

2023 Benchmarking - Run Start List (14 October 2023)

Race No	Heat	Start Time	Name(ENG)	Name(CHN)	Category	Run	Swim	Remarks
252	1	18:00	Yu Shing Him	余承謙	Male Elite	5km	800m	NS
253	1	18:00	Tsang Cheung Sing Nicholas	曾祥星	Male U23	5km	800m	NS
254	1	18:00	Hung Tik Long	洪迪朗	Male U23	5km	800m	NS
255	1	18:00	Chan Ho Kwan	陳灝鈞	Male U23	5km	800m	NS
256	1	18:00	Cho Wing To Cheri	曹詠洵	Female U23	5km	800m	NS
257	1	18:00	Tang Hiu Tung	鄧曉桐	Female Elite Junior 17	3km/1500	400m/200	NS
258	1	18:00	Lun Anson	倫柏翹	Female Elite Junior 16	3km	400m	NS
257	2	18:20	Yip Tak Long	葉德朗	Male Elite Junior 19	3km	400m	NS
258	2	18:20	Chan Pak Hoi	陳柏愷	Male Elite Junior 18	3km	400m	NS
259	2	18:20	Chu Yan Ho	朱昕浩	Male Elite Junior 18	3km	400m	NS
260	2	18:20	Wong Ka Ho	黃嘉豪	Male Elite Junior 17	3km	400m	NS
261	2	18:20	Fok Wang Hin Ian	霍泓軒	Male Elite Junior 17	3km	400m	NS
262	2	18:20	Tsang Wai Chun	曾漳潛	Male Elite Junior 17	3km	400m	NS
263	2	18:20	Wan Chak Lam	溫澤林	Male Elite Junior 17	3km	400m	NS
264	2	18:20	Yip Tsz Hin	葉子軒	Male Elite Junior 17	3km	400m	NS
265	2	18:20	Lo Hin Ching	盧衍澄	Male Elite Junior 17	3km	400m	NS
266	2	18:20	Chan Yui Fung	陳睿澤	Male Elite Junior 17	3km	400m	NS
267	3	18:30	Lui Tsun Kiu	呂峻翹	Male Elite Junior 18	3km	400m	NS
268	3	18:30	Kwan Lok Chun Andrew	關樂晉	Male Elite Junior 17	3km	400m	NS
269	3	18:30	Dominic WT Carson	簡煒晉	Male Elite Junior 16	3km	400m	NS
270	3	18:30	Chow Yu Chak	周雨澤	Male Elite Junior 16	3km/1500	400m/200	NS
271	3	18:30	Wong Pak Yiu Anson	黃栢堯	Male Elite Junior 16	3km	400m	NS
272	3	18:30	Yick Po Shun Yemi	易甫鎔	Male Elite Junior 16	3km/1500	400m	NS
273	3	18:30	Yung Pu Chak	翁溥澤	Male Elite Junior 16	3km	400m	NS
274	3	18:30	Mok Pak Fan	莫柏勛	Male Elite Junior 16	3km	400m	NS
275	3	18:30	Au-Yeung Siu-Wo Nathan	歐陽兆和	Male Elite Junior 18	3km	400m	NS
276	4	18:40	Man Lai Ki Nicole	文麗淇	Female Youth 15	1500m	200m	NS
277	4	18:40	Wong Wan Tung	黃允彤	Female Youth 15	1500m	200m	NS

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278	4	18:40	Petra Stamenovic	-	Female Youth 15	1500m	200m	NS
279	4	18:40	Sarah Modiano		Female Youth 14	1500m	200m	NS
280	4	18:40	Wong Lok Tung	王樂彤	Female Youth 14	1500m	200m	NS
281	4	18:40	Chan Oi Yin	陳愛妍	Female Youth 14	1500m	200m	NS
282	4	18:40	Tsang Hayley	曾熹兒	Female Youth 14	1500m	200m	NS
283	4	18:40	Ng Yuet Hei	吳悅曦	Female Youth 13 & below	1500m	200m	NS
284	4	18:40	Yeung Hiu Yau	楊曉悠	Female Youth 13 & below	1500m/800	200m	NS
285	4	18:40	Chung Cin Yee Cydnee	鍾倩兒	Female Youth 13 & below	1500m/800	200m	NS
286	4	18:40	Lam Hoi Ching	林海晴	Female Elite Junior 18 & above	1500m	200m	NDS

287	5	18:50	Wong Kai Yin	黃啟彥	Male Elite Junior 18 & above	1500m	200m	NDS
288	5	18:50	Chan Ka Hei Cyrus	陳家晞	Male Youth 15	1500m	200m	NS
289	5	18:50	Lai Pak Long	黎柏朗	Male Youth 15	1500m	200m	NS
290	5	18:50	Aitan Hilton Goldberg	-	Male Youth 15	1500m	200m	NS
291	5	18:50	Shum Yan Tao	沈恩途	Male Youth 15	1500m	200m	NS
292	5	18:50	Yau Chi Him	丘志謙	Male Youth 15	1500m	200m	NS
293	5	18:50	Yim Tsun Fung	嚴浚鋒	Male Youth 15	1500m	200m	NS
294	5	18:50	Lam Lok Shi	林樂仕	Male Youth 15	1500m	200m	NS
295	5	18:50	Wong Nok Hei	王諾熙	Male Youth 15	1500m	200m	NS
296	5	18:50	Tsang Auscar	曾竟瑋	Male Youth 15	1500m	200m	NS
297	5	18:50	Wong Chun Hei	黃俊僖	Male Youth 14	1500m	200m	NS
298	5	18:50	Kwok Ching Ho	郭鈺灝	Male Youth 14	1500m	200m	NS
299	5	18:50	Au Ho Chun	區皓駿	Male Youth 14	1500m	200m	NS

300	6	19:00	Cheung Wai Ching Jesse	張維正	Male Youth 14	1500m/800	200m	NS
301	6	19:00	Ting Ngai Chun	丁毅臻	Male Youth 13 & below	1500m	200m	NS
302	6	19:00	Chan Yui Hei Mason	陳睿浠	Male Youth 13 & below	1500m	200m	NS
303	6	19:00	Edison Wong	黃子健	Male Youth 13 & below	1500m	200m	NS
304	6	19:00	Lau Hong Nam	劉康楠	Male Youth 13 & below	1500m/800	200m	NS
305	6	19:00	Kwan Ho Ming Ethan	關浩名	Male Youth 13 & below	1500m	200m	NS
306	6	19:00	Tam Tze Kiu	譚子翹	Male Youth 13 & below	1500m	200m	NS
307	6	19:00	Wan Chak Yan Bosco	溫澤仁	Male Youth 13 & below	1500m	200m	NS

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308	6	19:00	Chung Chi Yan Ian	鍾智仁	Male Youth 13 & below	1500m/800	200m	NS
309	6	19:00	Lam King Sing Kurtis	林敬昇	Male Youth 13 & below	1500m/800	200m	NS
310	6	19:00	Ting Chun Ching	丁進澄	Male Youth 13 & below	1500m	200m	NS
311	7	19:10	Chau Cheuk Yin Desmond	周卓賢	Male Youth 13 & below	1500m/800	200m	NS
312	7	19:10	Ng Cheuk Kiu	吳卓翹	Male Youth 13 & below	1500m	200m	NS
313	7	19:10	Kei Yin	紀彥	Male Elite Junior 16	1500m	200m	NDS
314	7	19:10	Tai Chun Max	戴晉	Male Youth 15	1500m	200m	NDS
315	7	19:10	Wu Chun Ming	胡晉銘	Male Youth 15	1500m	200m	NDS
316	7	19:10	Mok Tsz Him	莫子謙	Male 15	1500m	200m	RS
317	7	19:10	Chan Tsz Long	陳子朗	Male Youth 12	800m	200m	RS
318	7	19:10	Chan Yat Hay Sky	陳逸希	Male Youth 12	800m	200m	RS
319	7	19:10	Lau Yik Hei	劉奕希	Male Youth 12	800m	200m	RS
320	7	19:10	Shum Mathis Hin Lun	沈衍輪	Male Youth 13	800m	200m	RS
321	7	19:10	Man Pak Lam Cass	文柏藍	Male Youth 14	800m	200m	RS
322	7	19:10	Won Chan Lok Ki	陳樂錡	Male Youth 14	800m	200m	RS
323	8	19:20	Lam Yat Long	林日朗	Male Youth 14	800m	200m	RS
324	8	19:20	Chan Wai Yin	陳韋弦	Male Youth 14	800m	200m	RS
325	8	19:20	Tai Chak Marc	戴澤	Male 13	800m	200m	RS
326	8	19:20	Chan Pak Hei	陳柏僖	Male 13	800m	200m	RS
327	8	19:20	Wong Lucas	王諾	Male 13	800m	200m	RS
328	8	19:20	Au Cheuk Nam Janko	區卓嵐	Male 11	800m	200m	RS
329	8	19:20	Au Leong Yin	歐亮言	Male 11	800m	200m	RS
330	8	19:20	Chang Hao Che	張浩哲	Male 11	800m	200m	RS
331	8	19:20	Cheung Tsz Wun Xavier	張子恒	Male 11	800m	200m	RS
332	8	19:20	Cheong Chun Lam	張晉霖	Male 11	800m	200m	RS
333	8	19:20	Choi Yui Hang	蔡睿珩	Male 11	800m	200m	RS
334	8	19:20	Chan Tsz Long	陳子朗	Male 12	800m	200m	RS
335	8	19:20	Wong Chun Him Louis	黃俊謙	Male 10	800m	200m	RS
336	9	19:25	Damon Lau Sze Chai	劉思齊	Male 10	800m	200m	RS

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337	9	19:25	Mak San Mau Jacob	麥宸畝	Male 10	800m	200m	RS
338	9	19:25	Chan Pak Long	陳柏朗	Male 10	800m	200m	RS
339	9	19:25	Chaska Poon	方俊匡	Male 10	800m	200m	RS
340	9	19:25	Fok Shing Hang	霍承亨	Male 10	800m	200m	RS
341	9	19:25	Kei Lap Yan	紀立人	Male 10	800m	200m	RS
342	9	19:25	Sou Yui Him	蘇睿謙	Male 10	800m	200m	RS
343	9	19:25	Chan Oi Hei	陳愛希	Male 10	800m	200m	RS
344	9	19:25	Chet Yung	翁節	Male 10	800m	200m	RS
345	9	19:25	Chau Heulwen	周烜慧	Female Youth 12	800m	200m	RS
346	9	19:25	Chan Yi Chun	陳以臻	Female Youth 13	800m	200m	RS
347	9	19:25	Ma Yi	馬懿	Female 11	800m	200m	RS
348	9	19:25	Ho Kei Yan Yannette	何其殷	Female 11	800m	200m	RS