

2026 Duathlon Series - Race 3 Start List (Sprint Distance)

Race No	Heat	Start Time	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
425	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Lucas	Wong	王諾	Energetic Triathlon Shatin
426	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	AustSports Association
427	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Tsz Leong Louie	Cheng	鄭梓亮	
428	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Ngai Chun	Ting	丁毅臻	Sparkle Triathlon
429	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Cheuk Long	Chun	陳卓朗	
430	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
431	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Hoi Fan	Man	馬凱勳	
432	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Chun Him	Wong	王俊謙	Energetic Triathlon Shatin
433	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Yin	Kei	紀彥	Aqua Gym Sport Association
434	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Open	Chak Lam	Wan	溫澤林	Energetic Triathlon Shatin
435	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Open	Nathan Siu Wo	Au Yeun g	歐陽兆和	The Little Dolphin Swimming Training Center
436	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Pok Yin	Tsang		The Little Dolphin Swimming Training Center
437	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
438	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Pak Hei	Chan	陳柏僖	Galaxy Sports Triathlon
439	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Hin Chung	Lau	劉憲宗	
440	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Chum	tsz ho	覃子皓	Aqua Gym Sport Association
441	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Wai Yin	Chan	陳韋弦	Sparkle Triathlon
442	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Rico	ho	何兆剛	
443	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	CHEUK KIU	LI	李卓翹	
444	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	ISSAC WANG CHIT	HO	何宏哲	
445	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	SHANGYANG	XU	徐尚陽	
446	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	YUI FUNG	NG	吳睿峰	
447	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	Shung Him	Lai	賴崇謙	AustSports Association
448	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	Hei	Kwok	郭曦	
449	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
450	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	Yat Him	Chung	鍾日謙	Energetic Triathlon Shatin
451	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	TSZ HIM	MOK	莫子謙	Galaxy Sports Triathlon
452	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	LOK YIN	KONG	鄺樂賢	
453	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Ackber	Berth	區曉彤	
454	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	
455	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Chung Ning	Shum	岑頌寧	Energetic Triathlon Shatin
456	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 2	Wan Tung	Waong	黃允彤	Energetic Triathlon Shatin
457	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Open	Hoi Ching	Lam	林海晴	
458	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Junior 1	Lok Ching	Cheng	鄭樂澄	Energetic Triathlon Shatin
459	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Junior 1	Yi Chun	Chan	陳以臻	AustSports Association
713	1	7:05	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Edison	Wong		