

2023 Benchmarking Result (NDS)

Name(ENG)	Name(CHN)	Category	Swim	Swim Time	Run	Run Time	Status
Tang Hiu Tung	鄧曉桐	Female Elite Junior 17	400m	02:57.49	1500m	05:44.6	NDS
Lam Hoi Ching	林海晴	Female Elite Junior 18 & above	200m	02:37.37	1500m	05:34.12	NDS
Chau Heulwen	周烜慧	Female Youth 12	200m	03:13.00	800m	02:46.10	NDS
Chan Yi Chun	陳以臻	Female Youth 13	200m	03:19.35	800m	02:51.00	NDS
Wong Lucas	王諾	Male Youth 13	200m	02:48.50	800m	02:45.08	NDS
Kei Yin	紀彥	Male Elite Junior 16	200m	02:44.77	1500m	04:52.91	NDS
Au-Yeung Siu-Wo Nathan	歐陽兆和	Male Elite Junior 18	400m	02:30.17	1500m	04:57.2	NDS
Chan Tsz Long	陳子朗	Male Youth 12	200m	03:07.99	800m	02:30.41	NDS
Lau Yik Hei	劉奕希	Male Youth 12	200m	02:47.20	800m	02:41.10	NDS
Lau Hong Nam	劉康楠	Male Youth 13 & below	200m	02:34.26	800m	02:57.00	NDS
Lam King Sing Kurtis	林敬昇	Male Youth 13 & below	200m	02:31.22	800m	02:58.36	NDS
Won Chan Lok Ki	陳樂錡	Male Youth 14	200m	02:48.64	800m	02:24.00	NDS
Lam Yat Long	林日朗	Male Youth 14	200m	02:46.96	800m	02:24.10	NDS
Chan Wai Yin	陳韋弦	Male Youth 14	200m	02:55.35	800m	02:22.00	NDS
Yau Chi Him	丘志謙	Male Youth 15	200m	02:30.39	1500m	05:12.80	NDS
Tai Chun Max	戴晉	Male Youth 15	200m	02:25.33	1500m	05:21.21	NDS
Leung Tsz Long	梁子朗	Female Elite Junior 18 & above	200m	02:29.79	1500m	05:37.00	NDS