

Hong Kong Triathlon Association
 Benchmarking Result - October 2022

Name(ENG)	Name(CHN)	Category	Swim Time (200m)	Run Time (800m)	Total	Remarks
Anika Gretchen Yang	楊莉婷	Female 13	02:50.48	03:12.00	06:02.48	Pass NDS
Chan Yui Hei Mason	陳睿滄	Male 12	02:35.51	02:35.73	05:11.24	Pass NDS
Ting Ngai Chun	丁毅臻	Male 12	02:35.80	02:19.58	04:55.38	Pass NDS
Wong Chun Hei	黃俊偉	Male 13	02:53.00	02:34.37	05:27.37	Pass NDS
Au Ho Chun	區皓駿	Male 13	02:43.91	02:25.00	05:08.91	Pass NDS
Kwok Ching Ho	郭鉦灝	Male 13	02:41.88	02:44.08	05:25.96	Pass NDS
Lai Pak Long	黎柏朗	Male 14	02:46.01	02:12.49	04:58.50	Pass NDS
Aitan Hilton Goldberg	-	Male 14	02:38.00	02:35.00	05:13.00	Pass NDS
Name(ENG)	Name(CHN)	Category	Swim Time (200m)	Run Time (1500m)	Total	Remarks
Jonathan Mak	麥筠敬	Male 15	02:37.19	05:07.62	07:44.81	Pass NDS
Shaun Chan	陳梓豪	Male 15	02:40.90	04:51.46	07:32.36	Pass NDS
Leung Tsz Long	梁子朗	Female 18	02:44.18	05:30.26	08:14.44	Pass NDS
Name(ENG)	Name(CHN)	Category	Swim Time	Run Time	Total	Remarks
Rachel Wong Kwan Kiu	黃君蕎	Female 15	ABS	06:02.09		