2026 Benchmarking Result - 16 November 2026

Race No	English Name	Chinese Name	Category	Swim	Swim Time (200m)	Swim Time (400m)	Run	Run Time (800m)	Run Time (1.5km)	RUN Time (3km)
401	Robin Elg	羅競賓	Male Elite	400m		04:09.44	3km			Absence - Injury
402	Oscar Louis Coggins	奧斯卡	Male Elite	400m		04:17.82	3km			Absence - Injury
403	Jason Tai Long NG	伍泰龍	Male Elite	400m		04:28.06	3km			11:38.80
404	Tsang Cheung Sing Nicholas	曾祥星	Male Elite	400m		04:23.92	3km			09:06.59
405	Wong Tsz To	黃子圖	Male Elite	400m		Absence - Sick	3km			Absence - Sick
406	Au Yeung Nathan Siu Wo	歐陽兆和	Male Elite 21	400m		04:31.42	3km			09:22.19
407	Yip Tak Long	葉德朗	Male Elite 22	400m		04:38.13	3km			08:52.69
408	Fok Wang Hin Ian	霍泓軒	Male Elite 20	400m		04:27.50	3km			09:24.75
409	Tsang Wai Chun	曾瑋濬	Male Elite 20	400m		05:12.30	3km			DNF
410	Wan Chak Lam	温澤林	Male Elite 20	400m		04:40.71	3km			09:28.65
411	Wong Pak Yiu Anson	黃栢堯	Male Elite Junior 19	400m		04:41.12	3km			09:28.02
412	Yung Pu Chak	翁溥澤	Male Elite Junior 19	400m		04:21.92	3km			09:21.11
413	CARSON WT DOMINIC	簡煒晉	Male Elite Junior 19	400m		04:24.91	3km			09:28.97
414	Mok Pak Fan	莫柏勛	Male Elite Junior 19	400m		04:41.41	3km			09:27.00
415	Yick Po Shun Yemi	易甫錞	Male Elite Junior 19	400m		04:45.38	3km			09:31.22
416	Kei Yin	紀彥	Male Elite Junior 19	400m		04:52.17	3km			09:34.49
419	Auscar Tsang	曾竟琋	Male Elite Junior 18	400m		04:38.03	3km			09:54.20
420	Wong Nok Hei	王諾熙	Male Elite Junior 18	400m		04:21.03	3km			09:26.05
421	Lam Lok Shi	林樂仕	Male Elite Junior 18	400m		04:41.35	3km			09:38.51
422	Shum Yan Tao	沈恩途	Male Elite Junior 18	400m		04:43.95	3km			09:27.35
423	Wong Chun Him	王俊謙	Male Elite Junior 18	400m		Absence - Injury	3km			Absence - Injury
424	Yim Tsun Fung	嚴浚鋒	Male Elite Junior 18	400m		04:22.56	3km			09:44.34
425	Lai Shung Him	賴崇謙	Male Elite Junior 18	200m/400m	02:34.04	05:29.14	1.5km/3km		04:57.61	09:58.71
426	YAU CHI HIM RYAN	丘志謙	Male Elite Junior 18	200m/400m	02:29.25	05:12.64	1.5km/3km		05:07.78	DNF
427	Chan Wai Yin	陳韋弦	Male Elite Junior 17	400m		05:14.64	3km			Absence
428	Cheung Wai Ching Jesse	張維正	Male Elite Junior 17	400m		04:58.69	3km			10:43.79
429	Lam Yat Long	林日朗	Male Elite Junior 17	400m		04:59.01	3km			09:52.82
430	LEE HO TING	李灝庭	Male Elite Junior 17	400m		04:42.25	3km			10:01.21
431	Wong Chun Hei	黃俊僖	Male Elite Junior 17	400m		04:44.69	3km			09:54.00
432	Man Pak Lam Cass	文柏藍	Male Elite Junior 17	200m/400m	02:29.93	05:17.84	1.5km/3km		04:53.31	09:49.50
433	Chan King To	陳景滔	Male Elite Junior 16	400m		04:59.15	3km			10:08.96
434	Chan Yin Hang	陳彥衡	Male Elite Junior 16	400m		04:36.69	3km			09:57.38
435	Chum tsz ho	覃子皓	Male Elite Junior 16	400m		04:59.01	3km			09:48.30
436	Edison Wong	黃子健	Male Elite Junior 16	400m		04:44.68	3km			10:34.28
437	Ho Jasper	何頌朗	Male Elite Junior 16	400m		04:50.27	3km			09:52.30
438	Ma Hoi Fan	馬凱勳	Male Elite Junior 16	400m		04:30.86	3km			09:24.15
439	Ting Ngai Chun	丁毅臻	Male Elite Junior 16	400m		04:52.51	3km			09:20.00
440	Wong Lucas	王諾	Male Elite Junior 16	400m		05:02.35	3km			10:47.19
441	Yifeng Frank WU	吳艺沣	Male Elite Junior 16	400m		Absence	3km			Absence
442	Chan Pak Hei	陳柏僖	Male Junior 16	200m	02:39.78		1.5km		04:55.89	
443	Chun Cheuk Long	陳卓朗	Male Elite Junior 16	400m		Absence - Injury	1.5km/3km			Absence - Injury
444	Bailee Brown	彭詩雅	Female Elite	400m		04:58.41	3km			Absence - Injury
445	Lam Hoi Ching	林海晴	Female Elite 21	400m		05:23.24	3km			11:08.19
446	Cade Wright	韋祺	Female Elite 23	400m		04:52.92	3km			10:37.18
447	Lun Anson	倫柏翹	Female Elite Junior 19	400m		05:05.28	3km			11:06.66
448	Man Lai Ki Nicole	文麗淇	Female Elite Junior 18	400m		05:03.17	3km			Absence - Injury
449	Wong Wan Tung	黃允彤	Female Elite Junior 18	400m		05:21.17	3km			11:40.30
450	Chan Oi Yin	陳愛妍	Female Elite Junior 17	400m		05:24.73	3km			11:08.74

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Race No	English Name	Chinese Name	Category	Swim	Swim Time (200m)	Swim Time (400m)	Run	Run Time (800m)	Run Time (1.5km)	RUN Time (3km)
451	Choi Yan Yin		Female Elite	400m		05:20.03	3km			11:41.72
452	Nica Lau Xin EAPEN	劉仙	Female Elite Junior 17	400m		05:15.80	3km			11:21.47
453	WenxinHuang	黃雯歆	Female Elite Junior 17	400m		05:34.95	3km			11:54.10
454	Wong Lok Tung	王樂彤	Female Elite Junior 17	400m		05:14.52	3km			11:12.91
455	Bertha Ackber	區曉彤	Female Elite Junior 16	400m		04:55.08	3km			11:38.06
456	Li Hei Man	李琦敏	Female Elite Junior 16	400m		05:04.62	3km			14:21.71
457	Ng Yuet Hei	吳悅曦	Female Elite Junior 16	400m		Absence - Sick	3km			11:07.31
458	Shum Chung Ning	岑頌寧	Female Elite Junior 16	400m		05:32.82	3km			11:55.90
459	Cheng Lok Ching	鄭樂澄	Female Elite Junior 16	200m/ 400m	02:40.63	05:28.44	1.5km/3km		05:51.52	11:54.83
460	Chung Chi Yan Ian	鍾智仁	Male Elite Youth 15	200m	02:08.60		1.5km		04:40.88	
461	Hung Kei Chi	孔麒智	Male Elite Youth 15	200m	02:27.31		1.5km		04:41.84	
462	Lau Yik Hei	劉奕希	Male Elite Youth 15	200m	02:10.90		1.5km		04:31.69	
463	Ng Cheuk Kiu	吳卓翹	Male Elite Youth 15	200m	02:18.28		1.5km		04:42.07	
464	Tam Tze Kiu	譚子翹	Male Elite Youth 15	200m	02:21.28		1.5km		04:31.24	
465	Wan Chak Yan	溫澤仁	Male Elite Youth 15	200m	02:10.83		1.5km		04:31.09	
466	Chan Wei Him	陳維謙	Male Elite Youth 15	200m	02:14.76		1.5km		04:44.45	
467	LUI LOK Chun Titus	雷樂遵	Male Elite Youth 15	200m	02:15.12		1.5km		04:47.51	
468	Ng Ching Kiu	吳政橋	Male Elite Youth 15	200m	02:25.36		1.5km		04:44.61	
469	Chang Hao Che	張浩哲	Male Elite Youth 14 & below	200m		02:26.96	1.5km		04:47.15	
470	Choi Yui Hang	蔡睿珩	Male Elite Youth 14 & below	200m		02:20.82	1.5km		04:41.98	
471	Kei Lap Yan	紀立人	Male Elite Youth 14 & below	200m		02:18.42	1.5km		04:43.05	
472	Lau Sze Chai Damon	劉思齊	Male Elite Youth 14 & below	200m		02:19.31	1.5km		04:35.32	
473	Lee Hoi Jin	李鎧靖	Male Elite Youth 14 & below	200m		02:19.53	1.5km		04:37.29	
474	LEE WAI TING	李瑋庭	Male Elite Youth 14 & below	200m		02:20.15	1.5km		04:55.26	
475	Leong Yat Kiu	梁逸喬	Male Elite Youth 14 & below	200m		Absence	1.5km		Absence	
476	Mak San Mau Jacob	麥宸畝	Male Elite Youth 14 & below	200m		02:17.77	1.5km		04:36.39	
477	Mok Wan Hin	莫蘊軒	Male Elite Youth 14 & below	200m		02:44.92	1.5km		04:54.26	
478	Ting Chun Ching	丁進澄	Male Elite Youth 14 & below	200m		02:18.71	1.5km		04:34.30	
479	Wong shun hei	黃淳希	Male Elite Youth 14 & below	200m		02:16.84	1.5km		04:41.38	
480	Yeung, Ka Kiu	楊傢喬	Male Elite Youth 14 & below	200m		03:13.22	1.5km		05:41.03	
481	CHAN PAK LONG	陳柏朗	Male Elite Youth 14 & below	200m		02:21.19	1.5km /800m	02:33.38	04:46.22	
482	Chu Chun Lam	朱俊霖	Male Elite Youth 14 & below	200m		02:26.48	1.5km /800m	02:34.16	04:47.05	
483	Earnest Lee	李丞恩	Male Elite Youth 14 & below	200m		02:19.34	1.5km /800m	02:33.82	04:47.32	
484	Hu Jiangzhi	胡江芷	Male Elite Youth 14 & below	200m		02:30.92	1.5km /800m	02:34.42	04:53.29	
485	Leung Ho Ching Angus	梁皓程	Male Elite Youth 14 & below	200m		02:33.76	1.5km /800m	02:33.57	04:41.53	
486	Li Travis Yat To	李溢韜	Male Elite Youth 14 & below	200m		02:27:48	1.5km /800m	02:36.63	05:01.63	
487	Wan Iron	溫可為	Male Elite Youth 14 & below	200m		02:09.60	1.5km /800m	02:34.95	04:52.66	
488	Wong Chun Him Louis	黃俊謙	Male Elite Youth 14 & below	200m		02:32.99	1.5km /800m	02:29.75	04:46.41	
489	Chaska Poon	方俊匡	Male Elite Youth 14 & below	200m		02:42.09	1.5km /800m	02:38.72	05:06.90	
490	Chung Chi Yin Ivin	鍾至琁	Male Elite Youth 14 & below	200m		02:35.72	1.5km /800m	02:39.07	05:09.46	
491	Chung Cheuk Lam	鍾焯琳	Female Elite Youth 14 & below	200m	02:32.24		1.5km		05:16.23	
492	Chung Cin Yee Cydnee	鍾倩兒	Female Elite Youth 14 & below	200m	02:26.78		1.5km		05:19.50	
493	Ho Jessie	何泳悠	Female Elite Youth 14 & below	200m		Absence - Injury	1.5km		Absence - Injury	
494	Li Hok Yee Cheryl	李學而	Female Elite Youth 14 & below	200m		Absence	1.5km		Absence	
495	Ma Yi	馬懿	Female Elite Youth 14 & below	200m	02:24.70		1.5km		05:24.64	
496	Yeung Hiu Yau	楊曉悠	Female Elite Youth 14 & below	200m	02:39.87		1.5km		05:22.80	
497	Yuki Wu	胡雨喬	Female Elite Youth 14 & below	200m	02:28.93		1.5km		05:39.53	
498	Chan Tsz shun	陳梓淳	Female Elite Youth 14 & below	200m	02:33.27		1.5km		05:16.41	

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Race No	English Name	Chinese Name	Category	Swim	Swim Time (200m)	Swim Time (400m)	Run	Run Time (800m)	Run Time (1.5km)	RUN Time (3km)
499	Lee Hiu Tung Hazel	李曉彤	Female Elite Youth 14 & below	200m	02:33.70		1.5km		05:28.29	
500	Leung Keira Joy	梁逸玥	Female Elite Youth 14 & below	200m	02:59.47		1.5km		05:16.34	
916	Loi Sofie	呂思澄	Female Elite Youth 14 & below	200m	02:21.88		1.5km		05:41.16	
917	Chau Heulwen	周烜慧	Female Elite Youth 15	200m	02:31.56		1.5km		05:16.98	
918	Ip Hoi Lam	葉鎧霖	Female Elite Youth 15	200m	02:40.08		1.5km		05:31.36	
919	Lau Sin Yin Chloe	劉善然	Female Elite Youth 15	200m	02:36.72		1.5km		05:05.46	
920	Wong Hong Ching	黃康晴	Female Elite Youth 15	200m	02:32.39		1.5km		05:21.73	
921	Chau, Ceinwen	周翹慧	Female Youth 12	200m		Absence	800m			
922	Cheung Hoi Yau	張海悠	Female Youth 12	200m	02:39.84		800m	02:54.38		
923	Hu Jiangqi	胡江萋	Female Youth 12	200m	03:08.50		800m	02:52.11		
924	Rico Ho	何兆剛	Male Junior 16	200m	02:26.21		1.5km		04:51.17	
926	Ian Wong	王喆	Male Youth 14	200m	02:33.16		800m	02:23.50		
927	Cho Yat Long Julian	曹日朗	Male Youth 14	200m	02:27.35		800m	02:44.47		
928	So Him		Male Youth 12	200m	02:23.91		800m	02:43.56		
929	cheung hoi yeung	張海揚	Male Youth 12	200m	02:47.24		800m	03:06.58		
930	CHI GAVIN	遲棣文	Male Youth 12	200m	02:38.27		800m	02:35.46		
931	Shing Ying him	成應謙	Male Youth 12	200m	02:25.13		800m	02:51.56		
932	Sum Yat Chace	沈日	Male Youth 12	200m	02:38.57		800m	02:46.31		
933	Sou Yui Him Raphael	蘇睿謙	Male Youth 13	200m	02:48.40		800m	02:37.92		
934	TANG KWAN YEUNG JASPER	鄧君揚	Male 16 & above	200m	02:35.77		1.5km		05:00.38	
935	Ngan Shing Hei	顏承希	Male 15	200m	02:58.03		1.5km		05:12.15	
936	Leung Kerts	梁茗淪	Male 15	200m	03:07.48		1.5km		05:23.94	
937	Gui Wei Chen Austin	桂伟宸	Male 13	200m	03:16.65		800m	02:36.48		
938	Nathan Yan	严伟夏	Male 13	200m	02:44.76		800m	02:31.06		
939	Aston Mouland	崔嘉龍	Male 14	200m	02:47.53		800m	02:31.48		
940	Cheung Tin Shun Jared	張天信	Male 12	200m	02:34.67		800m	02:38.38		
941	Mok Fei Wan Aaron	莫斐雲	Male 12	200m	03:12.51		800m	03:14.08		
942	Mok Wan Hin	莫蘊軒	Male 12	200m	Absence		800m	Absence		
943	Xi Jaco Jia Shen	奚嘉琛	Male 12	200m	02:48.49		800m	02:30.68		
944	YIN YUEHAN	殷悅涵	Male 12	200m	03:34.53		800m	02:48.08		
945	Cheung Pak Ting	張百霆	Male 11	200m	03:20.61		800m	03:24.20		
946	Clinton Leung	梁潤峯	Male 11	200m	03:16.24		800m	02:40.96		
947	Kwok Hin Young	郭顯揚	Male 11	200m	02:39.86		800m	02:46.54		
948	Lee Hayden	李哲祐	Male 11	200m	02:50.57		800m	03:08.62		
949	Nathaniel Albert Sydney Smith	詩信知	Male 11	200m	Absence		800m	02:51.57		
950	NG HO HEI	吳皓熹	Male 11	200m	03:28.48		800m	02:53.05		
951	Pang tin chi jonathan	彭天賜	Male 11	200m	03:08.39		800m	02:58.72		
952	Poon Yat Hei Isaac	潘日希	Male 11	200m	02:42.26		800m	02:54.21		
953	Tam Kwan Yee Harry	譚珺頤	Male 11	200m	03:00.71		800m	02:52.48		
954	TSANG CHUN TING	曾俊廷	Male 11	200m	03:12.77		800m	02:46.20		
955	WANG SEN YIK OTTO	王宸奕	Male 11	200m	02:50.51		800m	02:41.03		
956	Wong Hei Long	王希朗	Male 11	200m	02:45.82		800m	02:43.02		
957	Chan Tak Lam	陳德霖	Male 10	200m	03:03.12		800m	02:43.00		
958	Cheung Ka Chun Nathan	張家俊	Male 10	200m	02:48.97		800m	02:46.15		
959	Cheung Tin Yau Jasper	張天佑	Male 10	200m	02:52.68		800m	02:58.56		
960	HUANG Zhengxuan	黃正軒	Male 10	200m	02:48.32		800m	02:48.91		
961	Li, Tin Chak Jacob	李天澤	Male 10	200m	03:12.50		800m	03:01.92		
962	Mak Shu Yan Ethan	麥庶寅	Male 10	200m	03:21.20		800m	02:41.46		

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Race No	English Name	Chinese Name	Category	Swim	Swim Time (200m)	Swim Time (400m)	Run	Run Time (800m)	Run Time (1.5km)	RUN Time (3km)
963	Tsang Kwun Cheong	曾冠倡	Male 10	200m	02:53.92		800m	02:33.75		
964	Tsoi Cheuk Nam	蔡卓楠	Male 10	200m	03:04.44		800m	02:42.19		
965	Anya Wang	王安雅	Female 13	200m	Absence		800m	Absence		
966	Lau Lok Yin Alicia	劉樂然	Female 12	200m	03:13.93		800m	02:51.38		
967	Lee Olivia	李傲凝	Female 12	200m	03:34.13		800m	02:38.28		
968	So Pok Nga	蘇博雅	Female 12	200m	02:43.12		800m	02:57.43		
969	Fong Ho Lam	方顥琳	Female 11	200m	02:44.24		800m	02:50.16		
970	Lau Cheryl	劉森芮	Female 11	200m	03:07.43		800m	03:01.56		
971	Mak Ka Pik Abigail	麥珈璧	Female 11	200m	02:46.80		800m	02:41.95		
972	POON YUI KIU	潘蕊喬	Female 11	200m	Absence		800m	Absence		
973	Tse Hei Ching	謝俙澄	Female 11	200m	02:59.81		800m	02:46.55		
974	Chan Tsz Tung	陳芷桐	Female 10	200m	03:23.26		800m	03:00.13		
975	Lau Lilith	劉傲喬	Female 10	200m	02:43.16		800m	02:57.68		
976	Leung Michaela Grace	梁然知	Female 10	200m	03:56.68		800m	03:05.92		
977	MA Cheuk Yan Hannah	馬綽恩	Female 10	200m	03:12.87		800m	03:03.68		
978	SALOMON Estelle	沙凱晴	Female 10	200m	02:44.38		800m	02:44.83		