

2024 Triathlon Series - Individual Result

First name	Last name	Age Category	Club	FOS	Summer Tri	Asia Cup	Total	Position
CHALLENGE DISTANCE								
Cheuk Yat	Lo	Female Age Group 20-24	Energetic Triathlon Shatin	50		100	150	1
Wan Chi	Lung	Female Age Group 20-24	Galaxy Sports Triathlon	25	33.3	50	108	2
Jodie	Crisp	Female Age Group 25-29	Hong Kong Dragons Triathlon Club	100	100	100	300	1
KA YAN	TO	Female Age Group 30-34		100	80		180	1
Wai Shan Lily	Chu	Female Age Group 35-39	Sonic Sports Association		66.7	100	167	1
WAI KWAN CARINA	LI	Female Age Group 45-49		66.7	75		142	1
PUI YI ELIZABETH	TAM	Female Age Group 50-54	Crest Ray Recreation & Sports Club	50	100	66.7	217	1
MUI CHRISTINA	WONG	Female Age Group 50-54	Mango Swimming Club		50	33.3	83	2
HAU YI DORA	LI	Female Age Group 55-59	Energetic Triathlon Shatin	100	50	50	200	1
Wing Yee	Cheung	Female Age Group 55-59	Alpha Zone Sports		100	100	200	2
Long Kit	Chiu	Male Age Group 20-24	New Sports Triathlon	75	85.7		161	1
TszFungJeffrey	Kwan	Male Age Group 20-24	AustSports Association	100	42.9		143	2
James	Tan	Male Age Group 25-29	South China Athletic Association		100	100	200	1
Hon Man	Tang	Male Age Group 25-29		100	84.6		185	2
Chun Hei	Ho	Male Age Group 25-29			92.3	83.3	176	3
anson	sung	Male Age Group 25-29	AustSports Association		38.5	50	88	4
Jing Yi Andrew	Li	Male Age Group 25-29	Energetic Triathlon Shatin		46.2	33.3	79	5
Sze Kam	Choi	Male Age Group 30-34	Aqua Gym Sport Association	86.7	68.2	72.7	228	1
Tsz Him	Lau	Male Age Group 30-34		53.3	81.8	63.6	199	2
Man sum	Ho	Male Age Group 30-34		93.3	95.5		189	3
Chung Wa Dennis	YU	Male Age Group 30-34	Pro-trinity Sports Club	60	90.9		151	4
Tsz Fung	Chiu	Male Age Group 30-34	Sonic Sports Association	80	63.6		144	5
Sze Yu	Hung	Male Age Group 30-34	Sonic Sports Association		45.5	54.5	100	6
KING HEI	KO	Male Age Group 35-39	Titan Triathlon	100	100		200	1
Sean	Ma	Male Age Group 35-39	Titan Triathlon		84.2	100	184	2
Chun Ting Timothy	Ho	Male Age Group 35-39	Energetic Triathlon Shatin		89.5	83.3	173	3

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Yau Yan	Tam	Male Age Group 35-39	AustSports Association	53.3	57.9	50	161	4
Wai lun	Suen	Male Age Group 35-39	Sonic Sports Association	33.3	31.6		65	5
Chung	Ho	Male Age Group 35-39	Crest Ray Recreation & Sports Club	6.7	15.8		22	6
Vasco	van der Flier	Male Age Group 40-44	Hong Kong Football Club Swimming and Triathlon Society	100	100.0	100	300	1
Gump	Wong Yuk Hei	Male Age Group 40-44		84.2	89.5	92.3	266	2
wai kit	woo	Male Age Group 40-44		89.5	94.7		184	3
Lap Ken Kenneth	Lee	Male Age Group 40-44	Sonic Sports Association	10.5	31.6	76.9	119	4
Tak Kiu	Pun	Male Age Group 40-44	Tritons Triathlon Club	52.6	57.9		111	5
Ho shun	Ngai	Male Age Group 40-44		26.3	26.3		53	6
chi wai	chan	Male Age Group 45-49	Excel Swim Sports Association		100	100	200	1
CHING FAI	LEUNG	Male Age Group 45-49	Energetic Triathlon Shatin		82.4	72.7	155	2
Wai hung	Shek	Male Age Group 45-49		85.7	52.9		139	3
Chi Lai Anthony	Lai	Male Age Group 45-49	Sonic Sports Association	64.3	64.7		129	4
Chi Kin Anthony	Luk	Male Age Group 45-49		42.9	47.1		90	5
Ka Ho	Fan	Male Age Group 45-49	Alpha Zone Sports	35.7	41.2		77	6
Wai Ching	Har	Male Age Group 45-49		28.6	23.5	9.1	61	7
Johnny	Lam	Male Age Group 45-49			35.3	18.2	53	8
PO KIN TIM	CHAN	Male Age Group 45-49		21.4	11.8		33	9
Pui Yuen	Wong	Male Age Group 50-54	Pro-trinity Sports Club	76.9	66.7	58.3	202	1
Alexander	Liauw	Male Age Group 50-54		84.6	100		185	2
Ricci	Yasin	Male Age Group 50-54	Hong Kong Dragons Triathlon Club	69.2		91.7	161	3
Wai Chung Christopher	Tong	Male Age Group 50-54	Sonic Sports Association	61.5		66.7	128	4
Jerry	Tang	Male Age Group 50-54	Sonic Sports Association	53.8		16.7	71	5
Pui hung	Lam	Male Age Group 50-54			33.3	8.3	42	6
Shu wai	Wan	Male Age Group 50-54	Titan Triathlon	7.7	16.7		24	7
HONG	AU YEUNG	Male Age Group 55-59	Mango Swimming Club	78.6	57.1	88.9	225	1
Bertram	Shi	Male Age Group 55-59	Energetic Triathlon Shatin	71.4	64.3	77.8	214	2
Yuichi	Morimoto	Male Age Group 55-59			92.9	100	193	3
Tsz Cheung	Lam	Male Age Group 55-59	Tritons Triathlon Club	100	85.7		186	4
man kwong	cheung	Male Age Group 55-59	Mango Swimming Club	64.3	42.9	66.7	174	5
Jack	Yee	Male Age Group 55-59		85.7	71.4		157	6
Jean-Philippe	Gal	Male Age Group 55-59	Hong Kong Dragons Triathlon Club	57.1		44.4	102	7
Kin Ho	Kan	Male Age Group 55-59			50	22.2	72	8
Chung Ming	Leong	Male Age Group 55-59		28.6	21.4		50	9

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Kwok Ning	Lee	Male Age Group 60-64		80	80	100	260	1
Jimmy Y K	Chau	Male Age Group 60-64	South China Athletic Association	60		75	135	2
ka fai	kwok	Male Age Group 60-64	Crest Ray Recreation & Sports Club	30	40		70	3
Yuk Fu	Ma	Male Age Group 65 & Over	AustSports Association		100	75	175	1
King Yuen	Chan	Male Age Group 65 & Over	New Sports Triathlon	75	67		142	2
Stephen King Che	Chan	Male Age Group 65 & Over	Energetic Triathlon Shatin	50		50	100	3
Fai Ming	Chan	Male Age Group 65 & Over	AustSports Association	25	17		42	4
Tik Long	Hung	Male Elite Open			100	33.3	133	1
SPRINT DISTANCE								
Lai Ki	Man	Female Elite Junior 1	Energetic Triathlon Shatin		100	75	175	1
Anson	Lun	Female Elite Junior 1	AustSports Association	75		100	175	2
Wan Tung	Wong	Female Elite Junior 1	Energetic Triathlon Shatin	100		50	150	3
Petra	Stamenovic	Female Elite Junior 1		25		25	50	4
Nicole	Chau	Female Junior 1		50	100	100	250	1
Christa	CHEN	Female Junior 1	Energetic Triathlon Shatin		33.3	33.3	67	2
Hoi Ching	Lam	Female Junior 2		50	100	100	250	1
Hiu Tung	Tang	Female Junior 2		100	66.7	66.7	233	2
HIU LAM	KOO	Female Junior 2	Energetic Triathlon Shatin		33.3	33.3	67	3
Pu Chak	Yung	Male Elite Junior 1	The Little Dolphin Swimming Training Center	100.0	91.7	76.9	269	1
Pak Fan	Mok	Male Elite Junior 1	Energetic Triathlon Shatin	38.5	100	100	238	2
Lok Shi	Lam	Male Elite Junior 1	Energetic Triathlon Shatin	69.2	66.7	92.3	228	3
Pak Yiu Anson	Wong	Male Elite Junior 1	Energetic Triathlon Shatin	76.9	75	61.5	213	4
WT Dominic	Carson	Male Elite Junior 1	Energetic Triathlon Shatin	53.8	83.3	69.2	206	5
Tsun Fung	Yim	Male Elite Junior 1	Sparkle Triathlon	84.6	58.3	53.8	197	6
Nok Hei	Wong	Male Elite Junior 1	The Little Dolphin Swimming Training Center	92.3		84.6	177	7
Ka Hei Cyrus	Chan	Male Elite Junior 1		46.2	41.7	30.8	119	8
Yan Tao	Shum	Male Elite Junior 1		23.1	50	38.5	112	9
Auscar	Tsang	Male Elite Junior 1	Energetic Triathlon Shatin	7.7	33.3	46.2	87	10
Pak Long	Lai	Male Elite Junior 1	Sparkle Triathlon	61.5	8.3	15.4	85	11
Yu Chak	Chow	Male Elite Junior 1	Crest Ray Recreation & Sports Club	15.4	25	23.1	63	12
Po Shun Yemi	Yick	Male Elite Junior 1		30.8	16.7	7.7	55	13

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Tsz Hin	Yip	Male Elite Junior 2	Energetic Triathlon Shatin	75	100	40	215	1
Yan Ho Philip	CHU	Male Elite Junior 2	South China Athletic Association	87.5	90		178	2
Yui Fung	Chan	Male Elite Junior 2	Energetic Triathlon Shatin	100	70		170	3
Ka Ho	Wong	Male Elite Junior 2	First Ten Generation Team	50	80	26.7	157	4
Wang Hin Ian	Fok	Male Elite Junior 2	Energetic Triathlon Shatin	62.5	60	33.3	156	5
Pak Hoi	Chan	Male Elite Junior 2		37.5	50	6.7	94	6
Chak Lam	Wan	Male Elite Junior 2	Energetic Triathlon Shatin	12.5	40	13.3	66	7
Wai Chun	Tsang	Male Elite Junior 2	AustSports Association	25	20		45	8
TSZ HIM	MOK	Male Junior 1	Galaxy Sports Triathlon	85.7	100	100	286	1
Yin	Kei	Male Junior 1	Aqua Gym Sport Association	71.4	75	80	226	2
Chun Ming Marcus	Wu	Male Junior 1		57.1		40	97	3
siu wo	Au Yeung	Male Junior 2	The Little Dolphin Swimming Training Center	100	100	100	300	1
DISCOVERY DISTANCE								
WING HIN MONICA	LEUNG	Female Age Group 30-39	Energetic Triathlon Shatin	100	100		200	1
AMY WING YI	LEE	Female Age Group 30-39			33.3	100	133	2
SHUK HAN KAREN	LUI	Female Age Group 50-59	Energetic Triathlon Shatin	100	100	100	300	1
Ching Yi	Li	Female Age Group 50-59	Energetic Triathlon Shatin	33.3	50	50	133	2
Lok Tung	Wong	Female Elite Youth		80	100	75	255	1
Elise Modiano	Sarah	Female Elite Youth	South China Athletic Association	100		100	200	2
Hayley	Tsang	Female Elite Youth	Energetic Triathlon Shatin	60	50	50	160	3
Oi Yin	Chan	Female Elite Youth		40	75	25	140	4
Yuet Hei	Ng	Female Elite Youth	Energetic Triathlon Shatin	20	25		45	5
Hiu Yau	Yeung	Female Youth 1		100	83.3	85.7	269	1
Heulwen	Chau	Female Youth 1	Energetic Triathlon Shatin	66.7	100	71.4	238	2
Pui U	Wong	Female Youth 1			66.7	100	167	3
YI	MA	Female Youth 1		33.3	50	57.7	141	4
HEIDI	CHEUNG	Female Youth 1			16.7	28.6	45	5
Yi Chun	Chan	Female Youth 2	AustSports Association	100	50.0	66.7	217	1
Hok yee Terence	Li	Male Age Group 30-39	Titan Triathlon	88.9	100		189	1
Chun Sum Samuel	Ho	Male Age Group 30-39		100		75	175	2
Siu Ming Timothy	Wan	Male Age Group 30-39	First Ten Generation Team	55.6		25	81	3

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Ka Ho Lawrence	Wong	Male Age Group 40-49	Sonic Sports Association	100	100	100	300	1
ting piu	chong	Male Age Group 40-49	Titan Triathlon	83.3	88	61.5	233	2
HON SUEN	MOK	Male Age Group 40-49		66.7	63	53.8	183	3
DEREK HING KWOK	MA	Male Age Group 40-49			75	76.9	152	4
Yin Wing, Jerry	Fu	Male Age Group 40-49			25	46.2	71	5
SHU WAH JIMMY	WAN	Male Age Group 50-59	Energetic Triathlon Shatin	100	100		200	1
yosuke	oka	Male Age Group 50-59		75	63	50	188	2
HO YIN	MOK	Male Age Group 50-59		87.5	88		176	3
Chi Kit	Wong	Male Age Group 50-59		62.5		25	88	4
Chi kong	IP	Male Age Group 50-59		25	13		38	5
YIN CHEONG	WONG	Male Age Group 60 & Over	Energetic Triathlon Shatin	100	100	100	300	1
WING KWONG	IP	Male Age Group 60 & Over	Energetic Triathlon Shatin	80	71		151	2
Chi Ling Clement	Yeung	Male Age Group 60 & Over	Alpha Zone Sports	20	43	66.7	130	3
HENG FAN	POON	Male Age Group 60 & Over			57	33.3	90	4
Chak Yan Bosco	Wan	Male Elite Youth	Energetic Triathlon Shatin	100	91	90.9	282	1
Chun Hei	Wong	Male Elite Youth	The Little Dolphin Swimming Training Center	85.7	73	81.8	241	2
Ngai Chun	Ting	Male Elite Youth	Sparkle Triathlon		100	100	200	3
Tze Kiu	Tam	Male Elite Youth	Energetic Triathlon Shatin	57.1	55	45.5	158	4
Ho Chun	Au	Male Elite Youth	Energetic Triathlon Shatin		82	72.7	155	5
Chi Yan Ian	Chung	Male Elite Youth		42.9	64	36.4	143	6
Cheuk Kiu	Ng	Male Elite Youth	Energetic Triathlon Shatin	28.6	45	54.5	128	6
Ching Ho	Kwok	Male Elite Youth	Crest Ray Recreation & Sports Club	71.4	36	18.2	126	8
Tsz Long Louie	Cheng	Male Elite Youth			27	27.3	55	9
Cheuk Yin Desmond	Chau	Male Elite Youth	Energetic Triathlon Shatin	14.3	18		32	10
Wai Ching Jesse	Cheung	Male Elite Youth			9	9.1	18	11
Chun Ching	Ting	Male Youth 1	Sparkle Triathlon	100	100	92.9	293	1
Leong Yin	Au	Male Youth 1	Sparkle Triathlon	83.3	95	89.3	267	2
Tsz Long	Chan	Male Youth 1	Energetic Triathlon Shatin	88.9	89	71.4	250	3
YUI HANG	CHOI	Male Youth 1		77.8	84	64.3	226	4
Hao che	Chang	Male Youth 1	Crest Ray Recreation & Sports Club	72.2	79	75	226	4
Cheuk Yat Julien	Wong	Male Youth 1	Sparkle Triathlon	66.7	74	60.7	201	6
Yik Hei	Lau	Male Youth 1	Energetic Triathlon Shatin	94.4		96.4	191	7
Pak Yin	Chu	Male Youth 1	AustSports Association	38.9	58	46.4	143	8

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Cheuk Nam Janko	Au	Male Youth 1	Energetic Triathlon Shatin	61.1		78.6	140	9
TSZ WUN XAVIER	CHEUNG	Male Youth 1	Crest Ray Recreation & Sports Club	50	37	50	137	10
HUN MAN	NG	Male Youth 1	Sparkle Triathlon	55.6		42.9	98	11
Ching Kiu	Ng	Male Youth 1	AustSports Association		53	35.7	88	12
Yat Long Julian	Cho	Male Youth 1			42	32.1	74	13
Shing Hei	Ngan	Male Youth 1	Energetic Triathlon Shatin	33.3		25	58	14
Wai lam	Pong	Male Youth 1			26	28.6	55	15
Ian	Wong	Male Youth 1	Energetic Triathlon Shatin	27.8		21.4	49	16
Yat Hay Sky	Chan	Male Youth 1	Energetic Triathlon Shatin	16.7	16		32	17
Wai Yin	Chan	Male Youth 2	Sparkle Triathlon	90	93	100	283	1
YAT LONG	LAM	Male Youth 2		80	100	86.7	267	2
Pak Lam Cass	Man	Male Youth 2	AustSports Association	60	86	80	226	3
Lucas	Wong	Male Youth 2	Energetic Triathlon Shatin	70	57	60	187	4
Pak Hei	Chan	Male Youth 2	Galaxy Sports Triathlon	40	64	66.7	171	5
chum	tsz ho	Male Youth 2	Aqua Gym Sport Association	50	79		129	6
KING TO	CHAN	Male Youth 2	Energetic Triathlon Shatin		29	46.7	75	7
HONG NAM	LAU	Male Youth 2	Alpha Zone Sports	30	43		73	8
Pok Yin	Tsang	Male Youth 2	Alpha Zone Sports	10	36	26.7	72	9
TRIKIDS DISTANCE								
Ka Pik Abigail	Mak	Female TriKids 1	Sparkle Triathlon	100		100	200	1
Cheuk Man	Ko	Female TriKids 1			83.3	88.9	172	2
Cheryl	Lau	Female TriKids 1	First Ten Generation Team	50	50	66.7	167	3
Yat Tung	Wan	Female TriKids 1	Sparkle Triathlon		16.7	55.6	72	4
Cin Yee Cydnee	Chung	Female TriKids 2		100	100	100	300	1
Ceinwen	Chau	Female TriKids 2	Energetic Triathlon Shatin	66.7	71.4	76.9	215	2
Cheuk Lam	Chung	Female TriKids 2	Energetic Triathlon Shatin	88.9	92.9	15.4	197	3
Jessie	Ho	Female TriKids 2	The Little Dolphin Swimming Training Center		85.7	84.6	170	4
Chin Yui	Chan	Female TriKids 2	AustSports Association	44.4	64.3	53.8	163	5
Lok Yin Alicia	Lau	Female TriKids 2	The Little Dolphin Swimming Training Center	77.8	78.6		156	6
JIANGQI	HU	Female TriKids 2	Energetic Triathlon Shatin	22.2	50	69.2	141	7
Mo Tung	Cheung	Female TriKids 2	Alpha Zone Sports	55.6	7.1	38.5	101	8
Hei Kiu	Ng	Female TriKids 2	AustSports Association	33.3	28.6	30.8	93	9
Tsz Ki	Chiu	Female TriKids 2	Alpha Zone Sports	11.1	21.4	23.1	56	10
Chun Kiu	Yu	Male TriKids 1	Sparkle Triathlon	100	100	100	300	1
CHI YIN IVIN	CHUNG	Male TriKids 1		90	85.7	92.9	269	2

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Tin Hang	Qu	Male TriKids 1	Sparkle Triathlon	80	92.9	64.3	237	3
Kak Scott	Yeung	Male TriKids 1	Sparkle Triathlon	60	71.4	71.4	203	4
Yuet Fung Nikan	Yiu	Male TriKids 1	Alpha Zone Sports	50	64.3	78.6	193	5
BO RUI	CHEN	Male TriKids 1			78.6	85.7	164	5
Kwun cheong	Tsang	Male TriKids 1	First Ten Generation Team	10	57.1	57.1	124	7
Yat Hei Isaac	Poon	Male TriKids 1	Sparkle Triathlon	70		21.4	91	8
Pak Him	Lau	Male TriKids 1	Crest Ray Recreation & Sports Club	30	28.6		59	9
TAK MAN	LEUNG	Male TriKids 1	Energetic Triathlon Shatin		14.3	14.3	29	10
San Mau Jacob	Mak	Male TriKids 2	Sparkle Triathlon	100	100.0	100	300	1
Lap Yan	Kei	Male TriKids 2	Sparkle Triathlon	81	93.5	91.7	266	2
Sze Chai Damon	LAU	Male TriKids 2	Energetic Triathlon Shatin	90.5	87.1	58.3	236	3
Shing Hang	Fok	Male TriKids 2	Energetic Triathlon Shatin	76.2	71.0	83.3	230	4
JIANGZHI	HU	Male TriKids 2	Energetic Triathlon Shatin	57.1	83.9	87.5	228	5
Yat to Travis	Li	Male TriKids 2		71.4	77.4	70.8	220	6
pak long Casper	chan	Male TriKids 2	Energetic Triathlon Shatin	95.2	96.8		192	7
CHUN HIM LOUIS	WONG	Male TriKids 2	Energetic Triathlon Shatin	85.7		95.8	182	8
Oi Hei	Chan	Male TriKids 2			90.3	75	165	9
Tin Lap	Qu	Male TriKids 2	Sparkle Triathlon	61.9	45.2	29.2	136	10
Yat Long Jay	Chan	Male TriKids 2	Energetic Triathlon Shatin		80.6	54.2	135	11
Cheuk Hang	Ko	Male TriKids 2			67.7	45.8	114	12
Pak Hei	LAU	Male TriKids 2	Crest Ray Recreation & Sports Club	47.6	51.6		99	13
Chun Yin Jairus	Lai	Male TriKids 2	Sparkle Triathlon	66.7	25.8		92	14
Ching Long	Yan	Male TriKids 2		52.4		37.5	90	15
Yik Sum Sam	Kwok	Male TriKids 2	Alpha Zone Sports	33.3	32.3	16.7	82	16
Hok Sum	Au	Male TriKids 2	Sparkle Triathlon		54.8	25	80	17
彥曦	陳	Male TriKids 2			35.5	20.8	56	18
IN CHEONG	CHAN	Male TriKids 2			6.5	33.3	40	19
Lok Tin Mike	Man	Male TriKids 2	AustSports Association	14.3	9.7		24	20
CHING YEUNG OCEAN	CHAN	Male TriKids 2	Energetic Triathlon Shatin		19.4	4.2	24	21