

2022 Duathlon Series - Race 1 Start List

Race no.	Heat	Start Time	Last Name	First Name	Distance	Race Category	Club
301	1	06:00	HUNG	Tik Long	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Elite Open	New Sports Triathlon
302	1	06:00	NG	Jason	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Elite Open	
303	1	06:00	TAN	James	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Elite Open	South China Athletic Association
304	1	06:00	TSANG	Cheung Sing Nicholas	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Elite Open	
305	1	06:00	WONG	Tsz To	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Elite Open	
306	1	06:00	YU	Shing Him	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Elite Open	
307	1	06:00	CHENG	Ka Nok Carlos	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 20-24	
308	1	06:00	LIN	Cheuk Kiu Bryan	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 20-24	New Sports Triathlon
309	1	06:00	CHING	Ho Kwong Billy	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 25-29	New Sports Triathlon
310	1	06:00	LAM	Yee Kin	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 25-29	
311	1	06:00	LIU	Jian Feng	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 25-29	
312	1	06:00	WONG	Ying Yeung	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 25-29	
313	1	06:00	HO	Chun Ting Timothy	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 30-34	Energetic Triathlon Shatin
314	1	06:00	LO	Yin Wai	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 30-34	Sonic Sports Association
315	1	06:00	MAN	Ho Yin	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 30-34	Excel Swim Sports Association
316	1	06:00	TSOI	Sheung Chuen	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 30-34	
317	1	06:00	WONG	Chi Sum	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 30-34	Sonic Sports Association
318	1	06:00	CHUNG	Chak Ki	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 35-39	Energetic Triathlon Shatin
319	1	06:00	HU	Daolong	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 35-39	Energetic Triathlon Shatin
320	1	06:00	IP	Jonathan	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 35-39	Alpha Zone Sports
321	1	06:00	PUN	Tak Kiu	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 35-39	AustSports Association
322	1	06:00	SAU	Miu Cheung	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 35-39	Energetic Triathlon Shatin
323	1	06:00	WONG	Ka Ho Lawrence	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 35-39	Sonic Sports Association
324	1	06:00	CHAN	Chi Wai	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 40-44	Energetic Triathlon Shatin
325	1	06:00	CHAN	Kam Ming	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 40-44	Alpha Zone Sports
326	1	06:00	KIT	Miracle	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 40-44	Alpha Zone Sports
327	1	06:00	LAI	Chi Lai Anthony	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 40-44	Sonic Sports Association
328	1	06:00	LAU	Sheung Man	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 40-44	
329	1	06:00	LEUNG	Tsz	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 40-44	Hoi Ngai Sports Association
330	1	06:00	WONG YUK HEI	Gump	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 40-44	
331	1	06:00	WOO	Wai Kit	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 40-44	Excel Swim Sports Association
332	1	06:00	CHAN	Pit Ho	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 45-49	Energetic Triathlon Shatin
333	1	06:00	HO	Yan Kit James	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 45-49	Energetic Triathlon Shatin
334	1	06:00	KWONG	Hoi Tik	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 45-49	Crest Ray Recreation & Sports Club
335	1	06:00	LO	Ying Wai Eric	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 45-49	Energetic Triathlon Shatin
336	1	06:00	TUPAC	Ron	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 45-49	Energetic Triathlon Shatin
337	2	06:20	KWOK	Yu Yan	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 20-24	Titan Triathlon
338	2	06:20	ONG	Michelle Tsui	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 20-24	
339	2	06:20	TANG	Tammy	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 20-24	First Ten Generation Team
340	2	06:20	CHAN	Ka Yan Jessie	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 30-34	Alpha Zone Sports
341	2	06:20	NG	Chau Yu	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 30-34	South China Athletic Association
342	2	06:20	PEZOT	Stephanie	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 30-34	Hong Kong Dragons Triathlon Club
343	2	06:20	SIU	Tsz Hang Rachel	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 30-34	
344	2	06:20	WU	Cheung Sze	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 30-34	Titan Triathlon

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345	2	06:20	HUNG	Shirley	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 35-39	
346	2	06:20	LAI	Sophia	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 35-39	Energetic Triathlon Shatin
347	2	06:20	PANG	Lok Man	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 35-39	Titan Triathlon
348	2	06:20	LAU	Michelle	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 40-44	
349	2	06:20	POON	Man Fung	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 40-44	Energetic Triathlon Shatin
350	2	06:20	HUI	Ka Man Amy	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 45-49	Energetic Triathlon Shatin
351	2	06:20	TAM	Pui Yi Elizabeth	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 45-49	Crest Ray Recreation & Sports Club
352	2	06:20	LI	Hau Yi Dora	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 50-54	Energetic Triathlon Shatin
353	2	06:20	CHEUNG	Wing Yee	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 55-59	Alpha Zone Sports
354	2	06:20	LOWE	Dilys	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 55-59	Energetic Triathlon Shatin
355	2	06:20	TSOI	Angel, Yin Ling	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Age Group 60-64	Energetic Triathlon Shatin
356	2	06:20	WRIGHT	Tallulah Taye	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Elite Open	
357	2	06:20	HALL	Charlotte	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Elite Open	Hong Kong Football Club Swimming and Triathlon Society
358	2	06:20	CHO	Wing To Cheri	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Female Elite Open	
359	2	06:20	CHEK	Yiu Wing	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 50-54	Alpha Zone Sports
360	2	06:20	MOK	Ho Yin	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 50-54	Energetic Triathlon Shatin
361	2	06:20	POON	Chi Chiu Alex	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 50-54	
362	2	06:20	SO	Wai Kit Ricky	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 50-54	Energetic Triathlon Shatin
363	2	06:20	WILLIAMS	Mike	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 50-54	
364	2	06:20	WONG	Tsz Wai	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 50-54	
365	2	06:20	YIU	Ka On	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 50-54	Sonic Sports Association
366	2	06:20	YIU	Vor	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 50-54	
367	2	06:20	KONG	Tak Wa Paul	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 55-59	Energetic Triathlon Shatin
368	2	06:20	LEONG	Chung Ming	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 55-59	
369	2	06:20	LEUNG	Kin Keung	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 55-59	Energetic Triathlon Shatin
370	2	06:20	MA	Ma Chi Po	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 55-59	New Sports Triathlon
371	2	06:20	WU	Kai Chun	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 55-59	
372	2	06:20	LEE	Kwok Ning	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 60-64	
373	2	06:20	CHAN	Fai Ming	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 65 & Over	AustSports Association
374	2	06:20	CHAN	King Yuen	Challenge Distance (Run 2.5km > Bike 40k > Run 10k)	Male Age Group 65 & Over	New Sports Triathlon
375	3	07:10	CHAN	Yui Fung	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 1	Energetic Triathlon Shatin
376	3	07:10	CHU	Yan Ho Philip	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 1	South China Athletic Association
377	3	07:10	FOK	Wang Hin Ian	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 1	
378	3	07:10	KWAN	Lok Chun Andrew	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 1	South China Athletic Association
379	3	07:10	TSANG	Wai Chun	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 1	AustSports Association
380	3	07:10	WAN	Chak Lam Bobby	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 1	Energetic Triathlon Shatin
381	3	07:10	WONG	Ka Ho	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 1	First Ten Generation Team
382	3	07:10	CHAN	Ho Kwan	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 2	New Sports Triathlon
383	3	07:10	LO	Hin Ching	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Junior 1	Energetic Triathlon Shatin
384	3	07:10	LUI	Tsun Kiu	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Junior 1	
385	3	07:10	YIP	Tsz Hin	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Elite Junior 1	
386	3	07:10	CHAN	Lok Tin	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Junior 2	First Ten Generation Team
387	3	07:10	KWAN	Tszfungjeffrey	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Junior 2	AustSports Association
388	3	07:10	LAM	Yin Lung Hugo	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Junior 2	

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389	3	07:10	LUN	Paco Pak Hou	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Junior 2	AustSports Association
390	3	07:10	YUEN	Hang Jing	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Junior 2	New Sports Triathlon
391	3	07:10	CHENG	Lai So	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Age Group 30-39	Energetic Triathlon Shatin
392	3	07:10	LUNG	Yan Yin Krystal	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Age Group 30-39	New Sports Triathlon
393	3	07:10	WONG	Wing Yee	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Age Group 30-39	Alpha Zone Sports
394	3	07:10	HO	Wan Li Winnie	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Age Group 40-49	
395	3	07:10	LIM	Ka Ling	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Age Group 40-49	
396	3	07:10	YU	Chi Yan	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Age Group 40-49	Energetic Triathlon Shatin
397	3	07:10	LUI	Shuk Han Karen	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Age Group 50-59	Energetic Triathlon Shatin
398	3	07:10	COURRET	Pauline	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Elite Junior 1	South China Athletic Association
399	3	07:10	CHIU	Kai On	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Junior 1	
400	3	07:10	LEUNG	Tsz Long	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Junior 2	AustSports Association
401	3	07:10	LO	Cheuk Yat	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Elite Junior 2	
402	3	07:10	SWEETY	Woo	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Female Junior 2	
403	3	07:10	LAU	Chak Fung	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 20-29	New Sports Triathlon
404	3	07:10	CHAN	Kin Wai	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	
405	3	07:10	CHAN	Yat Tin	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	Alpha Zone Sports
406	3	07:10	CHIU	Tsz Fug	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	Sonic Sports Association
407	3	07:10	HO	Chun Sum Samuel	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	Energetic Triathlon Shatin
408	3	07:10	HUI	Ka Wing	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	Alpha Zone Sports
409	3	07:10	HUNG	Cheung Kit John	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	South China Athletic Association
410	3	07:10	LAU	Ka Chun	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	
411	3	07:10	LI	Ching	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	First Ten Generation Team
412	3	07:10	MAK	Shek Chung	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	Energetic Triathlon Shatin
413	3	07:10	TSANG	Jim	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	Alpha Zone Sports
414	3	07:10	WONG	Kwan Kit	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 30-39	Energetic Triathlon Shatin
415	3	07:10	AU	Tak Fai Albert	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	
416	3	07:10	CHAN	Ngok Pang Ronald	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	New Sports Triathlon
417	3	07:10	CHOW	Lok Man	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	
418	3	07:10	LAM	Chung Kei	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	
419	3	07:10	LAM	Chung Sang	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	Energetic Triathlon Shatin
420	3	07:10	LEUNG	Michael	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	
421	3	07:10	LOK	Lam Fung	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	New Sports Triathlon
422	3	07:10	LUI	Yuen Ming	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	
423	3	07:10	SO	Ray	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	Energetic Triathlon Shatin
424	3	07:10	WONG	Ching Kong	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	Energetic Triathlon Shatin
425	3	07:10	WONG	Man Hong	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 40-49	
426	3	07:10	BURTON	Scott	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 50-59	
427	3	07:10	GREATON	Timothy	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 50-59	
428	3	07:10	LAMBOURN	Lionel	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 50-59	
429	3	07:10	LEE	Vincent	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 50-59	
430	3	07:10	TANG	Jerry	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 50-59	Sonic Sports Association
431	3	07:10	WAN	Shu Wah Jimmy	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 50-59	Energetic Triathlon Shatin
432	3	07:10	WONG	Sam	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 50-59	South China Athletic Association
433	3	07:10	YEN	Ka Shun Sunny	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 50-59	Energetic Triathlon Shatin

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Race no.	Heat	Start Time	Last Name	First Name	Distance	Race Category	Club
434	3	07:10	CHAN	Stephen King Che	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 60 & Over	Energetic Triathlon Shatin
435	3	07:10	CHUNG	Lui Hung Lawrence	Sprint Distance (Run 2.5k > Bike 20k > Run 5k)	Male Age Group 60 & Over	Energetic Triathlon Shatin
436	4	07:40	GREATON	Tess Evelyn	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Elite Youth	
437	4	07:40	LUN	Anson	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Elite Youth	AustSports Association
438	4	07:40	MAN	Lai Ki Nicole	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Elite Youth	Energetic Triathlon Shatin
439	4	07:40	STAMENOVIC	Petra	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Elite Youth	
440	4	07:40	WONG	Wan Tung	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Elite Youth	Energetic Triathlon Shatin
441	4	07:40	LIU	Ka Lai	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Open	Sparkle Triathlon
442	4	07:40	TSANG	Hayley	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Youth	Energetic Triathlon Shatin
443	4	07:40	WONG	Lok Tung	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Youth	
444	4	07:40	CHAN	Tsz Ho Shaun	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Elite Youth	First Ten Generation Team
445	4	07:40	KAN	Carson	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Elite Youth	Energetic Triathlon Shatin
446	4	07:40	LAM	Lok Shi	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Elite Youth	
447	4	07:40	TSANG	Auscar	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Elite Youth	Energetic Triathlon Shatin
448	4	07:40	WONG	Nok Hei	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Elite Youth	
449	4	07:40	WONG	Pak Yiu Anson	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Elite Youth	First Ten Generation Team
450	4	07:40	YIM	Tsun Fung	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Elite Youth	Sparkle Triathlon
451	4	07:40	YUNG	Pu Chak	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Elite Youth	The Little Dolphin Swimming Training Center
452	4	07:40	CHONG	Ting Piu	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Open	Titan Triathlon
453	4	07:40	KAM	Chi Tang Jacky	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Open	Alpha Zone Sports
454	4	07:40	KWOK	Yee Man	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Open	Alpha Zone Sports
455	4	07:40	LEE	Yuk Tong Sirius	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Open	Energetic Triathlon Shatin
456	4	07:40	MAK	James	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Open	Hong Kong Dragons Triathlon Club
457	4	07:40	WONG	Yin Cheong	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Open	Energetic Triathlon Shatin
458	4	07:40	YEUNG	Chi Ling Clement	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Open	Alpha Zone Sports
459	4	07:40	YIP	Wing Ping	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Open	
460	4	07:40	ADRIAN	Leung Chun Pong	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Aqua Gym Sport Association
461	4	07:40	AU	Ho Chun	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Energetic Triathlon Shatin
462	4	07:40	CHAN	Wai Yin	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Sparkle Triathlon
463	4	07:40	CHIU	Hin Ka	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	
464	4	07:40	CHUNG	Yat Him	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Energetic Triathlon Shatin
465	4	07:40	CLARK	Michael	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Energetic Triathlon Shatin
466	4	07:40	GOLDBERG	Aitan Hilton	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Energetic Triathlon Shatin
467	4	07:40	KEI	Yin	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Aqua Gym Sport Association
468	4	07:40	KWOK	Kin Ting Francis	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	First Ten Generation Team
469	4	07:40	LAI	Pak Long	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Sparkle Triathlon
470	4	07:40	LAI	Pak Yu	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	First Ten Generation Team
471	4	07:40	MAK	Jonathan Kwan King	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	AustSports Association
472	4	07:40	MOK	Pak Fan	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Energetic Triathlon Shatin
473	4	07:40	YICK	Po Shun	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	Sparkle Triathlon
474	4	07:40	YIM	Pak Yu Jasper	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Male Youth	First Ten Generation Team
475	4	07:40	YEUNG	Judy	Super Sprint Distance (Run 2.5k > Bike 10k > Run 2.5k)	Female Open	Sonic Sports Association