

Race No 比賽號碼	Heat 分組	Swim Cap 泳帽	Start Time 比賽時間	Race Distance 比賽賽程	Race Category 組別	First Name 名字	Last Name 姓	Chinese Name 中文名	Club 屬
245	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Chun Hei	Wong	黃俊偉	The Little Dolphin Swimming Training Center
246	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Wai Ching Jesse	Cheung	張維正	
247	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Tsun Fung	Yim	嚴浚鋒	Sparkle Triathlon
248	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Yan Tao	Shum	沈恩途	Galaxy Sport Triathlon
249	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Nok Hei	Wong	王諾熙	
250	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	AustSports Association
251	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	LOK SHI	LAM	林樂仕	Energetic Triathlon Shatin
252	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Pak Long	Lai	黎栢朗	
253	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Auscar	Tsang	曾煥瑤	Energetic Triathlon Shatin
254	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 1	Tsz Leong louie	Cheng	鄭梓亮	
255	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 2	Po Shun Yemi	Yick	易甫鏗	Energetic Triathlon Shatin
256	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 2	Pak Yiu Anson	Wong	黃柏堯	Energetic Triathlon Shatin
257	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 2	Chak Lam	Wan	溫澤林	Energetic Triathlon Shatin
258	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 2	Dominic WT	Carson	簡焯晉	Energetic Triathlon Shatin
259	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 2	Wang Hin Ian	Fok	霍泓軒	Energetic Triathlon Shatin
260	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 2	Yung	Pu Chak	翁沛澤	The Little Dolphin Swimming Training Center
261	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 2	Pak Fan	Mok	莫柏勛	Energetic Triathlon Shatin
262	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Junior 2	Ka Ho	Wong	黃嘉豪	
263	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Diego Jose	Dimayuga		
264	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Edison	Wong	黃子健	
265	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Lucas	Wong	王諾	Energetic Triathlon Shatin
266	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Chi Yan Ian	Chung	鍾智仁	
267	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	CHAK YAN	Wan	溫澤仁	Energetic Triathlon Shatin
268	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
269	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Desmond Cheuk Yin	Chau	周卓賢	Energetic Triathlon Shatin
270	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	CHEUK KIU	NG	吳卓翹	
271	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Tze Kiu	Tam	譚子翹	
272	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Ho Ming Ethan	Kwan	關浩名	Energetic Triathlon Shatin
273	1	Pink	07:00	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Elite Youth	Yin Hang	Chan	陳彥衡	
274	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Junior 1	Wan Tung	Wong	黃允淇	Energetic Triathlon Shatin
275	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Junior 1	Lai Ki Nicole	Man	文麗琪	Energetic Triathlon Shatin
276	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Junior 1	Lok Tung	Wong	王樂彤	
277	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	
278	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Junior 1	Hayley	Tsang	曾熹兒	Energetic Triathlon Shatin
279	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Junior 1	Sarah	Madiano		
280	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Junior 2	Anson	Lun	倫柏翹	AustSports Association
281	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Youth	Naomi	Rozeboom		
282	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Youth	Alaina	Bouffaut		
283	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
284	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Youth	Chung Ning	Shum	岑嬋寧	Energetic Triathlon Shatin
285	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Youth	Heulwen	Chau	周短慧	Energetic Triathlon Shatin
286	2	White	07:15	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Elite Youth	Yuet Hei	Ng	吳悅曦	Energetic Triathlon Shatin
287	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	Aiden	Luo	羅銘林	
288	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	Shung Him	Lai	賴崇謙	AustSports Association
289	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	俊才	魯	魯俊才	
290	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	YAT LONG	LAM	林日朗	
291	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
292	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	Chun Ming Marcus	Wu	胡晉銘	
293	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	Yu Chun Adrian	Ng	吳羽晉	
294	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	KIN TO KAYDEN	WONG	黃健韜	The Little Dolphin Swimming Training Center
295	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	YIN LAM	CHAN		Energetic Triathlon Shatin
296	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	XIAOXIAN	SHI	石孝賢	
297	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	TSZ HIM	MOK	莫子謙	Galaxy Sports Triathlon
298	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
299	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	Wai Yin	Chan	陳韋弦	Sparkle Triathlon
300	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 1	ZHENLIN	LU	鎮霖	
301	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 2	Yin	Kei	紀彥	Aqua Gym Sport Association
302	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 2	Yu Hin Kevin	Chan	陳宇軒	
303	3	Red	07:30	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Junior 2	景行	周	周景行	The Little Dolphin Swimming Training Center
304	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 20-29	Matthew	Chau	周家裕	Crest Ray Recreation & Sports Club
305	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 20-29	Chi Fung	Leung	梁智豐	First Ten Generation Team
306	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 30-39	Pankaj Padmakar	sukhadeve		NL Triathlon Club
307	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 30-39	Chuang Ye	CHEN	陳創業	
308	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 30-39	Ho Wing	Ng		
309	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 30-39	Wai Iun	Suen	孫偉倫	Sonic Sports Association
310	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 30-39	Chung Shun	Lee	李宗舜	Sonic Sports Association
311	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 30-39	Chun Sum Samuel	Ho	何俊琛	Energetic Triathlon Shatin
312	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 30-39	Chun Ting Timothy	Ho	何俊廷	Energetic Triathlon Shatin

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313	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 30-39	Philip	McManus		
314	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Chun Ho	Yiu		
315	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Kim	Iu		
316	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Kim	Iu		
317	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	lin kit	yeung	楊連傑	
318	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Elton	Leung	梁栢康	Sonic Sports Association
319	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Wai Hang	Tsui	崔偉恆	
320	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Michael	Leung	梁達志	
321	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	HON SUEN	MOK	莫曉遜	Crest Ray Recreation & Sports Club
322	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Ming Cheong Henry	Lui	呂明遜	
323	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Ching Wan	Yim	嚴青雲	Alpha Zone Sports
324	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Lok	Law		Titan Triathlon
325	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Anson	Chan		
326	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Yin Wing, Jerry	Fu	符彥榮	
327	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Tak Kiu	Pun	潘德翹	Tritons Triathlon Club
328	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Lik Lam	Tong	唐力臨	
329	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Henry	Shing		
330	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	ting piu	chong		Titan Triathlon
331	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	Ka Kit	WONG	黃嘉傑	
332	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 40-49	chi fung	chow	周熾烽	First Ten Generation Team
333	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	WAN CHIU	NG		
334	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	yosuke	oka	岡洋介	Energetic Triathlon Shatin
335	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	Andrew John Niall	Macpherson		
336	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	Vincent	Lee		AustSports Association
337	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	Chee Ping Jude	Chow	周治平	
338	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	Kung Ho Alexander	Wong	王恭浩	
339	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	King Lai, Jeffrey	LIU	廖敬禮	Mango Swimming Club
340	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	Chi-kong	IP	葉志剛	
341	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	KA SHUN SUNNY	YEN		Energetic Triathlon Shatin
342	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 50-59	偉材	陳	陳偉材	
343	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 60-69	Ivan	Poon	潘恒奮	
344	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 60-69	WING KWONG	IP		Energetic Triathlon Shatin
345	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 60-69	YIN CHEONG	WONG		Energetic Triathlon Shatin
346	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 60-69	LAI CHUNG	LEE		Mango Swimming Club
347	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 60-69	Yat Fai	KWAN	關日輝	
348	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 60-69	Ho Seng	Wong	王皓生	Energetic Triathlon Shatin
349	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 70 & Over	Stephen King Che	Chan		Energetic Triathlon Shatin
350	4	Blue	07:45	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center
351	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 20-29	On Chi	Ngai	倪安慈	
352	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 20-29	Rong	FU	傅容	
353	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 20-29	Suet Mei	Cheng	鄭雪美	
354	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 30-39	曉彤	周		Crest Ray Recreation & Sports Club
355	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 30-39	Evian	Chau		Crest Ray Recreation & Sports Club
356	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 30-39	Ka Yee	Ng	吳嘉儀	
357	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 30-39	YUNG TING	LAI	賴雅婷	
358	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 30-39	Alkira	Reinfrank		
359	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 30-39	Amy	Miao	苗熾帆	South China Athletic Association
360	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 30-39	Sarah	Guinon		NL Triathlon Club
361	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 40-49	Yimeng	Sun		
362	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 40-49	Olivia	Altheim		
363	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 40-49	MAN YI MAY	LI		Energetic Triathlon Shatin
364	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 40-49	Wai Tong	Yip	葉慧棠	
365	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 50-59	Koon Fong	Lee	李冠芳	
366	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 50-59	Imee	Macpherson		
367	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 50-59	Shuk Yi Angela	Lau	劉淑儀	South China Athletic Association
368	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 50-59	Shuk Han Karen	Lui		Energetic Triathlon Shatin
369	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 50-59	Ip Ching	Wong	黃樂菁	
370	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 50-59	Beatrice	Marchesseau		
371	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 50-59	Tsz Ching	Lau	劉芷清	
372	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 50-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
373	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Age Group 60-69	Porlin	Yeung		
374	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Junior 1	Anika	Yang		South China Athletic Association
375	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Junior 1	Carina Nok Yin	Koo		
376	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Junior 1	Adelyn	Wallace		Aqua Gym Sport Association
377	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Junior 2	Nicole	Chau		
378	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Junior 2	leia	tong		
379	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Junior 2	Christy	Cheung		
380	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Junior 2	Hiu Tung	Tang	鄧曉桐	Crest Ray Recreation & Sports Club
381	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Female Youth 1	Cin Yee Cydnee	Chung	鍾倩兒	
382	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 20-24	Wai Man	Lee	李蕙汶	New Sports Triathlon

2025 Asia Triathlon Sptint Championship - (Challenge and Super Sprint Distance Start List) - 6 April 2025

383	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 20-24	文逸	繆	繆文逸	
384	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 25-29	Wai Ying Rachel	Kwong	鄭慧盈	
385	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 30-34	CHO IENG	LEI	李楚盈	
386	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 30-34	Elisa	Ros		
387	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 30-34	Aurelie	Barat		
388	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 30-34	Hoi yan	Ng		
389	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 30-34	WING HIN MONICA	LEUNG		Energetic Triathlon Shatin
390	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 30-34	AMY WING YI	LEE		
391	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 30-34	Ho Yee	Wu		Sonic Sports Association
392	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 30-34	Jueying	Lin		Titan Triathlon
393	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	Maggie	Lau		Sonic Sports Association
394	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	UN IAN	NG	吳婉欣	
395	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	Tiffany	Shek		
396	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	Sze Wing	Chan		Tritons Triathlon Club
397	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	惠裕	羅		
398	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	Wai Shan Lily	Chu		Sonic Sports Association
399	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	Lai Sho Lisa	Cheng	鄭麗莎	Energetic Triathlon Shatin
400	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	Christina	Sjoholm		Hong Kong Football Club Swimming and Triathlon Society
401	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	丹	高	高丹	
402	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 35-39	冠益	趙	趙冠益	
403	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	Janice	Lee		Sonic Sports Association
404	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	Hui Tung	Lau	劉曉彤	
405	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	Hoi Lam	Fung	馮凱琳	
406	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	SooHee	Paik		
407	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	Ivy	Cheung	張詠雯	
408	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	Cheryl Jessica	Law		Sonic Sports Association
409	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	Wai Yan	Tsang		
410	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	Elizabeth	Humphreys		
411	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 40-44	Jessica	Tesaury		
412	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	Ching Chi	Kwok		Sonic Sports Association
413	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	Ella	Karsemeijer		Hong Kong Dragons Triathlon Club
414	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	XIYING	LIU	劉細英	
415	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	kwan yee	tam		
416	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	Naoko	Wada-Thomas		Hong Kong Dragons Triathlon Club
417	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	Kirsty	Smith		
418	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	THUHA	TRAN		Hong Kong Dragons Triathlon Club
419	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	Man Fung	Poon	潘文鳳	Energetic Triathlon Shatin
420	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	WAI CHONG HEIDI	TSE		
421	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 45-49	Ka Ling	Lim	林嘉玲	Titan Triathlon
422	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 50-54	Carmen	Choi	蔡德鳴	Titan Triathlon
424	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 50-54	KUAI HEONG	CHAN	陳桂香	
425	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 50-54	Caroline	Walker		Hong Kong Dragons Triathlon Club
426	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 50-54	PUI YI ELIZABETH	TAM	譚佩儀	Crest Ray Recreation & Sports Club
427	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 50-54	MUI CHRISTINA	WONG	黃梅	Mango Swimming Club
428	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 55-59	Joan	Tsang		
429	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 55-59	Belinda	So		Sonic Sports Association
430	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 55-59	Pui Ha	tsang	曾佩霞	
431	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
432	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 60-64	Angel, Yin Ling	Tsoi		Energetic Triathlon Shatin
730	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Female Age Group 20-24	Hoi Ching	Lam		
423	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	tik ho	chum	曹迪豪	Aqua Gym Sport Association
433	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Viktor	Zyemtsev		
434	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Brian	Woo		
435	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Nicholas	Mawdsley		Tritons Triathlon Club
436	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Jenson	Au		
437	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Chun Yee Johnny	Lam	林俊而	NL Triathlon Club
438	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Daniel	Cole		
439	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	ATUL	DUTT		
440	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	WING YIN	YEUNG		Energetic Triathlon Shatin
441	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	CHING FAI	LEUNG		Energetic Triathlon Shatin
442	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Wing sing	Poon	潘永成	
443	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Shiu hong	Chan	陳兆康	
444	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Pui Yuen	Wong	黃沛源	Pro-trinity Sports Club
445	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Wai Ching	Har	夏偉正	
446	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Gary	LAI	黎志聰	
447	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Stephen	Kong	Hoi Tik	Sonic Sports Association
448	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Ben	Worthington		
449	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	LAURENT ARMAND	BENHACINE		Tritons Triathlon Club
450	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	Eric	Marchesseau		
451	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 50-54	federico	masin		Tritons Triathlon Club
452	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	KWOK LEUNG	CHEUNG	張國樑	Titan Triathlon

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453	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	HO YIN	MOK		Energetic Triathlon Shatin
454	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Kevin	Lam	林應威	
455	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Ricci	Yasin		Hong Kong Dragons Triathlon Club
456	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Bertram	Shi		Energetic Triathlon Shatin
457	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Stefan	Holmqvist		Aqua Gym Sport Association
458	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Tim	Chiu		
459	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Gerald	Posthuma		Hong Kong Dragons Triathlon Club
460	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Jack	Yee		
461	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	TAK WING DAVY	LEE		Energetic Triathlon Shatin
462	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	kwong leung	CHENG	郑光亮	Energetic Triathlon Shatin
463	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Jean-Philippe	Gal		Hong Kong Dragons Triathlon Club
464	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Tsz Cheung	Lam	林子祥	Tritons Triathlon Club
465	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	man kwong	cheung		Mango Swimming Club
466	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	Hermann	Holst		
467	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 55-59	HONG	AU YEUNG	歐陽康	Mango Swimming Club
468	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Ka Shing Andre	CHAN	陳嘉聲	
469	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Tak Kwong	TANG		
470	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	YING HO	LEE		Sonic Sports Association
471	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Wai Leung	Chu	朱偉亮	
472	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Wai MING Tommy	Tsoi	蔡偉明	
473	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Kwok Ning	Lee		
474	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Julius	Wang		Tritons Triathlon Club
475	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	WAH CHEUNG	CHOI		
476	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Marc Jacques	Abecassis		Tritons Triathlon Club
477	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Ying Fai	Lai		Tritons Triathlon Club
478	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Kwok Keung Eric	Chu	朱國強	Energetic Triathlon Shatin
479	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	Jonathan	Perrin		Hong Kong Football Club Swimming and Triathlon Society
480	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 60-64	LUI HUNG LAWRENCE	CHUNG		Energetic Triathlon Shatin
481	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 65 & over	King Yuen	Chan	陳景源	New Sports Triathlon
482	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 65 & over	Chi Hung	Leung	梁治洪	AustSports Association
483	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 65 & over	Fai Ming	Chan	陳耀明	AustSports Association
484	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 65 & over	Check Yin	Wong	黃卓然	Mango Swimming Club
485	7	Red	09:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 65 & over	CAM MAN	CHAU	周錦文	
486	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Sin Tui	Fung	馮善對	Blue & White Spirit Sports Club
487	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Chun Lam Arnold	wong	黃春霖	
488	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Yu Kin	Leung		First Ten Generation Team
489	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Ace	Baiguen		South China Athletic Association
490	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Ming Kwok	Yung		
491	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Dominic	Berner		Hong Kong Dragons Triathlon Club
492	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Carlos	Celis		
493	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Wai Hoo	Kwong	鄭偉豪	Crest Ray Recreation & Sports Club
494	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Lap Ken Kenneth	Lee	李立勤	Sonic Sports Association
495	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Chun	Man	葉駿文	
496	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Wai Sum Brandon	Li		Sonic Sports Association
497	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Ki Fung	Cheung	蔣淇峰	First Ten Generation Team
498	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Kwan kit	Wong	汪君傑	
499	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Johnny	De Guzman		NL Triathlon Club
500	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Luke	Schroder		
501	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	DAOLONG	HU		Energetic Triathlon Shatin
502	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	海濱	楊	楊海濱	
503	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Jim	TSANG		
504	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	chi hang	chan		
505	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Tsz Long	Chan	陳子朗	
506	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Sheung Man	Lau		NL Triathlon Club
507	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
508	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Vasco	van der Flier		Hong Kong Football Club Swimming and Triathlon Society
509	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	kam chung	Lau	劉錦聰	First Ten Generation Team
510	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Alec Kam Lek	Quan		AustSports Association
511	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	KA CHUN	KWOK		Alpha Zone Sports
512	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Wai Kin	Lee	李偉堅	Hong Kong Fire Services Sports and Welfare Club
513	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	KUN LEI	LAM	林冠濤	The Little Dolphin Swimming Training Center
514	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Stephen	Willshaw		
515	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Jason, chun shing	HSIEH	謝竣丞	Sonic Sports Association
516	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Ngok Pang Ronald	Chan	陳岳鵬	New Sports Triathlon
517	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	CHIU MAN	CHAN	陳釗文	
518	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Dominic	Edmondson		Tritons Triathlon Club
519	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Jean Remi	Lopez		
520	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Gump	Wong Yuk Hei	黃旭曦	
521	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Roger	Li		Titan Triathlon
522	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	TAKAHIRO	MISHINA		
523	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Tok Fung Sam	Pun		Titan Triathlon

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524	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Kwok Fan	Li		Titan Triathlon
525	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	Guilhem	Fenot		
526	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	逯	王	王逯	
527	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 40-44	志凌	冯	冯志凌	
528	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Stanley Hongshiuung	Yang		South China Athletic Association
529	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chun Yin	Mak	麥振賢	
530	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Wai Hung	Chan	陳偉洪	
531	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chung Wai	Tse		
532	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Robert	Small		
533	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Luis	Cepeda		
534	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chi Hang	Chong	莊知行	Energetic Triathlon Shatin
535	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chung Man Simon	Leung	梁頌文	
536	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Niek	Niensi		Hong Kong Dragons Triathlon Club
537	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	David	Rundle		Hong Kong Dragons Triathlon Club
538	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Benjamin	Thomas		NL Triathlon Club
539	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Fat Yee David	Sun	辛法義	Hong Kong Fire Services Sports and Welfare Club
540	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chun Wai	Kwong	鄭鎮威	
541	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Ho Kei	Leung		The Little Dolphin Swimming Training Center
542	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Pak-fai	CHAN	陳柏輝	
543	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chun Hei	Cheung	張駿禧	First Ten Generation Team
544	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Keith	LEUNG		
545	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Jiale	Xian		
546	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Ka Shing	Chick		
547	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Tak Ching	Kwong	鄭德政	Alpha Zone Sports
548	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	LOK MAN	CHOW	周洛文	Alpha Zone Sports
549	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	max	wu		New Sports Triathlon
550	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	wai hung	shek	石偉雄	Alpha Zone Sports
551	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Kenton	Suen	孫嘉信	
552	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Kevin	Merien		
553	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Ming Kuen Alan	Wong	黃明權	Crest Ray Recreation & Sports Club
554	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chak Lam	Ho		The Little Dolphin Swimming Training Center
555	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Sze Wang	Chung		Titan Triathlon
556	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chi ho	Wong	黃志豪	
557	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Wing Wai Albert	Chan		
558	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chi Kin, Anthony	Luk	陸志堅	Titan Triathlon
559	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Chi Lai Anthony	Lai		Sonic Sports Association
560	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Sik Lam	Chow	周錫霖	Titan Triathlon
561	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Ping Hong Derek	Wong		Energetic Triathlon Shatin
562	8	Blue	09:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 45-49	Ciaran	McMullan		NL Triathlon Club
563	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Wing Chun	Tsoi	蔡永雋	
564	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	weng hin	chio	趙穎軒	
565	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Rowan	Henderson		
566	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Rocky	Li		
567	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Nikita	Che		
568	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Bryan Ting	丁	丁勵彭	The Little Dolphin Swimming Training Center
569	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Zhisen	LIANG	梁智森	
570	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Pak Hang Mannix	Wong	黃柏衡	
571	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Paco Pak Hou	Lun	倫柏灝	Titan Triathlon
572	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Man To	Tai		The Little Dolphin Swimming Training Center
573	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Sidhant	Gupta		
574	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	anson	sung		AustSports Association
575	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Lucas	Furquim		
576	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Chris Chung Hang	Kwan		Sonic Sports Association
577	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Kin Yip	Tang	鄧建業	Sonic Sports Association
578	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Ruben	Duk		NL Triathlon Club
579	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	祖杰	廖	廖祖杰	
580	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	James	Tan	陳明輝	South China Athletic Association
581	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Ho Kwong Bilty	Ching	程浩光	New Sports Triathlon
582	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Rahut	Padmasota		
583	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Sean	Milne		
584	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	New Sports Triathlon
585	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	SIU CHUNG	NG		South China Athletic Association
586	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Jing Yi Andrew	Li	李景怡	Energetic Triathlon Shatin
587	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Po Yin	Tong	唐步然	NL Triathlon Club
588	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 25-29	Hon Man	Tang	鄧翰文	
589	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Benjamin	Le Crom		
590	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Ka Chung	Cheung		NL Triathlon Club
591	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Wai Wa	Cheung	張偉華	
592	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	REMI	COMMERCON		
593	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Tsz chun	Lok	駱梓晉	
594	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Hok Yin	Lau	劉學賢	

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595	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Nikolas	Moser		
596	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Cheuk Ting Plato	Luk	陸卓廷	
597	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	ka fai	wong		Aqua Gym Sport Association
598	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Yuen yuen	Ko	高源遠	
599	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	David	Leigh		Hong Kong Dragons Triathlon Club
700	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Anton	Bernabeu Roig		NL Triathlon Club
701	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	max	hogan		NL Triathlon Club
702	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Shan	Lu	卢山	Energetic Triathlon Shatin
703	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Ka Shing	Lau	劉家誠	
704	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Jonathan	Thompson		
705	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Gabriel Angelo Gar Fai	Brettell		Hong Kong Football Club Swimming and Triathlon Society
706	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	KA HEI	HO		Aqua Gym Sport Association
707	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Blake Geoffry	Maltowes		Aqua Gym Sport Association
708	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 30-34	Kin Hang	Tsang	曾建恒	
709	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Ian	Ngai		Sonic Sports Association
710	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Chung	Ho	何冲	Crest Ray Recreation & Sports Club
711	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Tsz Fung	Chiu	趙子峰	Sonic Sports Association
712	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Sze Hin	Cheng	鄭詩軒	
713	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Juen	Ren		
714	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Jonathan	Lam		Sonic Sports Association
715	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Ho Yin	MAN		Hong Kong Fire Services Sports and Welfare Club
716	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Hon Kit	Kwok	郭漢傑	Aqua Gym Sport Association
717	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Chung Chiu	Yeung	楊宗潮	
718	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Yau Yan	Tam	譚祐恩	AustSports Association
719	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	HAN	ZHENG	鄭瀚	
720	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	James	Pitchforth		Hong Kong Dragons Triathlon Club
721	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	KING HEI	KO	高敬希	Titan Triathlon
722	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Kyle	Chan Junkin		
723	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Cheuk Man	chan	陳卓文	Titan Triathlon
724	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	Clement	Ip		
725	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	颖圣	吴	吴颖圣	
726	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	中原	苏	苏中原	
727	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	阳	宋	宋阳	
728	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	伟明	曾	曾伟明	
729	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 35-39	剑波	王	王剑波	
731	9	White	10:00	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Male Age Group 20-24	Nathan Siu Wo	Au Yeung		The Little Dolphin Swimming Training Center