

2012 陸上兩項鐵人聯賽 - 比賽 3
2012 Duathlon Series - Race 3
4 Mar, 2012 Sunday; Temperature : 18 - 22C; Humidity : 85-100%

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Female Age-Group 20-29	1	244	Lau On Yue	Titan Triathlon	01:41:29	00:19:48	00:00:50	00:58:42	00:22:10
1	Course A - Female Age-Group 20-29	2	246	She Pui Shan	Energetic Triathlon Shatin	01:54:34	00:20:02	00:00:43	01:09:23	00:24:28

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Female Age-Group 30-39	1	253	Tie Ji Xi		01:45:55	00:19:27	00:01:24	01:03:28	00:21:38
1	Course A - Female Age-Group 30-39	2	250	Nadine Bubner	Tritons Triathlon Club	01:47:01	00:19:30	00:01:07	01:03:32	00:22:53
1	Course A - Female Age-Group 30-39	3	249	Lee King Chui, Connie	Tung Chung Triathlon Association	01:52:28	00:21:43	00:01:07	01:06:14	00:23:24
1	Course A - Female Age-Group 30-39	4	248	Hui Ka Man	Energetic Triathlon Shatin	01:54:40	00:21:45	00:00:46	01:07:17	00:24:54
1	Course A - Female Age-Group 30-39	5	247	Abigail Jean Hughes Tyrre	Tritons Triathlon Club	01:58:00	00:31:03	00:01:04	01:02:48	00:23:07

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Female Age-Group 40 -49	1	260	Vikki dArcy	Hong Kong Dragons Triathlon Club	01:36:10	00:18:00	00:00:56	00:57:18	00:19:56
1	Course A - Female Age-Group 40 -49	2	255	Lui Shuk Han, Karen	Energetic Triathlon Shatin	01:39:41	00:19:46	00:00:47	00:56:47	00:22:23
1	Course A - Female Age-Group 40 -49	3	258	Sy Mei Lee, Janet		01:55:06	00:22:36	00:01:25	01:06:12	00:24:54

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Female Age-Group 50 & Over	1	261	Yeung Sai Hee, Sally	Titan Triathlon	02:14:40	00:25:10	00:01:39	01:20:27	00:27:26

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Female Elite Open	1	109	Cheung Ting Yan, Joyce	Energetic Triathlon Shatin	01:29:40	00:16:29	00:00:39	00:53:37	00:18:56

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age Group 60 & Over	1	262	Chan Ho Kee	Titan Triathlon	02:02:45	00:22:33	00:00:35	01:13:32	00:26:06

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age-Group 20-24	1	111	Chan Chun Lung	Titan Triathlon	01:23:20	00:16:17	00:00:32	00:48:58	00:17:33
1	Course A - Male Age-Group 20-24	2	120	Leung Ka Lun	Energetic Triathlon Shatin	01:23:48	00:16:23	00:00:32	00:48:57	00:17:57
1	Course A - Male Age-Group 20-24	3	112	CHAN HOI WING	Energetic Triathlon Shatin	01:23:59	00:16:13	00:00:36	00:49:09	00:18:02
1	Course A - Male Age-Group 20-24	4	114	Cheng Tsz Yeung	Titan Triathlon	01:26:43	00:16:17	00:00:33	00:51:02	00:18:53
1	Course A - Male Age-Group 20-24	5	121	Tong Lai Hin	Titan Triathlon	01:29:12	00:16:40	00:00:36	00:51:32	00:20:25
1	Course A - Male Age-Group 20-24	6	122	Wong Ho Him	Titan Triathlon	01:32:08	00:17:18	00:00:32	00:53:41	00:20:38
1	Course A - Male Age-Group 20-24	7	128	Wong Ka Fai	Energetic Triathlon Shatin	01:34:05	00:17:51	00:01:00	00:54:57	00:20:19
1	Course A - Male Age-Group 20-24	8	125	Wong Yuen Yeung	Part Time Association	01:34:22	00:18:02	00:00:35	00:54:10	00:21:36
1	Course A - Male Age-Group 20-24	9	119	Lau Long Fung	Titan Triathlon	01:42:29	00:17:33	00:00:30	00:52:38	00:31:50
1	Course A - Male Age-Group 20-24	10	126	Yuen Chi Hang	Titan Triathlon	01:42:29	00:17:06	00:00:42	00:53:53	00:30:50

1	Course A - Male Age-Group 20-24	11	118	Lai Yue Cheung	Excel Swim Sports Association	01:48:10	00:20:57	00:00:40	01:02:08	00:24:28
1	Course A - Male Age-Group 20-24	12	115	Chow Hiu Cheng	AustSports Association	01:49:58	00:19:59	00:00:40	01:08:28	00:20:53
1	Course A - Male Age-Group 20-24	13	116	Chui Hok Sum	AustSports Association	01:50:16	00:21:33	00:01:28	01:03:48	00:23:28
1	Course A - Male Age-Group 20-24	DSQ	127	Chung Tai Wai	Energetic Triathlon Shatin	01:32:59	00:18:02	00:01:01	00:54:59	00:18:59

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age-Group 25-29	1	129	Choi Young To	Titan Triathlon	01:49:26	00:20:52	00:01:05	01:03:03	00:24:27

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age-Group 30-34	1	151	Sun Fat Yee	SCAA	01:28:07	00:16:37	00:00:38	00:52:07	00:18:46
1	Course A - Male Age-Group 30-34	2	142	Lee Yuk Tong	Energetic Triathlon Shatin	01:28:31	00:16:28	00:00:41	00:54:26	00:16:57
1	Course A - Male Age-Group 30-34	3	146	Mak Chi Chung	Titan Triathlon	01:36:47	00:19:48	00:00:45	00:55:32	00:20:43
1	Course A - Male Age-Group 30-34	4	141	Lee Yuk Keung	Energetic Triathlon Shatin	01:39:07	00:19:21	00:00:43	00:59:23	00:19:41
1	Course A - Male Age-Group 30-34	5	140	Lam King Man	Part Time Association	01:39:12	00:18:19	00:00:44	00:58:31	00:21:40
1	Course A - Male Age-Group 30-34	6	135	Chow Chi Man	Energetic Triathlon Shatin	01:39:33	00:19:43	00:00:48	00:57:56	00:21:09
1	Course A - Male Age-Group 30-34	7	144	Lo Lap Yip		01:39:39	00:19:20	00:01:48	00:56:02	00:22:30
1	Course A - Male Age-Group 30-34	8	145	Lui Kim Lun	AustSports Association	01:40:09	00:19:45	00:01:12	00:56:40	00:22:33
1	Course A - Male Age-Group 30-34	9	154	Yeung Ka Ming, Ivan	Sonic Sports Association	01:42:18	00:17:52	00:01:06	01:01:51	00:21:30
1	Course A - Male Age-Group 30-34	10	155	Tsui Sze Kam	AustSports Association	01:42:23	00:19:14	00:01:14	01:00:29	00:21:28
1	Course A - Male Age-Group 30-34	11	136	Hansen Ning	Tung Chung Triathlon Association	01:42:40	00:19:18	00:01:59	00:59:59	00:21:26
1	Course A - Male Age-Group 30-34	12	150	Ming Fuk Ho	Energetic Triathlon Shatin	01:43:47	00:20:00	00:00:42	00:58:07	00:25:00
1	Course A - Male Age-Group 30-34	13	133	Cheng Cho Chuen	Hoi Ngai Sports Association	01:53:55	00:21:43	00:01:05	01:06:38	00:24:30
1	Course A - Male Age-Group 30-34	14	153	Wong Hon Bun, Ryan	Energetic Triathlon Shatin	01:58:02	00:23:09	00:01:38	01:06:35	00:26:41
1	Course A - Male Age-Group 30-34	15	143	Leung Yau Tim	Hoi Ngai Sports Association	02:01:59	00:24:03	00:01:34	01:13:02	00:23:22

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age-Group 35-39	1	175	Wong Lok Shun		01:31:09	00:18:43	00:00:47	00:51:14	00:20:27
1	Course A - Male Age-Group 35-39	2	173	Sin Chun Kwong	Energetic Triathlon Shatin	01:31:28	00:17:32	00:00:38	00:54:17	00:19:02
1	Course A - Male Age-Group 35-39	3	165	Ho Kam Tim	Part Time Association	01:32:49	00:18:19	00:00:44	00:53:50	00:19:57
1	Course A - Male Age-Group 35-39	4	177	WONG PUI YUEN	Energetic Triathlon Shatin	01:34:06	00:17:35	00:01:09	00:55:55	00:19:29
1	Course A - Male Age-Group 35-39	5	180	Tiu Ka Chun, Gary	Energetic Triathlon Shatin	01:37:04	00:18:36	00:01:04	00:57:29	00:19:57
1	Course A - Male Age-Group 35-39	6	170	Lok Lam Fung	Titan Triathlon	01:38:40	00:19:41	00:00:50	00:56:32	00:21:38
1	Course A - Male Age-Group 35-39	7	168	Leung Ching Fai, Frankie	New Wave Swimming Club	01:48:21	00:20:31	00:02:03	01:01:42	00:24:08
1	Course A - Male Age-Group 35-39	8	160	Cheuk Chun Kit	Titan Triathlon	01:48:41	00:19:30	00:01:00	01:06:37	00:21:35
1	Course A - Male Age-Group 35-39	9	161	Chiu Man Lok, Elman	Energetic Triathlon Shatin	01:50:25	00:20:59	00:01:02	01:06:38	00:21:47
1	Course A - Male Age-Group 35-39	10	158	Chan Hok Hang	Sonic Sports Association	01:52:01	00:20:19	00:01:37	01:07:32	00:22:35
1	Course A - Male Age-Group 35-39	11	156	Li Wai Yin, Albert		01:52:43	00:20:23	00:01:10	01:07:39	00:23:32
1	Course A - Male Age-Group 35-39	12	179	Yick Man Lung	AustSports Association	01:56:21	00:21:44	00:01:39	01:08:37	00:24:22
1	Course A - Male Age-Group 35-39	13	163	Chui Kwok Wing	Tung Chung Triathlon Association	02:03:50	00:21:26	00:01:21	01:17:19	00:23:45
1	Course A - Male Age-Group 35-39	14	171	Luk Chung Tat	Titan Triathlon	02:06:29	00:23:38	00:00:57	01:14:33	00:27:23

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age-Group 40-44	1	191	Hermann Holst		01:26:33	00:17:10	00:00:52	00:49:49	00:18:44

1	Course A - Male Age-Group 40-44	2	199	Wan Shu Wah	Energetic Triathlon Shatin	01:26:54	00:16:29	00:00:35	00:51:49	00:18:02
1	Course A - Male Age-Group 40-44	3	186	Billy Chow		01:30:39	00:17:40	00:00:49	00:52:41	00:19:30
1	Course A - Male Age-Group 40-44	4	189	Christopher Tong	Sonic Sports Association	01:31:12	00:18:49	00:00:42	00:51:17	00:20:24
1	Course A - Male Age-Group 40-44	5	198	Tsz Chap Man	Tung Chung Triathlon Association	01:35:03	00:16:29	00:00:37	00:56:41	00:21:17
1	Course A - Male Age-Group 40-44	6	194	Lau Bik Wah	SCAA	01:35:50	00:17:24	00:01:06	00:57:43	00:19:39
1	Course A - Male Age-Group 40-44	7	201	Wong Kin, Kenny	Energetic Triathlon Shatin	01:36:08	00:17:59	00:01:09	00:58:01	00:19:00
1	Course A - Male Age-Group 40-44	8	187	Cheng Wai Ho	Titan Triathlon	01:37:37	00:19:12	00:00:56	00:57:20	00:20:11
1	Course A - Male Age-Group 40-44	9	203	Wong Wai kin	Titan Triathlon	01:37:46	00:16:41	00:00:49	01:01:31	00:18:47
1	Course A - Male Age-Group 40-44	10	185	Andy Wong	Energetic Triathlon Shatin	01:40:56	00:19:56	00:00:52	00:58:11	00:22:00
1	Course A - Male Age-Group 40-44	11	188	Cheung Chi Kiu	Part Time Association	01:47:28	00:23:31	00:01:22	00:58:51	00:23:47
1	Course A - Male Age-Group 40-44	12	200	Wong Bok Wai, Byron	Energetic Triathlon Shatin	01:51:34	00:21:36	00:02:01	01:03:24	00:24:34
1	Course A - Male Age-Group 40-44	13	195	Lung Sai Lui		01:55:21	00:23:49	00:01:06	01:07:09	00:23:19

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age-Group 45-49	1	215	Lam Kam Ching	Tung Chung Triathlon Association	01:30:23	00:17:10	00:00:47	00:52:52	00:19:36
1	Course A - Male Age-Group 45-49	2	218	Sung Yan Wah	Titan Triathlon	01:32:38	00:17:38	00:01:04	00:54:19	00:19:38
1	Course A - Male Age-Group 45-49	3	219	Tong Chi Hung, Philip	Energetic Triathlon Shatin	01:33:35	00:19:31	00:00:56	00:53:23	00:19:47
1	Course A - Male Age-Group 45-49	4	207	Chan Kwong Ming	Part Time Association	01:34:17	00:18:03	00:00:46	00:55:40	00:19:50
1	Course A - Male Age-Group 45-49	5	205	Bertram Shi	Energetic Triathlon Shatin	01:38:04	00:19:23	00:01:17	00:56:21	00:21:05
1	Course A - Male Age-Group 45-49	6	257	Philip Saunders	Tung Chung Triathlon Association	01:39:04	00:18:49	00:01:32	00:56:48	00:21:57
1	Course A - Male Age-Group 45-49	7	209	Cheung Man Kwong	Mango Swimming Club	01:41:04	00:20:14	00:00:40	00:58:24	00:21:48
1	Course A - Male Age-Group 45-49	8	216	Ma Chi Po	Titan Triathlon	01:48:22	00:21:29	00:00:48	01:01:33	00:24:33
1	Course A - Male Age-Group 45-49	9	217	Suen Chung Yin	Energetic Triathlon Shatin	02:13:49	00:25:45	00:01:12	01:15:50	00:31:04

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age-Group 50 -54	1	240	Liu Wing Chuen	Titan Triathlon	01:35:52	00:18:18	00:01:09	00:55:09	00:21:17
1	Course A - Male Age-Group 50 -54	2	228	Leung Yau Hong	Hope Sport Association	01:36:16	00:18:22	00:01:07	00:56:17	00:20:31
1	Course A - Male Age-Group 50 -54	3	221	Chan Chu	Energetic Triathlon Shatin	01:37:02	00:17:25	00:01:27	00:57:29	00:20:44
1	Course A - Male Age-Group 50 -54	4	230	Ma Yuk Fu	Titan Triathlon	01:37:39	00:18:47	00:00:55	00:56:40	00:21:17
1	Course A - Male Age-Group 50 -54	5	226	LAM CHAN FAI	Energetic Triathlon Shatin	01:38:00	00:19:53	00:01:36	00:55:15	00:21:17
1	Course A - Male Age-Group 50 -54	6	236	Lee Kwok Ning		01:38:20	00:19:24	00:00:49	00:57:16	00:20:53
1	Course A - Male Age-Group 50 -54	7	229	Li Ka Wo	New Wave Swimming Club	01:38:49	00:18:23	00:00:51	00:57:54	00:21:42
1	Course A - Male Age-Group 50 -54	8	233	Poon Kwok Wing	Energetic Triathlon Shatin	01:42:38	00:20:12	00:00:48	00:57:36	00:24:04
1	Course A - Male Age-Group 50 -54	9	237	Alan Torrigino		01:43:53	00:20:19	00:01:04	00:58:25	00:24:07
1	Course A - Male Age-Group 50 -54	10	222	Chau Ho Ming	Energetic Triathlon Shatin	01:44:55	00:20:22	00:01:03	00:59:57	00:23:35
1	Course A - Male Age-Group 50 -54	11	234	Wu Chi Wai		01:46:45	00:21:11	00:01:09	01:01:46	00:22:41
1	Course A - Male Age-Group 50 -54	12	224	Chung Lui Hung, Lawrence	Energetic Triathlon Shatin	01:46:50	00:20:50	00:01:18	01:02:26	00:22:17
1	Course A - Male Age-Group 50 -54	13	225	Ho Tak Ming	Energetic Triathlon Shatin	01:49:47	00:19:42	00:00:53	01:06:44	00:22:31
1	Course A - Male Age-Group 50 -54	14	227	Lam Chi Choi	Titan Triathlon	02:29:48	00:28:28	00:01:29		
1	Course A - Male Age-Group 50 -54	DNF	223	Cheong Veng Va	SCAA		00:21:30	00:01:07	01:05:27	

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Age-Group 55-59	1	242	Wong Kam Tim		01:42:53	00:19:55	00:01:17	00:59:53	00:21:49
1	Course A - Male Age-Group 55-59	2	243	Wong Kwok Wah	Titan Triathlon	01:43:20	00:19:55	00:01:21	00:59:42	00:22:23

1	Course A - Male Age-Group 55-59	3	238	Chan Fai Ming	Hope Sport Association	02:04:11	00:23:27	00:01:02	01:13:49	00:25:54
1	Course A - Male Age-Group 50 -54	DNF	232	Philip Penaloza		01:18:24	00:37:29			

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Male Elite Open	1	106	Lo Ching Hin, Ivan	SCAA	01:18:04	00:14:14	00:00:28	00:47:48	00:15:35
1	Course A - Male Elite Open	2	107	Tam Joe Dick, Dickson		01:20:37	00:14:52	00:00:27	00:48:32	00:16:47

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
1	Course A - Relay Team	1	264C	東涌鐵人隊		01:24:49	00:15:05	00:00:29	00:30:05	00:39:13
1	Course A - Relay Team	2	263C	MT Biker @ AustSports		01:54:48	00:19:03	00:00:32	01:13:09	00:22:05

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course B - Female Elite Junior	1	69	Lee Yuk Ying, Aggie	Hope Sport Association	00:53:35	00:08:21	00:00:33	00:35:59	00:08:44
2	Course B - Female Elite Junior	2	71	Wu Sum Yi	Energetic Triathlon Shatin	00:54:27	00:08:21	00:00:32	00:36:01	00:09:34
2	Course B - Female Elite Junior	3	47	Chan Long Ching		00:56:07	00:08:21	00:00:35	00:37:17	00:09:56
2	Course B - Female Elite Junior	4	67	Lo Jian Ying, Eve		00:57:50	00:08:20	00:00:35	00:39:25	00:09:31
2	Course B - Female Elite Junior	5	68	Ng Yui Lam	Energetic Triathlon Shatin	00:58:50	00:08:21	00:00:35	00:39:30	00:10:26
2	Course B - Female Elite Junior	6	70	Tsang Ka Hung	AustSports Association	01:05:06	00:09:17	00:00:52	00:44:12	00:10:47

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course B - Female Youth Open	1	104	VANESSA NG	Titan Triathlon	00:59:24	00:08:21	00:00:37	00:40:29	00:09:58
2	Course B - Female Youth Open	2	103	Pang Ching Wai	SCAA	01:00:12	00:08:36	00:00:41	00:41:14	00:09:42
2	Course B - Female Youth Open	3	102	Lee Wing Sum	Hope Sport Association	01:04:23	00:09:44	00:00:44	00:42:18	00:11:38
2	Course B - Female Youth Open	4	73	Chan Kwan Ho	Hope Sport Association	01:08:47	00:10:10	00:00:41	00:46:35	00:11:23

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course B - Male Elite Junior	1	59	Law Long Tim	Energetic Triathlon Shatin	00:46:51	00:06:51	00:00:26	00:32:13	00:07:22
2	Course B - Male Elite Junior	2	64	Wong Hui Wai	Energetic Triathlon Shatin	00:46:57	00:06:51	00:00:28	00:32:12	00:07:27
2	Course B - Male Elite Junior	3	62	Tang Ho Fai, Jeffrey	Titan Triathlon	00:47:30	00:06:50	00:00:30	00:32:46	00:07:26
2	Course B - Male Elite Junior	4	58	Lau Tsun Ling	Hope Sport Association	00:47:41	00:06:51	00:00:26	00:32:46	00:07:40
2	Course B - Male Elite Junior	5	60	Leung Yat Lai, Louis	Titan Triathlon	00:49:54	00:06:58	00:00:29	00:33:56	00:08:33
2	Course B - Male Elite Junior	6	66	Kwok Wing Kan	Hope Sport Association	00:50:03	00:06:50	00:00:28	00:34:59	00:07:46
2	Course B - Male Elite Junior	7	56	Chow Man Him	Excel Swim Sports Association	00:51:29	00:07:21	00:00:33	00:35:31	00:08:06
2	Course B - Male Elite Junior	8	57	Kok Yu Hang	Energetic Triathlon Shatin	00:52:46	00:07:01	00:00:29	00:37:17	00:08:01
2	Course B - Male Elite Junior	9	55	Chan Ka Lung	Excel Swim Sports Association	00:52:49	00:08:00	00:00:29	00:36:26	00:07:55
2	Course B - Male Elite Junior	10	63	Tse Chun Nok	Energetic Triathlon Shatin	00:59:00	00:08:04	00:00:34	00:40:35	00:09:49

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course B - Male Youth Open	1	182	Lam Long Sing	Sonic Sports Association	00:47:32	00:06:51	00:00:30	00:32:43	00:07:29
2	Course B - Male Youth Open	2	93	Shuen Chun Kit	Hope Sport Association	00:49:52	00:06:52	00:00:29	00:34:56	00:07:37

2	Course B - Male Youth Open	3	91	Or Yiu Hang	Hope Sport Association	00:50:03	00:07:02	00:00:31	00:34:45	00:07:47
2	Course B - Male Youth Open	4	101	Ip Ho Lam	Hope Sport Association	00:50:52	00:07:35	00:00:34	00:34:12	00:08:32
2	Course B - Male Youth Open	5	97	Tsoi Ka Kit	Hope Sport Association	00:51:46	00:07:21	00:00:32	00:35:03	00:08:52
2	Course B - Male Youth Open	6	99	Wong Tsz To	Hope Sport Association	00:53:07	00:07:02	00:00:33	00:37:00	00:08:34
2	Course B - Male Youth Open	7	100	Tse Chun Yin	Energetic Triathlon Shatin	00:53:30	00:08:00	00:00:34	00:36:14	00:08:43
2	Course B - Male Youth Open	8	89	Leung Wai Yan	Hope Sport Association	00:53:49	00:08:02	00:00:35	00:36:15	00:08:59
2	Course B - Male Youth Open	9	7	Fung Yat To	Sea Bear Swimming club	00:54:26	00:07:42	00:00:37	00:36:38	00:09:30
2	Course B - Male Youth Open	10	92	Reiny Brown	SCAA	00:56:37	00:07:21	00:00:36	00:40:27	00:08:14
2	Course B - Male Youth Open	11	90	Li Ka Tsun	Hope Sport Association	00:56:40	00:07:35	00:00:34	00:39:21	00:09:11
2	Course B - Male Youth Open	12	81	Heung Chin Tung	Hope Sport Association	00:56:41	00:07:36	00:00:43	00:40:04	00:08:19
2	Course B - Male Youth Open	13	88	Leung Chun Sun	Energetic Triathlon Shatin	00:56:50	00:07:51	00:00:34	00:39:43	00:08:44
2	Course B - Male Youth Open	14	72	Chan Chi Lai	Energetic Triathlon Shatin	00:56:53	00:07:58	00:00:36	00:39:13	00:09:07
2	Course B - Male Youth Open	15	80	Fan Lukas Long	SCAA	00:57:35	00:07:58	00:00:39	00:39:15	00:09:45
2	Course B - Male Youth Open	16	98	Wong Hok Hin	Energetic Triathlon Shatin	00:59:07	00:08:02	00:00:37	00:41:07	00:09:22
2	Course B - Male Youth Open	17	94	Sung Chun Hin	Excel Swim Sports Association	00:59:25	00:08:38	00:00:43	00:41:06	00:09:00
2	Course B - Male Youth Open	18	95	Tse Hau Hang	AustSports Association	01:01:26	00:07:58	00:01:01	00:42:12	00:10:16
2	Course B - Male Youth Open	19	76	Cheung Ka Chun	Hope Sport Association	01:01:33	00:08:38	00:00:48	00:42:53	00:09:15
2	Course B - Male Youth Open	20	84	Lai Nok Hei	AustSports Association	01:02:39	00:08:25	00:00:48	00:43:02	00:10:25
2	Course B - Male Youth Open	21	96	Tse Long Hin	AustSports Association	01:02:44	00:08:45	00:01:05	00:42:26	00:10:29
2	Course B - Male Youth Open	22	77	Chow Chi Hei	Energetic Triathlon Shatin	01:02:50	00:09:02	00:00:40	00:42:34	00:10:35
2	Course B - Male Youth Open	23	83	Keung Pok Man	AustSports Association	01:02:51	00:07:56	00:00:39	00:45:21	00:08:57
2	Course B - Male Youth Open	24	75	Chan Yik Ming, Ricky	Hope Sport Association	01:04:03	00:08:54	00:01:00	00:42:54	00:11:16
2	Course B - Male Youth Open	25	74	Chan Ting Hei		01:04:07	00:08:26	00:00:36	00:45:09	00:09:57
2	Course B - Male Youth Open	26	79	Chung Yin Hei	AustSports Association	01:10:46	00:08:22	00:01:44	00:48:38	00:12:03
2	Course B - Male Youth Open	27	87	Lee Man Sum	AustSports Association	01:10:57	00:10:08	00:00:42	00:49:27	00:10:42
2	Course B - Male Youth Open	28	85	Lai Yick Him	AustSports Association	01:16:54	00:08:46	00:00:45	00:57:18	00:10:07
2	Course B - Male Youth Open	29	86	Lee Ka Lei, Gareth		01:17:21	00:10:22	00:01:03	00:52:55	00:13:03

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course C - Female Junior	1	48	Chan Wing Tung	Hope Sport Association	01:00:12	00:08:52	00:00:33	00:41:07	00:09:42
2	Course C - Female Junior	2	46	Chan Lok Yi	Hope Sport Association	01:04:21	00:09:33	00:00:36	00:42:42	00:11:30

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course C - Female Veteran	1	54	Kitty Lui		01:14:56	00:11:14	00:00:54	00:49:52	00:12:57
2	Course C - Female Veteran	2	51	Chan Man Lee	Tung Chung Triathlon Association	01:16:31	00:11:15	00:00:58	00:50:50	00:13:30
2	Course C - Female Veteran	3	53	Ho Oi Ming	Tung Chung Triathlon Association	01:23:29	00:10:48	00:00:59	00:59:06	00:12:38

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course C - Male Junior	1	4	Cheng Ho Yin	Excel Swim Sports Association	00:50:34	00:07:17	00:00:32	00:34:41	00:08:06
2	Course C - Male Junior	2	14	Tsoi Ka Cheuk	Hope Sport Association	00:50:58	00:07:25	00:00:31	00:34:59	00:08:04
2	Course C - Male Junior	3	11	Pun Yiu Chung	AustSports Association	00:51:09	00:07:16	00:00:43	00:34:41	00:08:31
2	Course C - Male Junior	4	16	Wong Pak To	Energetic Triathlon Shatin	00:53:10	00:07:58	00:00:43	00:36:03	00:08:28
2	Course C - Male Junior	5	10	Ng Ching Hong	AustSports Association	00:54:25	00:07:30	00:00:39	00:37:40	00:08:37
2	Course C - Male Junior	6	13	Tse Hoi Kit	AustSports Association	00:54:36	00:08:22	00:00:43	00:35:47	00:09:44

2	Course C - Male Junior	7	8	Hui Ka Ki	SCAA	00:56:04	00:08:00	00:00:37	00:38:14	00:09:15
2	Course C - Male Junior	8	5	Chow Sin Ki	Energetic Triathlon Shatin	00:56:05	00:08:04	00:00:33	00:37:32	00:09:58
2	Course C - Male Junior	9	18	Yeung Lok Lai	AustSports Association	00:56:10	00:08:30	00:00:39	00:37:12	00:09:51
2	Course C - Male Junior	10	1	Chan Wai Shun , Wilson		00:57:40	00:08:54	00:00:36	00:38:00	00:10:12
2	Course C - Male Junior	11	9	Leung Pok Yin	Energetic Triathlon Shatin	00:58:38	00:07:59	00:00:35	00:40:39	00:09:26
2	Course C - Male Junior	12	2	Chan Yin Ming	AustSports Association	00:59:37	00:07:44	00:00:50	00:41:59	00:09:07
2	Course C - Male Junior	13	3	Chau Man Ki	Energetic Triathlon Shatin	01:01:18	00:09:01	00:00:34	00:40:29	00:11:16
2	Course C - Male Junior	14	17	Yau Lok Man	SCAA	01:02:08	00:08:16	00:00:57	00:41:10	00:11:47
2	Course C - Male Junior	15	265	Lau Chak Fung	Titan Triathlon	01:02:45	00:07:26	00:00:28	00:39:51	00:15:02
2	Course C - Male Junior	16	12	Siu Kin Lok	Hope Sport Association	01:11:14	00:10:29	00:00:46	00:47:31	00:12:30
2	Course C - Male Junior	17	15	Tsoi Ka Hei	Hope Sport Association	01:11:41	00:10:24	00:00:42	00:45:21	00:15:15
2	Course C - Male Junior	DNF	208	Au Chi Hin	Titan Triathlon		00:10:16	00:00:39	01:01:52	

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course C - Male Open	1	27	Tsoi Chun Ming	Energetic Triathlon Shatin	00:50:28	00:07:19	00:00:49	00:33:10	00:09:11
2	Course C - Male Open	2	28	Wong Ka Ming	Energetic Triathlon Shatin	00:50:30	00:07:23	00:00:37	00:34:36	00:07:55
2	Course C - Male Open	3	25	Lam Tsz Wai	Energetic Triathlon Shatin	00:53:28	00:07:25	00:00:39	00:34:41	00:10:44
2	Course C - Male Open	4	181	Yau Kwu San	Tung Chung Triathlon Association	00:53:30	00:08:01	00:01:11	00:35:16	00:09:04
2	Course C - Male Open	5	19	Cheng Chi Fung	Hope Sport Association	01:12:56	00:09:09	00:00:32	00:51:46	00:11:31
2	Course C - Male Open	6	21	Chui Chung Hong	Hope Sport Association	01:18:30	00:09:39	00:00:46	00:55:42	00:12:24
2	Course C - Male Open	7	24	Kwok Ping Hung		01:27:11	00:11:57	00:01:21	01:00:24	00:13:30

Heat Start	Category	Category Position	BIB	Name	Club	Official Time	1st Run Time	T1 Time	Bike Time	2nd Run Time
2	Course C - Male Veteran	1	42	Wong Tak Wah, Edward	Energetic Triathlon Shatin	00:51:33	00:07:22	00:00:39	00:34:55	00:08:38
2	Course C - Male Veteran	2	33	Hui King Lau	Tung Chung Triathlon Association	00:53:48	00:07:48	00:00:40	00:36:35	00:08:47
2	Course C - Male Veteran	3	37	Lee Chi Man	AustSports Association	00:54:10	00:07:54	00:00:54	00:36:07	00:09:16
2	Course C - Male Veteran	4	39	Lui Kim Ho, Chris	Energetic Triathlon Shatin	00:55:05	00:08:03	00:01:07	00:35:59	00:09:58
2	Course C - Male Veteran	5	45	Wong Yin Cheong	Titan Triathlon	01:01:11	00:09:00	00:00:44	00:40:29	00:11:00
2	Course C - Male Veteran	6	30	Chow Chiu Kin salmon	Energetic Triathlon Shatin	01:01:55	00:09:36	00:00:51	00:40:29	00:11:00
2	Course C - Male Veteran	7	41	Tam Yuen Ho	AustSports Association	01:03:01	00:08:24	00:01:03	00:43:08	00:10:26
2	Course C - Male Veteran	8	40	LUI KIM MING	Energetic Triathlon Shatin	01:03:54	00:08:56	00:01:34	00:42:46	00:10:40
2	Course C - Male Veteran	9	43	Yau Wah	Tung Chung Triathlon Association	01:04:25	00:09:47	00:01:20	00:41:31	00:11:48
2	Course C - Male Veteran	10	35	Lai Ying Fai	AustSports Association	01:05:14	00:08:49	00:00:45	00:45:28	00:10:13
2	Course C - Male Veteran	11	132	Ho Chi Keung	Energetic Triathlon Shatin	01:10:13	00:09:20	00:00:48	00:48:38	00:11:28
2	Course C - Male Veteran	12	44	Chiu Kin Man	Hope Sport Association	01:13:59	00:10:38	00:01:21	00:47:54	00:14:07
2	Course C - Male Veteran	13	235	Yau Wai Man	SCAA	01:24:50	00:11:11	00:02:29	00:56:53	00:14:18