

2019 Reginal Squad Benchmarking Result

Name	DOB	Gender	Age (Year 2020)	Swim 200m	Run 1500m	Total Time	Remarks
Sweetie Woo	2004	F	16	02:58.2	05:29.3	08:27.5	RS
Name	DOB	Gender	Age (Year 2020)	Swim 200m	Run 800m	Total Time	Remarks
Tsang Hayley	2009	F	11	03:21.3	02:56.8	06:18.1	RS
Wong Lok Tung	2009	F	11	02:55.2	03:28.1	06:23.4	RS
Cheung Hui Yi Kodi	2008	F	12	02:49.9	03:19.8	06:09.7	RS
Petra Stamenovic	2008	F	12	03:02.5	02:40.2	05:42.7	RS
Wong Tsz Yin	2008	F	12	02:58.8	02:56.8	05:55.6	RS
Wong Wan Tung	2008	F	12	02:44.0	03:06.1	05:50.1	RS
Yu Tsz Yan Serina	2008	F	12	03:18.3	03:11.9	06:30.2	RS
Kwong Yin Chun	2006	F	14	02:43.8	03:31.2	06:15.0	RS
Man Lai Ki Nicole	2008	F	12	02:40.7	02:50.1	05:30.8	RS
Au Ho Chun	2009	M	11	03:10.7	02:43.9	05:54.6	RS
Hans Yip	2009	M	11	03:04.3	02:54.2	05:58.5	RS
Maxime Courret	2009	M	11	02:56.1	02:49.3	05:45.4	RS
Chan Ka Hei Cyrus	2008	M	12	02:54.1	02:40.0	05:34.1	RS
Lam Yin Lok	2008	M	12	02:50.9	02:51.3	05:42.2	RS
Wong Nok Hei	2008	M	12	02:38.2	02:49.3	05:27.5	RS
Carson Kan	2007	M	13	02:39.5	02:52.3	05:31.8	RS
Mok Pak Fan	2007	M	13	02:54.0	02:41.5	05:35.4	RS
Wong Pak Yiu Anson	2007	M	13	02:41.9	02:47.1	05:29.0	RS
Chan Tin Shut	2006	M	14	02:46.9	02:37.9	05:24.8	RS
Kwong Yue Chak	2006	M	14	02:32.7	03:10.2	05:42.9	RS
Lo Hin Ching	2006	M	14	02:52.4	02:36.9	05:29.2	RS
Ng Tsz Sun	2006	M	14	02:41.6	02:40.9	05:22.5	RS
Name	DOB	Gender	Age (Year 2020)	Swim 200m	Run 800m	Total Time	Remarks
Fong Wing Tai	2004	F	16	03:10.1	07:31.0	10:41.1	
Koo Hiu Lam	2005	F	15	03:14.1	06:17.7	09:31.8	
Wu Ho Cheung	2003	M	17	02:41.3	05:29.1	08:10.4	
Lam Yan Bryan	2004	M	16	03:51.3		DNF	
Lau Hin Leong	2004	M	16	03:45.6		DNF	
Leung King Ching	2004	M	16	03:15.9	05:09.1	08:25.0	
Mak Hiu Nga Floria	2005	F	15	02:46.2	06:32.4	09:18.6	
Yeung Sun	2005	M	15	02:57.7	05:20.9	08:18.7	
Chayka Cheung	2007	F	13	03:22.6	03:25.4	06:48.0	
Adrian Ng	2006	M	14	02:49.5	02:59.8	05:49.3	
Aitan Hilton Goldberg	2008	M	12	03:38.0	02:48.1	06:26.1	
Cheng Yu Tung Austin	2008	M	12	03:21.1	03:13.8	06:34.9	
Ng Yat Long Marcus	2008	M	12	DNF	03:02.4		
Wu Chun Ming Marcus	2008	M	12	03:22.5			
Chiu Hin Ka Caleb	2007	M	13	02:52.8	03:00.7	05:53.5	
Yueng Wang Sing	2007	M	13	04:22.1			
Sun Kai Yin	2007	M	13	03:16.8	02:39.6	05:56.4	

03:19.5

03:27.2

06:46.7