

# 2009 Duathlon Series - Race 3 Result

| Race No                                | English Name            | Run 1   | Bike    | Run 2   | Total   | Club                                   | Pos | Points | %     |
|----------------------------------------|-------------------------|---------|---------|---------|---------|----------------------------------------|-----|--------|-------|
| <u>Course A - Male Elite Open</u>      |                         |         |         |         |         |                                        |     |        |       |
| 112                                    | James McCurdy           | 0:14:11 | 0:49:07 | 0:14:58 | 1:18:16 |                                        | 1   | 4      | 130   |
| 110                                    | Ho King Fun             | 0:14:10 | 0:51:08 | 0:13:36 | 1:18:54 | Titan Triathlon                        | 2   | 3      | 97.5  |
| 111                                    | Hsieh Chun Shing, Jason | 0:14:34 | 0:48:42 | 0:16:21 | 1:19:37 | Titan Triathlon                        | 3   | 2      | 65    |
| 113                                    | Chan Ye Ko, Ricco       | 0:14:31 | 0:51:34 | 0:16:04 | 1:22:09 | Energetic Triathlon Shatin             | 4   | 1      | 32.5  |
| 114                                    | Lau Ching Yin, Lemuel   |         |         |         |         | Energetic Triathlon Shatin             | DNS |        |       |
| 115                                    | Leung Ching Yin, Samuel |         |         |         |         | Titan Triathlon                        | DNS |        |       |
| <u>Course A - Female Elite Open</u>    |                         |         |         |         |         |                                        |     |        |       |
| 116                                    | Cheung Ting Yan         | 0:16:31 | 0:53:48 | 0:17:40 | 1:27:59 | Energetic Triathlon Shatin             | 1   | 1      | 130   |
| <u>Course A - Male Age-Group 20-24</u> |                         |         |         |         |         |                                        |     |        |       |
| 121                                    | Wan Zhen Hao            | 0:14:32 | 0:49:45 | 0:15:38 | 1:19:55 | Titan Triathlon                        | 1   | 4      | 130   |
| 117                                    | Chung Ching Man         | 0:16:02 | 0:51:42 | 0:17:56 | 1:25:40 | Ma On Shan Swimming and Triathlon Club | 2   | 3      | 97.5  |
| 119                                    | Leung Ka Lun            | 0:15:57 | 0:52:17 | 0:17:34 | 1:25:48 | Energetic Triathlon Shatin             | 3   | 2      | 65    |
| 118                                    | Au Wing Chun, Endless   | 0:19:17 | 0:58:06 | 0:25:54 | 1:43:17 | Sonic Sports Associaiton               | 4   | 1      | 32.5  |
| 120                                    | Leung Siu Kong          |         |         |         |         | Energetic Triathlon Shatin             | DNS |        |       |
| <u>Course A - Male Age-Group 25-29</u> |                         |         |         |         |         |                                        |     |        |       |
| 134                                    | Wong Ka Ming            | 0:15:41 | 0:52:17 | 0:15:49 | 1:23:47 | Energetic Triathlon Shatin             | 1   | 12     | 130.0 |
| 127                                    | Tang Wing Kit           | 0:17:05 | 0:50:26 | 0:17:43 | 1:25:14 |                                        | 2   | 11     | 119.2 |
| 132                                    | Ho Siu Lun              | 0:17:47 | 0:49:56 | 0:17:42 | 1:25:25 | Energetic Triathlon Shatin             | 3   | 10     | 108.3 |
| 122                                    | Chan Kit Bun, Erik      | 0:16:08 | 0:54:06 | 0:15:21 | 1:25:35 | Tung Chung Triathlon Association       | 4   | 9      | 97.5  |
| 133                                    | Lee Yuk Tong            | 0:15:42 | 0:55:07 | 0:15:14 | 1:26:03 | Energetic Triathlon Shatin             | 5   | 8      | 86.7  |
| 129                                    | Lam Tsz Wai             | 0:16:59 | 0:50:54 | 0:19:42 | 1:27:35 | Energetic Triathlon Shatin             | 6   | 7      | 75.8  |
| 123                                    | Tang Wing Kei           | 0:16:16 | 0:51:38 | 0:19:44 | 1:27:38 | Tung Chung Triathlon Associaiton       | 7   | 6      | 65.0  |
| 137                                    | Sak Kai Yau             | 0:17:54 | 0:57:43 | 0:20:02 | 1:35:39 | Hoi Ngai Sport Associaiton             | 8   | 5      | 54.2  |
| 124                                    | Li Ka Yip               | 0:17:42 | 1:00:56 | 0:21:14 | 1:39:52 | Energetic Triathlon Shatin             | 9   | 4      | 43.3  |
| 131                                    | Cheung Sing Long        | 0:17:19 | 1:03:33 | 0:21:30 | 1:42:22 | Energetic Triathlon Shatin             | 10  | 3      | 32.5  |
| 136                                    | Wong Yat Tung           | 0:21:31 | 1:02:42 | 0:32:03 | 1:56:16 | Titan Triathlon                        | 11  | 2      | 21.7  |
| 130                                    | Wong Hon Bun, Ryan      | 0:21:17 | 1:23:17 | 0:19:25 | 2:03:59 | Energetic Triathlon Shatin             | 12  | 1      | 10.8  |
| 126                                    | Justin Persuitti        |         |         |         |         | Hong Kong Dragons Triathlon Club       | DNS |        |       |
| 128                                    | Ho Ren Hua              |         |         |         |         | Sonic Sports Association               | DNS |        |       |

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### Course A - Female Age-Group 20-29

|     |                |         |         |         |         |                          |     |   |     |
|-----|----------------|---------|---------|---------|---------|--------------------------|-----|---|-----|
| 221 | Stephanie Bina | 0:18:16 | 0:58:59 | 0:18:47 | 1:36:02 | Sonic Sports Association | 1   | 1 | 130 |
| 222 | Echo Huang     |         |         |         |         | Sonic Sports Association | DNS |   |     |

### Course A - Male Age-Group 30-34

|     |                   |         |         |         |         |                                  |    |    |       |
|-----|-------------------|---------|---------|---------|---------|----------------------------------|----|----|-------|
| 138 | Tai Tak Wah       | 0:15:40 | 0:50:30 | 0:16:17 | 1:22:27 | Tung Chung Triathlon Association | 1  | 13 | 130.0 |
| 150 | Yam Chi Wai       | 0:15:49 | 0:54:26 | 0:14:14 | 1:24:29 | Titan Triathlon                  | 2  | 12 | 120.0 |
| 149 | Sin Chun Kwong    | 0:15:40 | 0:52:13 | 0:16:50 | 1:24:43 | Energetic Triathlon Shatin       | 3  | 11 | 110.0 |
| 142 | Adam Tejpaal      | 0:16:41 | 0:51:09 | 0:17:13 | 1:25:03 |                                  | 4  | 10 | 100.0 |
| 148 | Li Chun Pong      | 0:15:42 | 0:54:58 | 0:17:59 | 1:28:39 | Energetic Triathlon Shatin       | 5  | 9  | 90.0  |
| 144 | Sebastien Stoffel | 0:16:10 | 0:59:56 | 0:19:35 | 1:35:41 | Sonic Sports Association         | 6  | 8  | 80.0  |
| 242 | Tsui Wai Yuen     | 0:15:49 | 1:00:54 | 0:22:12 | 1:38:55 | Titan Triathlon                  | 7  | 7  | 70.0  |
| 143 | Frederic Beaujean | 0:18:42 | 1:02:26 | 0:22:16 | 1:43:24 | Sonic Sports Association         | 8  | 6  | 60.0  |
| 146 | Chow Chi Man      | 0:19:57 | 1:03:32 | 0:21:36 | 1:45:05 | Energetic Triathlon Shatin       | 9  | 5  | 50.0  |
| 141 | Leung Ka Yi       | 0:19:16 | 1:07:35 | 0:21:21 | 1:48:12 |                                  | 10 | 4  | 40.0  |
| 145 | Cheung Man Kit    | 0:21:06 | 1:03:55 | 0:23:19 | 1:48:20 | Energetic Triathlon Shatin       | 11 | 3  | 30.0  |
| 147 | Lee Yuk Keung     | 0:20:55 | 1:14:56 | 0:19:35 | 1:55:26 | Energetic Triathlon Shatin       | 12 | 2  | 20.0  |
| 139 | Jarrad Brownlee   | 0:25:00 | 1:08:43 | 0:25:34 | 1:59:17 | Sonic Sports Associaiton         | 13 | 1  | 10.0  |

### Course A - Male Age-Group 35-39

|     |                     |         |         |         |         |                                                 |    |    |       |
|-----|---------------------|---------|---------|---------|---------|-------------------------------------------------|----|----|-------|
| 152 | Richard Hall        | 0:15:06 | 0:50:19 | 0:15:12 | 1:20:37 | Hong Kong Dragon Associaiton                    | 1  | 15 | 130.0 |
| 151 | Craig Dally         | 0:15:39 | 0:54:40 | 0:16:24 | 1:26:43 | Tung Chung Triathlon Associaiton                | 2  | 14 | 121.3 |
| 158 | Ricky Yuen          | 0:17:14 | 0:53:05 | 0:17:52 | 1:28:11 | Health Guide Sports Association Company Limited | 3  | 13 | 112.7 |
| 169 | Lai Kin Sun         | 0:16:52 | 0:56:38 | 0:17:29 | 1:30:59 | Titan Triathlon                                 | 4  | 12 | 104.0 |
| 156 | Cheung Wai Kei      | 0:15:25 | 0:58:06 | 0:18:04 | 1:31:35 |                                                 | 5  | 11 | 95.3  |
| 236 | Wah Lun, Alain      | 0:16:02 | 0:56:51 | 0:19:20 | 1:32:13 | Titan Triathlon                                 | 6  | 10 | 86.7  |
| 159 | Wong Po Kin, Kent   | 0:16:39 | 0:59:02 | 0:19:35 | 1:35:16 | Sonic Sports Associaiton                        | 7  | 9  | 78.0  |
| 157 | James Mak           | 0:17:27 | 0:55:26 | 0:22:40 | 1:35:33 |                                                 | 8  | 8  | 69.3  |
| 160 | Lee Kin Lun, Brian  | 0:18:03 | 0:59:11 | 0:19:41 | 1:36:55 | Sonic Sports Association                        | 9  | 7  | 60.7  |
| 170 | Cheng Wai Ho        | 0:17:43 | 1:02:23 | 0:18:55 | 1:39:01 | Titan Triathlon                                 | 10 | 6  | 52.0  |
| 163 | Wong Hon Wei        | 0:19:02 | 1:01:15 | 0:21:06 | 1:41:23 | Energetic Triathlon Shatin                      | 11 | 5  | 43.3  |
| 172 | Lee Yiu Ming        | 0:19:08 | 0:58:46 | 0:23:37 | 1:41:31 | Sonic Sports Associaiton                        | 12 | 4  | 34.7  |
| 155 | Cheung Kit Lun      | 0:18:08 | 1:04:38 | 0:21:55 | 1:44:41 |                                                 | 13 | 3  | 26.0  |
| 161 | Lee Ming Yeung      | 0:18:39 | 1:05:23 | 0:21:09 | 1:45:11 | Energetic Triathlon Shatin                      | 14 | 2  | 17.3  |
| 166 | Wan Ting Yiu, Ricky | 0:19:05 | 1:05:41 | 0:21:27 | 1:46:13 | Energetic Triathlon Shatin                      | 15 | 1  | 8.7   |

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|     |                         |                            |     |
|-----|-------------------------|----------------------------|-----|
| 153 | Christopher Tong        | Sonic Sports Association   | DNS |
| 162 | Wong Chung Man          | Energetic Triathlon Shatin | DNS |
| 164 | Yeung Wing Yin, Michael | Energetic Triathlon Shatin | DNS |
| 168 | Wong Siu Yuen           | Titan Triathlon            | DNS |
| 171 | Yip Shing Yan           | Titan Triathlon            | DNS |

### Course A - Female Age-Group 30-39

|     |                     |                                 |                               |     |   |       |
|-----|---------------------|---------------------------------|-------------------------------|-----|---|-------|
| 224 | Lui Shuk Han, Karen | 0:18:31 0:58:13 0:20:10 1:36:54 | Energetic Triathlon Shatin    | 1   | 5 | 130.0 |
| 223 | Hui Ka Man          | 0:21:12 1:07:30 0:22:04 1:50:46 | Energetic Triathlon Shatin    | 2   | 4 | 104.0 |
| 227 | Wong Suet Fan       | 0:20:36 1:11:20 0:20:16 1:52:12 | Titan Triathlon               | 3   | 3 | 78.0  |
| 225 | Susana Campuzano    | 0:22:55 1:12:37 0:21:11 1:56:43 | Sonic Sports Association      | 4   | 2 | 52.0  |
| 228 | Lam Lai Po          | 0:20:47 1:19:09 0:18:13 1:58:09 | Titan Triathlon               | 5   | 1 | 26.0  |
| 226 | Chow Sau Yee        |                                 | Titan Triathlon               | DNS |   |       |
| 240 | Sarah Wheeler       |                                 | Tung Chung Sports Association | DNS |   |       |

### Course A - Male Age-Group 40-44

|     |                     |                                 |                                        |     |   |       |
|-----|---------------------|---------------------------------|----------------------------------------|-----|---|-------|
| 184 | Wong Kin, Kenny     | 0:16:02 0:54:36 0:16:50 1:27:28 | Energetic Triathlon Shatin             | 1   | 9 | 130.0 |
| 174 | Anthony Pringle     | 0:16:30 0:54:01 0:17:49 1:28:20 | Tung Chung Triathlon Association       | 2   | 8 | 115.6 |
| 180 | Hermann Holst       | 0:17:12 0:54:50 0:18:19 1:30:21 |                                        | 3   | 7 | 101.1 |
| 245 | Chiu Kok Fu         | 0:16:18 0:54:47 0:20:47 1:31:52 | Titan Triathlon                        | 4   | 6 | 86.7  |
| 185 | Yeung Yam Ho        | 0:16:15 1:00:55 0:17:30 1:34:40 | Energetic Triathlon Shatin             | 5   | 5 | 72.2  |
| 182 | Tong Chi Hung       | 0:20:11 0:57:31 0:20:34 1:38:16 | Energetic Triathlon Shatin             | 6   | 4 | 57.8  |
| 175 | Kong Yuen Keung     | 0:18:26 0:58:46 0:24:01 1:41:13 | Tung Chung Triathlon Association       | 7   | 3 | 43.3  |
| 189 | Chan Chik Kin       | 0:20:13 1:02:49 0:22:23 1:45:25 | Energetic Triathlon Shatin             | 8   | 2 | 28.9  |
| 178 | Chu Wai Leung       | 0:18:05 1:12:19 0:17:29 1:47:53 |                                        | 9   | 1 | 14.4  |
| 187 | Mak Tak Cheung      |                                 | Ma On Shan Swimming and Triathlon Club | DNF |   |       |
| 176 | Mak Wing Yiu        |                                 |                                        | DNS |   |       |
| 177 | Christophe Lee      |                                 | Energetic Triathlon Shatin             | DNS |   |       |
| 179 | Darren Dunnett      |                                 | Sonic Sports Association               | DNS |   |       |
| 181 | Alwyn Pang          |                                 | Tung Chung Triathlon Association       | DNS |   |       |
| 186 | Wong Ho Ming, Edwin |                                 | Sonic Sports Association               | DNS |   |       |
| 190 | Sung Yan Wah        |                                 | Titan Triathlon                        | DNS |   |       |
| 191 | Lo Lam Por          |                                 | Hoi Ngai Sports Association            | DNS |   |       |

### Course A - Male Age-Group 45-49

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|     |                          |         |         |         |         |                                        |     |    |       |
|-----|--------------------------|---------|---------|---------|---------|----------------------------------------|-----|----|-------|
| 197 | David John Tonks         | 0:15:08 | 0:48:07 | 0:16:06 | 1:19:21 | 0                                      |     |    |       |
| 192 | Chiu Lap Wing            | 0:16:13 | 0:56:36 | 0:18:48 | 1:31:37 | Energetic Triathlon Shatin             | 1   | 12 | 130.0 |
| 196 | Li Ka Wo                 | 0:17:42 | 0:57:13 | 0:18:51 | 1:33:46 | New Wave Swimming Club                 | 2   | 11 | 119.2 |
| 198 | Tsang Hon Min            | 0:18:21 | 0:56:20 | 0:20:05 | 1:34:46 | Sonic Sports Association               | 3   | 10 | 108.3 |
| 200 | Lee Ying Ho              | 0:16:51 | 1:00:18 | 0:18:50 | 1:35:59 | Sonic Sports Association               | 4   | 9  | 97.5  |
| 195 | Li Sai Kit               | 0:16:34 | 1:02:02 | 0:18:19 | 1:36:55 | 0                                      | 5   | 8  | 86.7  |
| 199 | Chan Wai Kee, Eric       | 0:19:00 | 1:01:55 | 0:19:45 | 1:40:40 | Sonic Sports Associaiton               | 6   | 7  | 75.8  |
| 241 | Fong Chi Wai             | 0:18:42 | 1:00:51 | 0:22:03 | 1:41:36 | Titan Triathlon                        | 7   | 6  | 65.0  |
| 202 | Chan Ka Keung            | 0:20:12 | 1:02:08 | 0:21:01 | 1:43:21 | Energetic Triathlon Shatin             | 8   | 5  | 54.2  |
| 194 | Kwok Sui Wing            | 0:19:27 | 1:00:34 | 0:29:15 | 1:49:16 | 0                                      | 9   | 4  | 43.3  |
| 205 | Tsang Chung Ming         | 0:18:32 | 1:01:58 | 0:32:07 | 1:52:37 | Titan Triathlon                        | 10  | 3  | 32.5  |
| 203 | Chung Lui Hung, Lawrence | 0:21:34 | 1:10:52 | 0:22:26 | 1:54:52 | Energetic Triathlon Shatin             | 11  | 2  | 21.7  |
| 204 | Lam Chi Choi             | 0:23:37 | 1:19:10 | 0:22:35 | 2:05:22 | Titan Triathlon                        | 12  | 1  | 10.8  |
| 193 | Rolf Kambli              |         |         |         |         | 0                                      | DNS |    |       |
| 201 | Chan Po Kwok             |         |         |         |         | Ma On Shan Swimming and Triathlon Club | DNS |    |       |
| 207 | Choy Ying Keung          |         |         |         |         | Hoi Ngai Sport Associaiton             | DNS |    |       |
| 208 | Lam Chi Wing             |         |         |         |         | Hoi Ngai Sport Associaiton             | DNS |    |       |

### Course A - Female Age-Group 40 & Over

|     |                       |         |         |         |         |                            |   |   |       |
|-----|-----------------------|---------|---------|---------|---------|----------------------------|---|---|-------|
| 229 | Janet Sy              | 0:22:46 | 1:09:36 | 0:23:44 | 1:56:06 |                            | 1 | 6 | 130.0 |
| 231 | Kimmie Hui            | 0:21:32 | 1:15:17 | 0:22:09 | 1:58:58 | Titan Triathlon            | 2 | 5 | 108.3 |
| 230 | Lam Sau Kwan          | 0:23:39 | 1:15:40 | 0:22:35 | 2:01:54 | Energetic Triathlon Shatin | 3 | 4 | 86.7  |
| 233 | Yeung Sai Hee         | 0:23:23 | 1:17:39 | 0:22:51 | 2:03:53 | Titan Triathlon            | 4 | 3 | 65.0  |
| 232 | Chan Siu Yuk          | 0:23:38 | 1:20:58 | 0:26:39 | 2:11:15 | Titan Triathlon            | 5 | 2 | 43.3  |
| 238 | Tong Yuk Ling, Phoebe | 0:23:36 |         |         | 2:12:24 | Titan Triathlon            | 6 | 1 | 21.7  |

### Course A - Male Age-Group 50 -54

|     |                 |         |         |         |         |                 |   |   |       |
|-----|-----------------|---------|---------|---------|---------|-----------------|---|---|-------|
| 215 | Wong Kwok Wah   | 0:18:20 | 1:00:52 | 0:20:56 | 1:40:08 | Titan Triathlon | 1 | 8 | 130.0 |
| 212 | Ma Yuk Fu       | 0:19:43 | 0:59:19 | 0:21:22 | 1:40:24 |                 | 2 | 7 | 113.8 |
| 210 | Wu Chi Wai      | 0:18:00 | 1:02:54 | 0:20:20 | 1:41:14 |                 | 3 | 6 | 97.5  |
| 206 | Armando Osmani  | 0:18:50 | 1:01:42 | 0:22:30 | 1:43:02 | Titan Triathlon | 4 | 5 | 81.3  |
| 209 | Yu Kam Choi     | 0:20:17 | 1:01:08 | 0:22:17 | 1:43:42 |                 | 5 | 4 | 65.0  |
| 211 | Chan Wing Fu    | 0:17:58 | 1:12:07 | 0:20:15 | 1:50:20 |                 | 6 | 3 | 48.8  |
| 214 | Chan King Yuen  | 0:22:22 | 1:09:41 | 0:21:50 | 1:53:53 | Titan Triathlon | 7 | 2 | 32.5  |
| 213 | Philip Penaloza | 0:27:11 | 1:17:24 | 0:27:42 | 2:12:17 |                 | 8 | 1 | 16.3  |

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### Course A - Male Age-Group 55& Over

|     |                   |         |         |         |         |                                  |     |   |       |
|-----|-------------------|---------|---------|---------|---------|----------------------------------|-----|---|-------|
| 220 | Chan Ho Kee       | 0:18:40 | 0:56:23 | 0:20:57 | 1:36:00 | Titan Triathlon                  |     |   |       |
| 216 | Ian Brownlee      | 0:25:31 | 1:11:16 | 0:25:54 | 2:02:41 | Sonic Sports Association         | 1   | 3 | 130.0 |
| 219 | Lau Shiu Lon      | 0:23:40 | 1:21:51 | 0:29:57 | 2:15:28 | Energetic Triathlon Shatin       | 2   | 2 | 86.7  |
| 217 | Chan Fai Ming     | 0:21:58 | 1:36:40 | 0:28:09 | 2:26:47 |                                  | 3   | 1 | 43.3  |
| 218 | Christopher Gunns |         |         |         |         | Hong Kong Dragons Triathlon Club | DNS |   |       |

### Course B - Male Elite Junior

|    |                      |         |         |         |         |                                        |     |   |       |
|----|----------------------|---------|---------|---------|---------|----------------------------------------|-----|---|-------|
| 10 | Chan Chun Lung, Alan | 0:07:00 | 0:34:40 | 0:07:48 | 0:49:28 | Titan Triathlon                        | 1   | 6 | 130.0 |
| 1  | Perry Wong           | 0:07:09 | 0:34:39 | 0:07:56 | 0:49:44 | Energetic Triathlon Shatin             | 2   | 5 | 108.3 |
| 7  | Cheung Tsz Hei       | 0:07:09 | 0:34:47 | 0:08:11 | 0:50:07 | Energetic Triathlon Shatin             | 3   | 4 | 86.7  |
| 4  | Li Tsz Hei           | 0:07:15 | 0:34:43 | 0:08:16 | 0:50:14 | Energetic Triathlon Shatin             | 4   | 3 | 65.0  |
| 6  | Law Leong Tim        | 0:07:10 | 0:36:37 | 0:08:16 | 0:52:03 |                                        | 5   | 2 | 43.3  |
| 8  | Sin Long Hin         | 0:07:45 | 0:37:25 | 0:08:19 | 0:53:29 | Titan Triathlon                        | 6   | 1 | 21.7  |
| 3  | Ng Ka Lok. Jason     | 0:07:24 | 0:38:06 | 0:07:53 | 0:53:23 | Energetic Triathlon Shatin             | DSQ |   |       |
| 2  | Wong Ka Ho, Vicko    |         |         |         |         | Titan                                  |     |   |       |
| 9  | Lo Kin Cheung        |         |         |         |         | Ma On Shan Swimming and Triathlon Club |     |   |       |

### Course B - Female Elite Junior

|     |               |         |         |         |         |                            |   |   |       |
|-----|---------------|---------|---------|---------|---------|----------------------------|---|---|-------|
| 5   | Lam Sin Ching | 0:08:10 | 0:37:20 | 0:09:08 | 0:54:38 | Compass Sports Associaiton | 1 | 5 | 130.0 |
| 109 | Choi Yan Yin  | 0:08:10 | 0:39:12 | 0:08:51 | 0:56:13 | Energetic Triathlon Shatin | 2 | 4 | 104.0 |
| 13  | Naomi Wai     | 0:08:08 | 0:39:07 | 0:09:57 | 0:57:12 | Titan Triathlon            | 3 | 3 | 78.0  |
| 12  | Wu Sum Yi     | 0:08:24 | 0:40:43 | 0:09:49 | 0:58:56 | Energetic Triathlon Shatin | 4 | 2 | 52.0  |
| 11  | Wan Tsz Ching | 0:08:24 | 0:42:05 | 0:09:36 | 1:00:05 |                            | 5 | 1 | 26.0  |

### Course B - Male Junior

|    |                       |         |         |         |         |                            |   |    |       |
|----|-----------------------|---------|---------|---------|---------|----------------------------|---|----|-------|
| 53 | Yu Kin Hei            | 0:07:15 | 0:34:37 | 0:08:28 | 0:50:20 | Titan Triathlon            | 1 | 39 | 130.0 |
| 15 | Lau Tsun Ling         | 0:07:21 | 0:36:24 | 0:07:42 | 0:51:27 | Titan Triathlon            | 2 | 38 | 126.7 |
| 52 | Yim Ho Wai            | 0:07:46 | 0:34:17 | 0:09:36 | 0:51:39 | Titan Triathlon            | 3 | 37 | 123.3 |
| 44 | Sam Brian Mitchelmore | 0:07:22 | 0:36:22 | 0:07:59 | 0:51:43 | Titan Triathlon            | 4 | 36 | 120.0 |
| 18 | Wong Hui Wai          | 0:07:23 | 0:36:25 | 0:08:12 | 0:52:00 | Energetic Triathlon Shatin | 5 | 35 | 116.7 |
| 36 | Lau Chak Fung         | 0:07:36 |         |         | 0:52:34 | Titan Triathlon            | 6 | 34 | 113.3 |
| 42 | Lo Man Lap            | 0:07:22 | 0:36:20 | 0:08:58 | 0:52:40 | Titan Triathlon            | 7 | 33 | 110.0 |
| 16 | Cheung Tsz Kit        | 0:07:27 | 0:36:19 | 0:09:00 | 0:52:46 | Energetic Triathlon Shatin | 8 | 32 | 106.7 |

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|     |                        |         |         |         |         |                            |     |    |       |
|-----|------------------------|---------|---------|---------|---------|----------------------------|-----|----|-------|
| 135 | Wong Wai Tung          |         |         |         | 0:52:50 | Energetic Triathlon Shatin | 9   | 31 | 103.3 |
| 22  | Au Chi Hin             | 0:07:48 | 0:35:52 | 0:09:15 | 0:52:55 | Titan Triathlon            | 10  | 30 | 100.0 |
| 48  | Tang Ho Fai            | 0:07:22 | 0:36:25 | 0:09:31 | 0:53:18 | Titan Triathlon            | 11  | 29 | 96.7  |
| 34  | Lai Ching Ho           | 0:08:08 | 0:35:40 | 0:10:25 | 0:54:13 | Titan Triathlon            | 12  | 28 | 93.3  |
| 57  | Chan Hok Man, Arthur   | 0:07:28 | 0:39:46 | 0:08:06 | 0:55:20 |                            | 13  | 27 | 90.0  |
| 45  | Ng Tsz Kit             | 0:07:58 |         |         | 0:55:33 | Titan Triathlon            | 14  | 26 | 86.7  |
| 25  | Chu King Long          | 0:08:09 |         |         | 0:55:42 | Titan Triathlon            | 15  | 25 | 83.3  |
| 56  | Chan Hon Man, Alfred   | 0:07:27 | 0:40:25 | 0:08:16 | 0:56:08 |                            | 16  | 24 | 80.0  |
| 47  | Siu Ming Kit           | 0:07:58 | 0:39:17 | 0:09:11 | 0:56:26 | Titan Triathlon            | 17  | 23 | 76.7  |
| 33  | Kwok Wing Kan          | 0:07:28 | 0:40:01 | 0:09:09 | 0:56:38 | Titan Triathlon            | 18  | 22 | 73.3  |
| 55  | Mok Wai Chuen          |         |         |         | 0:57:08 | Titan Triathlon            | 19  | 21 | 70.0  |
| 21  | Cheng Tsz Yeung        | 0:08:09 | 0:41:01 | 0:09:14 | 0:58:24 | Titan Triathlon            | 20  | 20 | 66.7  |
| 58  | Chu Long San, Elvis    | 0:07:59 | 0:41:25 | 0:09:14 | 0:58:38 | Energetic Triathlon Shatin | 21  | 19 | 63.3  |
| 24  | Chow Yat Sing          | 0:07:26 | 0:43:19 | 0:08:22 | 0:59:07 | Titan Triathlon            | 22  | 18 | 60.0  |
| 51  | Wu Tsz Lok             | 0:08:05 | 0:40:55 | 0:10:12 | 0:59:12 | Titan Triathlon            | 23  | 17 | 56.7  |
| 59  | Nam Pok Lai, Ryan      | 0:07:58 | 0:42:27 | 0:09:26 | 0:59:51 | Hoi Ngai Sport Associaiton | 24  | 16 | 53.3  |
| 108 | Leung Po Yan           | 0:08:02 | 0:42:35 | 0:09:34 | 1:00:11 | Titan Triathlon            | 25  | 15 | 50.0  |
| 19  | Leung Tsz Chun         | 0:08:31 | 0:40:27 | 0:12:35 | 1:01:33 | Energetic Triathlon Shatin | 26  | 14 | 46.7  |
| 38  | Leung Yat Yin          |         |         |         | 1:01:52 | Titan Triathlon            | 27  | 13 | 43.3  |
| 20  | Li Cheuk Ki            | 0:08:51 | 0:42:04 | 0:11:00 | 1:01:55 | Energetic Triathlon Shatin | 28  | 12 | 40.0  |
| 29  | Jorge Kento            | 0:09:13 | 0:43:26 | 0:09:29 | 1:02:08 | Titan Triathlon            | 29  | 11 | 36.7  |
| 37  | Lee Yik Hin            | 0:08:29 | 0:44:24 | 0:10:14 | 1:03:07 | Titan Triathlon            | 30  | 10 | 33.3  |
| 14  | Leung Pok Yin          | 0:08:14 | 0:44:18 | 0:11:32 | 1:04:04 | Energetic Triathlon Shatin | 31  | 9  | 30.0  |
| 39  | Leung Yat Lai          | 0:08:18 | 0:44:44 | 0:11:36 | 1:04:38 | Titan Triathlon            | 32  | 8  | 26.7  |
| 46  | Poon Lik Shing         | 0:08:34 | 0:44:50 | 0:11:25 | 1:04:49 | Titan Triathlon            | 33  | 7  | 23.3  |
| 27  | Fung King Hong         | 0:08:52 | 0:46:48 | 0:09:24 | 1:05:04 | Titan Triathlon            | 34  | 6  | 20.0  |
| 31  | Shaun Kiatvongcharoen  | 0:07:47 | 0:49:57 | 0:07:41 | 1:05:25 | Titan Triathlon            | 35  | 5  | 16.7  |
| 23  | Cheung Ling Fung       | 0:09:01 | 0:49:40 | 0:10:17 | 1:08:58 | Titan Triathlon            | 36  | 4  | 13.3  |
| 40  | Leung Fu Kwong         | 0:08:22 | 0:57:29 | 0:11:16 | 1:17:07 | Titan Triathlon            | 37  | 3  | 10.0  |
| 30  | Justin Kiatrongcharoen | 0:08:35 | 0:57:18 | 0:12:13 | 1:18:06 | Titan Triathlon            | 38  | 2  | 6.7   |
| 50  | Tung Tak Ho            | 0:09:34 | 0:59:00 | 0:10:11 | 1:18:45 | Titan Triathlon            | 39  | 1  | 3.3   |
| 43  | Lui Hei Yeung          |         |         |         |         | Titan Triathlon            | DNF |    |       |
| 49  | Tong Lai Hin           |         |         |         |         | Titan Triathlon            | DNF |    |       |
| 17  | Luk Hong Sze           |         |         |         |         |                            | DNS |    |       |
| 26  | Andrew Fawls           |         |         |         |         | Titan Triathlon            | DNS |    |       |

## 2009 Duathlon Series - Race 3 Result

|    |               |  |  |  |  |                 |  |  |     |
|----|---------------|--|--|--|--|-----------------|--|--|-----|
| 28 | Hui Siu Kit   |  |  |  |  | Titan Triathlon |  |  | DNS |
| 32 | Kun Chi Hin   |  |  |  |  | Titan Triathlon |  |  | DNS |
| 35 | Lau Kwun Ki   |  |  |  |  | Titan Triathlon |  |  | DNS |
| 41 | Li Chun Ting  |  |  |  |  | Titan Triathlon |  |  | DNS |
| 54 | Chiu Wai Chun |  |  |  |  | Titan Triathlon |  |  | DNS |

### Course B - Male Open

|     |                    |         |         |         |         |                            |    |    |       |
|-----|--------------------|---------|---------|---------|---------|----------------------------|----|----|-------|
| 68  | Tsoi Chun Ming     | 0:07:43 | 0:33:54 | 0:09:18 | 0:50:55 | Energetic Triathlon Shatin | 1  | 14 | 130.0 |
| 154 | Leung Tsz Wing     | 0:07:47 | 0:35:41 | 0:09:12 | 0:52:40 |                            | 2  | 13 | 120.7 |
| 64  | Lam Chung Kei      | 0:09:05 | 0:38:15 | 0:10:11 | 0:57:31 | Titan Triathlon            | 3  | 12 | 111.4 |
| 65  | Lok Lam Fung       | 0:09:02 | 0:40:04 | 0:10:14 | 0:59:20 | Titan Triathlon            | 4  | 11 | 102.1 |
| 61  | Chan Sui Fung      | 0:08:53 | 0:40:00 | 0:10:50 | 0:59:43 |                            | 5  | 10 | 92.9  |
| 165 | So Chi Wai         | 0:08:15 | 0:42:29 | 0:09:02 | 0:59:46 | Energetic Triathlon Shatin | 6  | 9  | 83.6  |
| 62  | Gary Tiu           | 0:08:34 | 0:42:28 | 0:09:12 | 1:00:14 | Energetic Triathlon Shatin | 7  | 8  | 74.3  |
| 140 | Ho Kam Tim         | 0:09:07 | 0:40:48 | 0:10:38 | 1:00:33 |                            | 8  | 7  | 65.0  |
| 63  | Cheung Cheuk Wah   | 0:08:14 | 0:43:13 | 0:09:09 | 1:00:36 | Energetic Triathlon Shatin | 9  | 6  | 55.7  |
| 66  | Tang King Man      | 0:09:43 | 0:39:34 | 0:11:29 | 1:00:46 | Titan Triathlon            | 10 | 5  | 46.4  |
| 237 | Chau Ho Ming       | 0:09:03 | 0:40:30 | 0:11:56 | 1:01:29 | Energetic Triathlon Shatin | 11 | 4  | 37.1  |
| 79  | Yung Leong Sang    | 0:08:30 | 0:45:05 | 0:10:37 | 1:04:12 | Titan Triathlon            | 12 | 3  | 27.9  |
| 60  | Chan Ka Lun        | 0:09:30 | 0:57:06 | 0:09:40 | 1:16:16 |                            | 13 | 2  | 18.6  |
| 78  | So Che Fung        | 0:09:53 | 1:21:11 | 0:13:46 | 1:44:50 |                            | 14 | 1  | 9.3   |
| 77  | Lin On Tai Anthony |         |         |         |         |                            |    |    | DNS   |
| 167 | Chan Li            | 0:10:21 | 0:37:00 |         |         | Titan Triathlon            |    |    | DNF   |

### Course B - Male Veteran

|     |                    |         |         |         |         |                            |   |   |       |
|-----|--------------------|---------|---------|---------|---------|----------------------------|---|---|-------|
| 188 | Wan Shu Wah, Jimmy | 0:07:58 | 0:37:22 | 0:10:37 | 0:55:57 | Energetic Triathlon Shatin | 1 | 7 | 130.0 |
| 74  | Wong Yin Cheong    | 0:08:30 | 0:38:53 | 0:09:39 | 0:57:02 | Titan Triathlon            | 2 | 6 | 111.4 |
| 75  | Ma Chi Po          | 0:08:32 | 0:39:23 | 0:10:33 | 0:58:28 | Titan Triathlon            | 3 | 5 | 92.9  |
| 69  | Chow Chiu Kin      | 0:09:32 | 0:40:49 | 0:12:09 | 1:02:30 |                            | 4 | 4 | 74.3  |
| 71  | Chow Sai Kin       | 0:10:43 | 0:48:43 | 0:13:09 | 1:12:35 | Titan Triathlon            | 5 | 3 | 55.7  |
| 72  | Chau Sai Ho        | 0:10:51 | 0:47:49 | 0:14:27 | 1:13:07 | Titan Triathlon            | 6 | 2 | 37.1  |
| 70  | Poon Siu Man       | 0:11:36 | 1:16:35 | 0:12:14 | 1:40:25 | Titan Triathlon            | 7 | 1 | 18.6  |
| 73  | Lau Siu Kan        |         |         |         |         | Titan Triathlon            |   |   | DNS   |

### Course B - Female Junior

## 2009 Duathlon Series - Race 3 Result

|    |                 |         |         |         |         |                                        |     |   |       |
|----|-----------------|---------|---------|---------|---------|----------------------------------------|-----|---|-------|
| 76 | Chan Long Ching | 0:08:26 | 0:40:42 | 0:09:24 | 0:58:32 | Energetic Triathlon Shatin             | 1   | 4 | 130.0 |
| 82 | Lee Yuk Ying    |         |         |         | 0:59:19 | Titan Triathlon                        | 2   | 3 | 97.5  |
| 81 | Chan Lok Yi     | 0:08:57 |         |         | 1:00:09 | Energetic Triathlon Shatin             | 3   | 2 | 65.0  |
| 83 | Mok Nga Ting    | 0:08:30 | 0:46:17 | 0:11:21 | 1:06:08 | Titan Triathlon                        | 4   | 1 | 32.5  |
| 80 | Lo Si Wing      |         |         |         |         | Ma On Shan Swimming and Triathlon Club | DNS |   |       |

### Course B - Female Open

|     |                      |         |         |         |         |                            |     |   |       |
|-----|----------------------|---------|---------|---------|---------|----------------------------|-----|---|-------|
| 87  | Leung Shuk Kuen      | 0:09:32 | 0:53:44 | 0:07:44 | 1:11:00 | Titan Triathlon            | 1   | 4 | 130.0 |
| 85  | Tong Carlay          | 0:09:52 | 1:00:21 | 0:08:45 | 1:18:58 | Energetic Triathlon Shatin | 2   | 3 | 97.5  |
| 84  | Lisa Ziebart         | 0:09:44 |         |         | 1:21:41 |                            | 3   | 2 | 65.0  |
| 234 | Saskia Willenbuecher | 0:11:02 | 0:59:14 | 0:12:28 | 1:22:44 | Energetic Triathlon Shatin | 4   | 1 | 32.5  |
| 86  | Phoebe Tang          |         |         |         |         | Titan Triathlon            | DNS |   |       |
| 88  | Yip Kwan Yau         |         |         |         |         | Titan Triathlon            | DNS |   |       |
| 125 | Ann Gillian Chu      |         |         |         |         | Energetic Triathlon Shatin | DNS |   |       |

### Course C - Male Junior (Mountain Bike)

|     |              |         |         |         |         |                            |   |   |       |
|-----|--------------|---------|---------|---------|---------|----------------------------|---|---|-------|
| 90  | Choi Sze Kam | 0:08:15 | 0:50:39 | 0:10:05 | 1:08:59 | Energetic Triathlon Shatin | 1 | 2 | 130.0 |
| 107 | Yim Ho Yin   |         |         |         | 1:23:52 | Titan Triathlon            | 2 | 1 | 65.0  |

### Course C - Male Open (Mountain Bike)

|     |                    |         |         |         |         |                 |   |   |       |
|-----|--------------------|---------|---------|---------|---------|-----------------|---|---|-------|
| 105 | Ho Kam Tong        |         |         |         | 0:56:28 |                 | 1 | 5 | 130.0 |
| 91  | Chan Yuk Fai       | 0:07:55 | 0:39:33 | 0:10:39 | 0:58:07 |                 | 2 | 4 | 104.0 |
| 93  | Chow Hoi Tat       |         |         |         | 0:59:25 | Titan Triathlon | 3 | 3 | 78.0  |
| 106 | Tsang Wai Leam     | 0:08:54 | 0:40:26 | 0:10:52 | 1:00:12 |                 | 4 | 2 | 52.0  |
| 92  | To Chun Leung Eric | 0:08:59 | 0:41:15 | 0:11:17 | 1:01:31 |                 | 5 | 1 | 26.0  |

### Course C - Male Veteran (Mountain Bike)

|     |                      |         |         |         |         |                            |   |   |       |
|-----|----------------------|---------|---------|---------|---------|----------------------------|---|---|-------|
| 101 | Wong Tak Wah, Edward | 0:08:04 |         |         | 0:56:50 | Energetic Triathlon Shatin | 1 | 8 | 130.0 |
| 99  | Chan Kun Ying        | 0:09:01 | 0:45:19 | 0:10:12 | 1:04:32 | Energetic Triathlon Shatin | 2 | 7 | 113.8 |
| 98  | Lau Chi Wai          | 0:09:51 | 0:43:14 | 0:11:46 | 1:04:51 |                            | 3 | 6 | 97.5  |
| 104 | Chan Kwong Ming      | 0:08:31 | 0:46:42 | 0:09:51 | 1:05:04 |                            | 4 | 5 | 81.3  |
| 96  | Wong Yuk Sing        | 0:09:12 | 0:49:26 | 0:12:14 | 1:10:52 |                            | 5 | 4 | 65.0  |
| 100 | Tsoi Hon Kuen        | 0:10:18 | 0:49:18 | 0:12:40 | 1:12:16 | Energetic Triathlon Shatin | 6 | 3 | 48.8  |
| 95  | Li Chi Leung         | 0:09:33 | 0:58:11 | 0:09:52 | 1:17:36 |                            | 7 | 2 | 32.5  |
| 94  | Chau Chak Wai        | 0:11:07 | 1:13:36 | 0:01:20 | 1:26:03 |                            | 8 | 1 | 16.3  |

## 2009 Duathlon Series - Race 3 Result

|    |                |  |  |  |  |                 |  |  |  |     |
|----|----------------|--|--|--|--|-----------------|--|--|--|-----|
| 97 | Chang King Fun |  |  |  |  | Titan Triathlon |  |  |  | DNS |
|----|----------------|--|--|--|--|-----------------|--|--|--|-----|

### Course C - Female Open (Mountain Bike)

|     |                    |         |         |         |         |                            |  |   |   |       |
|-----|--------------------|---------|---------|---------|---------|----------------------------|--|---|---|-------|
| 235 | Ho Kit Ying        | 0:08:55 | 0:47:52 | 0:10:11 | 1:06:58 | Titan Triathlon            |  | 1 | 3 | 130.0 |
| 102 | Lui Lai-han Dennex | 0:09:36 | 0:49:38 | 0:11:32 | 1:10:46 | Energetic Triathlon Shatin |  | 2 | 2 | 86.7  |
| 103 | Ng Lai Ming        | 0:10:03 | 1:17:03 | 0:09:20 | 1:36:26 | Energetic Triathlon Shatin |  | 3 | 1 | 43.3  |