

2025 Duathlon Series - Individual Result

First name	Last name	Age Category	Club	DU 1	DU 2	Total	Position
CHALLENGE DISTANCE (BEST 2)							
Wan Chi	Lung	Female Age Group 20-24	Galaxy Sports Triathlon	50.0	100.0	150.0	1
Amy Wing Yi	Lee	Female Age Group 30-34		100.0	100.0	200.0	1
Yan	Yu	Female Age Group 35-39	Energetic Triathlon Shatin	100.0	100.0	200.0	1
Pui Yi Elizabeth	Tam	Female Age Group 50-54	Crest Ray Recreation & Sports Club	100.0	75.0	175.0	1
Ching Yi	Li	Female Age Group 50-54	Energetic Triathlon Shatin	DQ	25.0	25.0	2
Hau Yi Dora	Li	Female Age Group 55-59	Energetic Triathlon Shatin	100.0	DQ	100.0	1
Tsun Kiu	Lui	Male Age Group 20-24	Compass Sports Association	100.0	100.0	200.0	1
伊航	羅	Male Age Group 20-24	Crest Ray Recreation & Sports Club	33.3	33.3	66.7	2
Long Kit	Chiu	Male Age Group 25-29	New Sports Triathlon	100.0	66.7	166.7	1
Ho Kwong Billy	Ching	Male Age Group 25-29	New Sports Triathlon	75.0	83.3	158.3	2
Ka Hei	Ho	Male Age Group 30-34	Aqua Gym Sport Association	100.0	100.0	200.0	1
Ka Fai	Wong	Male Age Group 30-34	Aqua Gym Sport Association	66.7	85.7	152.4	2
Nai Lun	Mak	Male Age Group 30-34		33.3	12.5	45.8	3
Yuk Hei Gump	Wong	Male Age Group 40-44		100.0	100.0	200.0	1
Ka Ho Lawrence	Wong	Male Age Group 40-44	Sonic Sports Association	87.5	88.9	176.4	2
Michael	Leung	Male Age Group 45-49		100.0	100.0	200.0	1
"Chi Kin, Anthony"	Luk	Male Age Group 45-49	Titan Triathlon	92.3	66.7	159.0	2
Wai Hung	Chan	Male Age Group 45-49		69.2	77.8	147.0	3
Tik Ho	Chum	Male Age Group 50-54	Aqua Gym Sport Association	85.7	88.9	174.6	1
Chi Kit	Chan	Male Age Group 50-54	The Little Dolphin Swimming Training Center	71.4	100.0	171.4	2

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Pui Yuen	Wong	Male Age Group 50-54	Pro-trinity Sports Club	57.1	77.8	134.9	3
Vincent	Lee	Male Age Group 55-59	AustSports Association	88.9	83.3	172.2	1
Man Kwong	Cheung	Male Age Group 55-59	Mango Swimming Club	44.4	50.0	94.4	2
Ying Ho	Lee	Male Age Group 60-64	Sonic Sports Association	100.0	DNF	100.0	1
Yuk Fu	Ma	Male Age Group 65 & over	AustSports Association	100.0	100.0	200.0	1
King Yuen	Chan	Male Age Group 65 & over	New Sports Triathlon	66.7	75.0	141.7	2
Fai Ming	Chan	Male Age Group 65 & over	AustSports Association	33.3	100.0	133.3	3
WING KWONG	IP	Male Age Group 65 & over	Energetic Triathlon Shatin	DNF	66.7	66.7	4
SPRINT DISTANCE (BEST 2)							
Pui Ling	Lee	Female Age Group 30-39		100.0	50.0	150.0	1
Wai Tong	Yip	Female Age Group 40-49		66.7	100.0	166.7	1
Nok Sze	Tse	Female Age Group 40-49		33.3	DQ	33.3	2
Shuk Han Karen	Lui	Female Age Group 50-59	Energetic Triathlon Shatin	100.0	DQ	100.0	1
Yuk Ching Christina	Leung	Female Age Group 60-69	Energetic Triathlon Shatin	100.0	100.0	200.0	1
Sarah	Madiano	Female Elite Junior 1		100.0	100.0	200.0	1
Oi Yin	Chan	Female Elite Junior 1		66.7	80.0	146.7	2
Lok Tung	Wong	Female Elite Junior 1		50.0	60.0	110.0	3
Lai Ki Nicole	Man	Female Elite Junior 1	Energetic Triathlon Shatin	83.3	20.0	103.3	4
Wan Tung	Wong	Female Elite Junior 1	Energetic Triathlon Shatin	16.7	40.0	56.7	5
Hoi Ching	Lam	Female Elite Open		50.0	50.0	100.0	1
Adelyn	Wallace	Female Junior 1	Aqua Gym Sport Association	66.7	100.0	166.7	1
Yu Hin	Choy	Male Age Group 20-29		100.0	83.3	183.3	1

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Chi Fung	Leung	Male Age Group 20-29	First Ten Generation Team	33.3	50.0	83.3	2
Shek Chung	Mak	Male Age Group 30-39	Energetic Triathlon Shatin	75.0	100.0	175.0	1
Shek Lun	Li	Male Age Group 30-39		62.5	54.5	117.0	2
Yik Lung	Yiu	Male Age Group 40-49	The Little Dolphin Swimming Training Center	81.8	44.4	126.2	1
Chi Fung	Chow	Male Age Group 40-49	First Ten Generation Team	72.7	22.2	94.9	2
Kam Chung	Lau	Male Age Group 40-49	First Ten Generation Team	27.3	33.3	60.6	3
Shu Wah Jimmy	Wan	Male Age Group 50-59	Energetic Triathlon Shatin	100.0	100.0	200.0	1
Yosuke	Oka	Male Age Group 50-59	Energetic Triathlon Shatin	83.3	66.7	150.0	2
Yin Cheong	Wong	Male Age Group 60-69	Energetic Triathlon Shatin	100.0	100.0	200.0	1
Chi Ling Clement	Yeung	Male Age Group 70 & Over	The Little Dolphin Swimming Training Center	50.0	25.0	75.0	1
Nok Hei	Wong	Male Elite Junior 1		100.0	100.0	200.0	1
Yan Tao	Shum	Male Elite Junior 1	Galaxy Sport Triathlon	72.7	83.3	156.0	2
Chun Hei	Wong	Male Elite Junior 1	The Little Dolphin Swimming Training Center	45.5	66.7	112.2	3
Ho Ting	Lee	Male Elite Junior 1	AustSports Association	27.3	50.0	77.3	4
Tsz Leong Louie	Cheng	Male Elite Junior 1		18.2	33.3	51.5	5
Ka Ho	Wong	Male Elite Junior 2		85.7	100.0	185.7	1
Pak Fan	Mok	Male Elite Junior 2	Energetic Triathlon Shatin	100.0	77.8	177.8	2
Dominic WT	Carson	Male Elite Junior 2	Energetic Triathlon Shatin	42.9	88.9	131.8	3
Pak Yiu Anson	Wong	Male Elite Junior 2	Energetic Triathlon Shatin	71.4	33.3	104.7	4
Wang Hin Ian	Fok	Male Elite Junior 2	Energetic Triathlon Shatin	57.1	44.4	101.5	5
Po Shun Yemi	Yick	Male Elite Junior 2	Energetic Triathlon Shatin	28.6	55.6	84.2	6
Chak Lam	Wan	Male Elite Junior 2	Energetic Triathlon Shatin	14.3	11.1	25.4	7
Tsz Him	Mok	Male Junior 1	Galaxy Sports Triathlon	100.0	91.7	191.7	1
Pak Lam Cass	Man	Male Junior 1	AustSports Association	87.5	75.0	162.5	2

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Chi Him Ryan	Yau	Male Junior 1	Galaxy Sports Triathlon	50.0	83.3	133.3	3
Yat Long	Lam	Male Junior 1		75.0	41.7	116.7	4
Chun Ming Marcus	Wu	Male Junior 1		37.5	66.7	104.2	5
Wai Yin	Chan	Male Junior 1	Sparkle Triathlon	DNF	100.0	100.0	6
俊樂	萬	Male Junior 1	First Ten Generation Team	25.0	58.3	83.3	7
Yat Him	Chung	Male Junior 1	Energetic Triathlon Shatin	DQ	25.5	25.5	8
Yin	Kei	Male Junior 2	Aqua Gym Sport Association	71.4	100.0	171.4	1
DISCOVERY DISTANCE (BEST 2)							
Yuet Hei	Ng	Female Elite Youth	Energetic Triathlon Shatin	100.0	100.0	200.0	1
Hiu Yau	Yeung	Female Elite Youth		80.0	75.0	155.0	2
Heulwen	Chau	Female Elite Youth	Energetic Triathlon Shatin	60.0	25.0	85.0	3
Chung Ning	Shum	Female Elite Youth	Energetic Triathlon Shatin	20.0	50.0	70.0	4
Cheuk Lam	Chung	Female Youth 1	Energetic Triathlon Shatin	100.0	78.0	178.0	1
Cin Yee Cydnee	Chung	Female Youth 1		40.0	100.0	140.0	2
Jessie	Ho	Female Youth 1	The Little Dolphin Swimming Training Center	66.7	67.0	133.7	3
Yi	Ma	Female Youth 1		33.3	89.0	122.3	4
HIU TUNG HAZEL	LEE	Female Youth 1		DNF	33.3	33.3	5
Yi Chun	Chan	Female Youth 2	AustSports Association	100.0	100.0	200.0	1
凱旻	陳	Female Youth 2	First Ten Generation Team	66.7	50.0	116.7	2
Hiu Tung	Leung	Female Youth 2		33.3	25.0	58.3	3
Chak Yan	Wan	Male Elite Youth	Energetic Triathlon Shatin	100.0	100.0	200.0	1
Tze Kiu	Tam	Male Elite Youth	Energetic Triathlon Shatin	85.7	75.0	160.7	2
Lucas	Wong	Male Elite Youth	Energetic Triathlon Shatin	71.4	88.0	159.4	3
Yik Hei	Lau	Male Elite Youth	Energetic Triathlon Shatin	42.9	63.0	105.9	4
Cheuk Kiu	Ng	Male Elite Youth	Energetic Triathlon Shatin	57.1	25.0	82.1	5
Chi Yan Ian	Chung	Male Elite Youth		28.6	50.0	78.6	6
Desmond Cheuk Yin	Chau	Male Elite Youth	Energetic Triathlon Shatin	14.3	13.0	27.3	7

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Chun Ching	Ting	Male Youth 1	Sparkle Triathlon	100.0	100.0	200.0	1
San Mau Jacob	Mak	Male Youth 1	Sparkle Triathlon	93.1	95.0	188.1	2
Leong Yin	Au	Male Youth 1	Sparkle Triathlon	86.2	98.0	184.2	3
Hao Che	Chang	Male Youth 1	Crest Ray Recreation & Sports Club	96.6	85.0	181.6	4
Sze Chai Damon	Lau	Male Youth 1	Energetic Triathlon Shatin	82.8	93.0	175.8	5
Cheuk Nam Janko	Au	Male Youth 1	Energetic Triathlon Shatin	89.7	83.0	172.7	6
Cheuk Yat Julien	Wong	Male Youth 1	Sparkle Triathlon	75.9	88.0	163.9	7
Pak Long Casper	Chan	Male Youth 1	Energetic Triathlon Shatin	58.6	90.0	148.6	8
Lap Yan	Kei	Male Youth 1	Sparkle Triathlon	65.5	80.0	145.5	9
Jiangzhi	Hu	Male Youth 1	Energetic Triathlon Shatin	72.4	58.0	130.4	10
Oi Hei	Chan	Male Youth 1	Energetic Triathlon Shatin	69.0	60.0	129.0	11
Yui Hang	Choi	Male Youth 1		62.1	63.0	125.1	12
Shing Hang	Fok	Male Youth 1	Energetic Triathlon Shatin	51.7	53.0	104.7	13
Ian	Wong	Male Youth 1	Energetic Triathlon Shatin	55.2	48.0	103.2	14
Yat Long Julian	Cho	Male Youth 1		41.4	55.0	96.4	15
Chun Lok	Chu	Male Youth 1	First Ten Generation Team	34.5	50.0	84.5	16
Philip	Leung	Male Youth 1		27.6	43.0	70.6	17
Ching Long	Yan	Male Youth 1	Sparkle Triathlon	31.0	10.0	41.0	18
"Yik Sum, Sam"	Kwok	Male Youth 1	The Little Dolphin Swimming Training Center	20.7	18.0	38.7	19
Cheuk Hang	Ko	Male Youth 1		3.4	35.0	38.4	20
Shun Hei	Wong	Male Youth 1		DNF	37.5	37.5	21
Chak Fung	Ng	Male Youth 1	First Ten Generation Team	13.8	23.0	36.8	22
Chak Hei Jeffrey	Tsang	Male Youth 1	Energetic Triathlon Shatin	10.3	25.0	35.3	23
TANG	HO HIM	Male Youth 1	Energetic Triathlon Shatin	DQ	27.5	27.5	24
Ngai Chun	Ting	Male Youth 2	Sparkle Triathlon	100.0	100.0	200.0	1
Alban	Modiano	Male Youth 2	South China Athletic Association	75.0	95.0	170.0	2
King To	Chan	Male Youth 2	Energetic Triathlon Shatin	62.5	79.0	141.5	3
Pak Hei	Chan	Male Youth 2	Galaxy Sports Triathlon	50.0	89.0	139.0	4
Ching Kiu	Ng	Male Youth 2	AustSports Association	25.0	74.0	99.0	5
Pak Yin	Chu	Male Youth 2	Sparkle Triathlon	37.5	58.0	95.5	6
Jasper	Ho	Male Youth 2	The Little Dolphin Swimming Training Center	12.5	68.0	80.5	7

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Theodore	Zhang	Male Youth 2	Mango Swimming Club	DQ	36.8	36.8	8
TRIKIDS DISTANCE (BEST 2)							
Cheuk Man	Ko	Female TriKids 1		100.0	100.0	200.0	1
Michaela Grace	Leung	Female TriKids 1	First Ten Generation Team	76.9	84.6	161.5	2
Cheung	Yuet Ching	Female TriKids 1	First Ten Generation Team	69.2	92.3	161.5	3
Hai Ching	Chung	Female TriKids 1	Energetic Triathlon Shatin	61.5	69.2	130.7	4
Yuet Ching	Tang	Female TriKids 1	First Ten Generation Team	46.2	61.5	107.7	5
Ching Yau	Chan	Female TriKids 1	Energetic Triathlon Shatin	53.8	46.2	100.0	6
泐辰	周	Female TriKids 1	First Ten Generation Team	23.1	15.4	38.5	7
Ka Pik Abigail	Mak	Female TriKids 2	Sparkle Triathlon	100.0	95.2	195.2	1
Lok Yin Alicia	Lau	Female TriKids 2	The Little Dolphin Swimming Training Center	94.1	100.0	194.1	2
Ceinwen	Chau	Female TriKids 2	Energetic Triathlon Shatin	88.2	90.5	178.7	3
Hei Shun Ona	Leung	Female TriKids 2	Energetic Triathlon Shatin	70.6	81.0	151.6	4
Chily Chi Lei	Wong	Female TriKids 2		76.5	71.4	147.9	5
Jiangqi	Hu	Female TriKids 2	Energetic Triathlon Shatin	41.2	76.2	117.4	6
Mo Tung	Cheung	Female TriKids 2	The Little Dolphin Swimming Training Center	35.3	66.7	102.0	7
Chin Yui	Chan	Female TriKids 2	AustSports Association	52.9	47.6	100.5	8
Ching	Wan	Female TriKids 2	Energetic Triathlon Shatin	47.1	52.4	99.5	9
Hei Ching	Tse	Female TriKids 2	Sparkle Triathlon	23.5	61.9	85.4	10
Keira Joy	Leung	Female TriKids 2	First Ten Generation Team	82.4	DQ	82.4	11
Tsz Chin	Tsang	Female TriKids 2		64.7	DQ	64.7	12
Do Do Lenna	Hui	Female TriKids 2	Mango Swimming Club	17.6	38.1	55.7	13
Chin Yau	Tam	Female TriKids 2	Crest Ray Recreation & Sports Club	11.8	42.9	54.7	14
Tsz Ki	Chiu	Female TriKids 2	The Little Dolphin Swimming Training Center	29.4	23.8	53.2	15
Cheuk Kiu	Cheung	Female TriKids 2	The Little Dolphin Swimming Training Center	5.9	28.6	34.5	16
Kwun Cheong	Tsang	Male TriKids 1	First Ten Generation Team	100.0	97.7	197.7	1
Kak Scott	Yeung	Male TriKids 1	Sparkle Triathlon	96.8	100.0	196.8	2
Yuet Fung Nikan	Yiu	Male TriKids 1	The Little Dolphin Swimming Training Center	93.5	93.0	186.5	3
Morgan Muk	Yeung	Male TriKids 1	Sparkle Triathlon	90.3	95.3	185.6	4
Chi Pui	Law	Male TriKids 1		83.9	88.4	172.3	5

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Tsz Kiu	Wong	Male TriKids 1		87.1	81.4	168.5	6
Pak Kiu	Tsang	Male TriKids 1	Alpha Zone Sports	71.0	90.7	161.7	7
Ho Yeung	Wong	Male TriKids 1		80.6	76.7	157.3	8
Yin Chun	Chu	Male TriKids 1	First Ten Generation Team	74.2	79.1	153.3	9
Hei Long Otis	Leung	Male TriKids 1	Energetic Triathlon Shatin	64.5	83.3	147.8	10
Cheuk Him	Lo	Male TriKids 1	The Little Dolphin Swimming Training Center	77.4	67.4	144.8	11
Tsz Ho	Yan	Male TriKids 1	Sparkle Triathlon	61.3	72.1	133.4	12
Isaac Chongyi	Shi	Male TriKids 1	Mango Swimming Club	54.8	74.4	129.2	13
Hong Ping Avery	Ng	Male TriKids 1	Energetic Triathlon Shatin	38.7	48.8	87.5	14
Shu Yan Ethan	Mak	Male TriKids 1	Sparkle Triathlon	DNF	86.0	86.0	15
Ching Kiu	Wong	Male TriKids 1	Energetic Triathlon Shatin	29.0	53.5	82.5	16
Lok Chun	Wong	Male TriKids 1	First Ten Generation Team	35.5	34.9	70.4	17
Tang	Song	Male TriKids 1		12.9	55.8	68.7	18
Yuk Kin	Kwong	Male TriKids 1		41.9	25.9	67.8	19
Tin Yat	Ma	Male TriKids 1		6.5	60.5	67.0	20
Yin Wang	Pun	Male TriKids 1	Energetic Triathlon Shatin	9.7	41.9	51.6	21
Tsz Ngo	Cheung	Male TriKids 1	The Little Dolphin Swimming Training Center	48.4	DQ	48.4	22
Sze Chai Jenson	Ying	Male TriKids 1	Energetic Triathlon Shatin	16.1	20.9	37.0	23
Owen	Lee	Male TriKids 1	Energetic Triathlon Shatin	3.2	9.3	12.5	24
Chun Kiu	Yu	Male TriKids 2	Sparkle Triathlon	100.0	100.0	200.0	1
Yat To Travis	Li	Male TriKids 2	Energetic Triathlon Shatin	94.6	97.6	192.2	2
Chi Yin Ivin	Chung	Male TriKids 2		97.3	92.9	190.2	3
Tin Hang	Qu	Male TriKids 2	Sparkle Triathlon	89.2	95.2	184.4	4
Yat Long Jay	Chan	Male TriKids 2	Energetic Triathlon Shatin	91.9	90.5	182.4	5
Chung Yu	Wong	Male TriKids 2	Energetic Triathlon Shatin	86.5	83.3	169.8	6
Tin Lap	Qu	Male TriKids 2	Sparkle Triathlon	78.4	85.7	164.1	7
Yat Long	Cheung	Male TriKids 2	First Ten Generation Team	75.7	81.0	156.7	8
Cheuk Yin	Lo	Male TriKids 2	The Little Dolphin Swimming Training Center	70.3	76.2	146.5	9
Chun Ting	Tsang	Male TriKids 2	First Ten Generation Team	67.6	73.8	141.4	10
Hok Sum	Au	Male TriKids 2	Sparkle Triathlon	73.0	66.7	139.7	11
Jadon	Li	Male TriKids 2		51.4	78.6	130.0	12

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Shun	Tang	Male TriKids 2	Energetic Triathlon Shatin	64.9	61.9	126.8	13
Nok Norman	Chan	Male TriKids 2	The Little Dolphin Swimming Training Center	54.1	69.0	123.1	14
Yuet Hei	Chan	Male TriKids 2	Aqua Gym Sport Association	62.2	52.4	114.6	15
Carson	Lo	Male TriKids 2		40.5	59.5	100.0	16
Tsun Yu	Wong	Male TriKids 2		37.8	47.6	85.4	17
Cheuk Kai	Chan	Male TriKids 2	First Ten Generation Team	35.1	45.2	80.3	18
柏希	李	Male TriKids 2	The Little Dolphin Swimming Training Center	43.2	33.3	76.5	19
Sen Yik Otto	Wang	Male TriKids 2	Energetic Triathlon Shatin	21.6	42.9	64.5	20
Wing Shun	Kong	Male TriKids 2	Sparkle Triathlon	27.0	23.8	50.8	21
Ngai Carlos	Fan	Male TriKids 2	The Little Dolphin Swimming Training Center	16.2	26.2	42.4	22
Chun Yin Matthew	Cheuk	Male TriKids 2	Energetic Triathlon Shatin	10.8	28.6	39.4	23
Oson	Lau	Male TriKids 2	The Little Dolphin Swimming Training Center	32.4	DQ	32.4	24
Yuk Sen	Leung	Male TriKids 2	The Little Dolphin Swimming Training Center	13.5	11.9	25.4	25
Lap Yan Duncan	Chow	Male TriKids 2	The Little Dolphin Swimming Training Center	18.9	2.4	21.3	26
Yat Long	Leung	Male TriKids 2	Crest Ray Recreation & Sports Club	2.7	16.7	19.4	27