500m	04:55.50	NSP
Chau Cheuk Yin Desmond	周卓賢	Male Youth 13 & below	200m	02:35.00	1500m	05:19.46	NSP
Kwok Ching Ho	郭鈺灝	Male Youth 14	200m	02:30.31	1500m	04:47.76	NSP
Au Ho Chun	區皓駿	Male Youth 14	200m	02:29.60	1500m	04:29.54	NSP
Cheung Wai Ching Jesse	張維正	Male Youth 14	200m	02:23.60	1500m	05:07.30	NSP
Shum Yan Tao	沈恩途	Male Youth 15	200m	02:27.43	1500m	04:30.20	NSP
Chan Ka Hei Cyrus	陳家晞	Male Youth 15	200m	02:24.05	1500m	04:34.35	NSP
Lai Pak Long	黎柏朗	Male Youth 15	200m	02:25.22	1500m	04:21.17	NSP
Jason Tai Long Ng Hardcastle	伍泰龍	Male U23					Race Exemption
Wong Tsz To		Male U23					Race Exemption

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Oscar Coggins		Male U23					Race Exemption
Robin Elg		Male U23					Race Exemption
Bailee Brown	彭詩雅	Femlae U23					Race Exemption
Charlotte Hall	賀詩樂	Femlae U23					Race Exemption
Choi Yan Yin	蔡欣妍	Female Elite					Race Exemption