

SOGO Hong Kong Aquathlon Series Race 1

1 Turbo F 19-34, Run 1.6km Swim 1000m Run 4.8	601	Lai, Sophia	00:45:25	00:07:24	00:00:30	00:16:19	00:00:30	00:20:44
2 Turbo F 19-34, Run 1.6km Swim 1000m Run 4.8	604	Tsang, Ka Hung	00:48:47	00:08:09	00:00:35	00:17:32	00:00:23	00:22:09
3 Turbo F 19-34, Run 1.6km Swim 1000m Run 4.8	706	Lowrey, Susan	00:50:39	00:07:28	00:00:35	00:19:26	00:00:45	00:22:26
4 Turbo F 19-34, Run 1.6km Swim 1000m Run 4.8	606	Wilson, Hannah	00:52:30	00:08:35	00:00:43	00:14:47	00:00:41	00:27:46
5 Turbo F 19-34, Run 1.6km Swim 1000m Run 4.8	605	Van Laer, Cora	00:57:32	00:08:53	00:00:49	00:21:40	00:01:07	00:25:05
6 Turbo F 19-34, Run 1.6km Swim 1000m Run 4.8	602	Miers, Daisy	01:03:32	00:08:52	00:00:54	00:23:54	00:01:59	00:27:55
1 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	616	Rutherford, Kate	00:43:50	00:06:50	00:00:29	00:15:21	00:00:17	00:20:56
2 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	608	Cromwell, Nicole	00:52:28	00:08:25	00:00:43	00:18:27	00:00:44	00:24:12
3 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	610	Hanley, Deborah	00:55:20	00:08:24	00:00:35	00:19:44	00:00:23	00:26:16
4 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	617	Tam, Rachel	00:56:28	00:08:40	00:00:37	00:21:46	00:00:22	00:25:05
5 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	609	Goldberg, Hayley	00:57:27	00:09:04	00:00:48	00:21:29	00:00:32	00:25:35
6 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	607	Buchta, Katrin	01:03:25	00:09:48	00:00:55	00:20:22	00:01:20	00:31:02
7 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	611	Ho, Janet	01:04:42	00:09:27	00:00:50	00:25:03	00:00:30	00:28:54
8 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	615	Ramsden, Nicole	01:05:15	00:10:06	00:01:11	00:21:01	00:02:16	00:30:43
9 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	613	Leung, Yim Ting	01:08:00	00:10:56	00:01:04	00:28:32	00:00:33	00:26:56
10 Turbo F 35-49, Run 1.6km Swim 1000m Run 4.8	614	Ma, Jing	01:09:40	00:09:26	00:00:45	00:27:51	00:02:07	00:29:33
1 Turbo F 50+, Run 1.6km Swim 1000m Run 4.8kr	618	Coggins, Lynda	00:52:33	00:08:44	00:00:35	00:16:42	00:00:20	00:26:15
2 Turbo F 50+, Run 1.6km Swim 1000m Run 4.8kr	620	Karlsson-Lieberz, Tove	00:54:25	00:08:14	00:00:48	00:19:53	00:00:47	00:24:46
3 Turbo F 50+, Run 1.6km Swim 1000m Run 4.8kr	621	McCarroll, Jessica	00:55:47	00:09:24	00:00:45	00:18:02	00:00:43	00:26:55
4 Turbo F 50+, Run 1.6km Swim 1000m Run 4.8kr	619	Goode, Darlene	01:07:00	00:09:52	00:01:01	00:26:03	00:01:06	00:29:00
1 Flash F 16-39, Run 800m Swim 500m Run 2.4kn	752	Lau, Michelle	00:30:34	00:04:39	00:00:39	00:11:02	00:00:19	00:13:57
2 Flash F 16-39, Run 800m Swim 500m Run 2.4kn	755	Zahkna, Marit	00:32:12	00:04:08	00:00:45	00:14:00	00:00:43	00:12:38
3 Flash F 16-39, Run 800m Swim 500m Run 2.4kn	753	Tam, Eliza	00:36:04	00:05:01	00:01:00	00:12:51	00:00:41	00:16:33
4 Flash F 16-39, Run 800m Swim 500m Run 2.4kn	751	Chong, Ice Suet Yee	00:36:05	00:04:17	00:01:09	00:14:51	00:00:28	00:15:22
5 Flash F 16-39, Run 800m Swim 500m Run 2.4kn	754	Tong, Chi Wing	00:37:24	00:04:40	00:01:12	00:16:07	00:00:44	00:14:43
1 Flash F 40+, Run 800m Swim 500m Run 2.4km	756	Alexander, Kellie	00:31:26	00:04:23	00:00:47	00:11:07	00:00:37	00:14:33
2 Flash F 40+, Run 800m Swim 500m Run 2.4km	757	Deayton, Jennifer	00:34:12	00:04:37	00:00:53	00:12:19	00:00:41	00:15:44
3 Flash F 40+, Run 800m Swim 500m Run 2.4km	758	Foster, Connie Lau	00:35:21	00:04:21	00:00:54	00:13:25	00:01:20	00:15:23
4 Flash F 40+, Run 800m Swim 500m Run 2.4km	759	Liu, Wai Fun	00:37:04	00:04:59	00:00:58	00:15:19	00:00:17	00:15:33

1	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 630	Williams, Miles	00:37:58	00:06:01	00:00:31	00:12:57	00:00:15	00:18:16
2	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 632	Wright, Henry	00:40:57	00:06:01	00:00:32	00:14:27	00:00:46	00:19:12
3	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 628	Mac, Cheuk Yin	00:46:51	00:07:08	00:00:36	00:17:20	00:00:14	00:21:34
4	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 623	Cheng, Anthony	00:49:22	00:07:08	00:00:34	00:17:59	00:00:34	00:23:08
5	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 624	Fok, Sam	00:51:40	00:07:17	00:00:36	00:19:46	00:00:20	00:23:43
6	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 625	Lee, Pak On	00:54:38	00:07:28	00:00:37	00:22:45	00:00:36	00:23:14
7	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 622	Chan, Ho Man	00:54:45	00:08:08	00:00:55	00:22:02	00:00:46	00:22:57
8	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 631	Wong, Leung Lung	00:55:19	00:07:24	00:00:39	00:23:42	00:00:35	00:23:00
9	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 626	Leung, Hin Long	00:57:33	00:08:01	00:00:53	00:22:37	00:01:10	00:24:54
10	Turbo M 19-29, Run 1.6km Swim 1000m Run 4. 627	Li, Song	01:07:36	00:08:05	00:01:11	00:25:32	00:04:25	00:28:25
1	Turbo M 30-34, Run 1.6km Swim 1000m Run 4. 633	Ching, Wai Kin	00:53:43	00:08:08	00:00:36	00:21:58	00:00:17	00:22:46
2	Turbo M 30-34, Run 1.6km Swim 1000m Run 4. 636	Lai, Ronald	00:54:43	00:07:46	00:00:49	00:21:38	00:00:24	00:24:07
3	Turbo M 30-34, Run 1.6km Swim 1000m Run 4. 634	Chou, Cheuk Him	01:03:42	00:08:20	00:01:15	00:24:43	00:02:09	00:27:17
4	Turbo M 30-34, Run 1.6km Swim 1000m Run 4. 635	Ho, Marco	01:10:22	00:09:13	00:01:01	00:29:19	00:01:22	00:29:29
	Turbo M 30-34, Run 1.6km Swim 1000m Run 4. 637	Ng, Gary	09:04:30	00:09:15	00:00:57	00:26:00	00:00:57	00:00:31 ShortRun
1	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 644	Chow, Kevin	00:42:55	00:06:31	00:00:37	00:14:56	00:00:17	00:20:36
2	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 646	Guns, Kris	00:49:19	00:06:29	00:00:35	00:21:06	00:00:19	00:20:52
3	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 649	Lee, Mark	00:49:55	00:06:26	00:00:26	00:22:45	00:00:24	00:19:56
4	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 650	Ng, Wing Fai	00:50:47	00:07:20	00:00:30	00:21:22	00:00:38	00:20:58
5	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 647	Hakim, Peter	00:53:18	00:07:45	00:00:53	00:17:57	00:00:32	00:26:13
6	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 642	Cheng, Chun Kit	00:55:57	00:08:07	00:00:51	00:22:10	00:01:47	00:23:04
7	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 643	Cheng, Kam Hoe	00:56:19	00:07:30	00:00:49	00:22:38	00:00:41	00:24:43
8	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 645	Chung, D	00:59:11	00:08:19	00:01:01	00:22:10	00:01:05	00:26:37
9	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 648	Hui, Alen	00:59:13	00:07:41	00:00:52	0.018843	0.000475	00:22:52
10	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 640	Chan, Tim	01:01:27	00:08:19	00:00:44	00:25:47	00:01:05	00:25:34
11	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 641	Chen, Chi Ming	01:02:48	00:08:11	00:00:43	00:26:45	00:01:41	00:25:30
12	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 639	Bird, Captain J	01:04:06	00:08:35	00:00:48	00:28:57	00:00:52	00:24:57
	Turbo M 35-39, Run 1.6km Swim 1000m Run 4. 651	Tsang, Patrick		00:08:18	00:01:11			
1	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 658	Hall, Richard	00:42:50	00:06:09	00:00:28	00:16:56	00:00:14	00:19:04
2	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 666	Purcell, Steven	00:45:01	00:06:20	00:00:39	00:18:09	00:00:35	00:19:19
3	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 665	Palomar, Daniel	00:49:42	00:07:05	00:00:36	00:20:50	00:00:44	00:20:29
4	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 668	Wong, Yee Keung	00:50:31	00:07:56	00:00:35	00:19:09	00:00:19	00:22:34
5	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 656	Cheng, Tony	00:56:01	00:08:47	00:01:11	00:23:58	00:00:47	00:21:20

6	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 669	Wong , Pui Yuen	00:56:21	00:07:30	00:00:40	00:25:37	00:00:48	00:21:49
7	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 663	Lydiard, Adrian	00:56:37	00:09:36	00:00:49	00:18:23	00:01:33	00:26:16
8	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 664	Milhe, Richard	00:57:23	00:08:28	00:00:43	00:23:36	00:00:48	00:23:50
9	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 670	Yau, Wing Lun	00:58:21	00:08:03	00:00:44	00:24:14	00:01:04	00:24:18
10	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 657	Cheung, Chung Yat Gary	01:00:56	00:08:20	00:00:45	00:25:35	00:00:32	00:25:45
11	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 654	Chan, Li	01:03:50	00:10:06	00:01:08	00:22:38	00:00:29	00:29:30
12	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 661	Li, Sai Ho Shadow	01:04:39	00:08:37	00:00:56	00:26:55	0.000544	00:27:26
13	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 659	Hau, Ka Wai	01:07:27	00:08:48	00:01:22	00:27:51	00:01:47	00:27:41
14	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 660	Lee, Chris	01:08:35	00:09:34	00:00:59	00:25:40	00:00:52	00:31:31
15	Turbo M 40-44, Run 1.6km Swim 1000m Run 4. 655	Chau, Samuel	01:20:41	00:09:33	00:02:13	00:33:17	00:02:30	00:33:11
1	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 676	Hardcastle, Thomas	00:45:59	00:06:21	00:00:29	00:19:20	00:00:21	00:19:30
2	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 679	Lai, Kin Sun Andy	00:46:41	00:07:40	00:00:36	00:16:45	00:00:17	00:21:24
3	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 687	Wright, Paul	00:47:05	00:06:41	00:00:33	00:20:17	00:00:33	00:19:04
4	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 685	Walsh, Damian	00:52:22	00:07:34	00:00:42	00:21:22	00:01:00	00:21:46
5	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 672	Chan, Albert	00:53:04	00:08:13	00:00:51	00:18:50	00:00:32	00:24:40
6	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 675	Goldberg, Peter	00:53:37	00:07:02	00:00:50	00:21:53	00:00:35	00:23:20
7	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 688	Wu, Wai Ki	00:55:29	00:07:29	00:00:49	00:24:39	00:01:04	00:21:30
8	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 686	Wong, Edwin	00:56:41	00:07:55	00:00:40	00:19:05	00:00:41	00:28:23
9	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 683	Pang, Kam Yau	00:57:15	00:08:00	00:00:51	0.016991	0.000741	00:22:53
10	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 681	Leung, Chun Sing Alex	00:58:07	00:08:02	00:01:01	00:21:57	00:01:11	00:25:57
11	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 677	Ho, Leo	01:01:21	00:09:25	00:00:47	00:26:19	00:00:20	00:24:33
12	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 682	Liu, Francis	01:02:17	00:08:27	00:00:48	0.018472	0.000602	00:25:34
13	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 673	Chih, Minv Yuen	01:02:53	00:09:00	00:00:43	00:25:28	00:01:10	00:26:34
14	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 678	Kong, Johnson	01:03:12	00:09:02	00:01:33	00:25:35	00:01:33	00:25:31
15	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 680	Lam, Yat Ming	01:05:14	00:08:55	00:00:39	00:31:47	00:00:24	00:23:32
	Turbo M 45-49, Run 1.6km Swim 1000m Run 4. 684	Pek, Wee Haur		00:08:10	00:00:43	00:21:12	00:00:33	
1	Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 689	Burton, Scott	00:47:00	00:07:21	00:00:36	00:16:24	00:00:22	00:22:19
2	Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 699	Wong, Cheuk Yin	00:48:14	00:07:20	00:00:28	00:18:29	00:00:16	00:21:43
3	Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 691	Chan, Yun Keung	00:51:07	00:08:31	00:00:52	00:17:11	00:00:40	00:23:55
4	Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 693	Kong, Tak Wa Paul	00:51:24	00:07:06	00:00:35	0.015	0.000637	00:21:12
5	Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 695	McCarroll, Adrian	00:54:42	00:08:06	00:00:44	00:20:37	00:00:20	00:24:57
6	Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 694	Lee, Ying Ho	0.038021	00:07:27	00:00:36	00:23:24	00:00:30	0.015856
7	Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 690	Chan, Hon Hung	01:00:34	00:07:51	00:00:58	00:24:12	00:01:11	00:26:24

8 Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 697	Tan, Nicholas	01:02:27	00:09:36	00:00:48	00:27:32	00:00:47	00:23:45
9 Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 692	Fung, Wing Yuen	01:10:55	00:10:03	00:01:17	00:28:40	00:00:52	00:30:05
Turbo M 50-59, Run 1.6km Swim 1000m Run 4. 698	Tsang, Wai Ling		00:09:04	00:00:52	00:24:44	00:01:15	
1 Turbo M 60+, Run 1.6km Swim 1000m Run 4.8k 700	Campbell, John	00:47:22	00:07:05	00:00:37	00:17:53	00:00:18	00:21:31
2 Turbo M 60+, Run 1.6km Swim 1000m Run 4.8k 701	Chan, Fai Ming	01:03:34	00:09:15	00:00:46	00:24:41	00:00:55	00:27:58
3 Turbo M 60+, Run 1.6km Swim 1000m Run 4.8k 702	Chan, King Che Stephen	01:08:34	00:09:49	00:01:03	00:26:51	00:00:50	00:30:05
4 Turbo M 60+, Run 1.6km Swim 1000m Run 4.8k 703	Collins, Alan	01:11:55	00:09:40	00:01:07	00:32:51	00:00:55	00:27:24
1 Flash M 16-39, Run 800m Swim 500m Run 2.4k 763	Sat, Ka Chun	00:26:29	00:03:13	00:00:35	00:11:22	00:00:28	00:10:53
2 Flash M 16-39, Run 800m Swim 500m Run 2.4k 761	Lam, Wai Yip	00:28:24	00:03:28	00:00:33	00:12:27	00:00:15	00:11:43
3 Flash M 16-39, Run 800m Swim 500m Run 2.4k 762	Lau, Wai Kin	00:31:14	00:03:27	00:00:45	00:12:20	00:00:38	00:14:06
4 Flash M 40+, Run 800m Swim 500m Run 2.4km 776	Yue, Ngai Ho Kelvin	00:32:42	00:04:39	00:0:49	00:10:18	00:00:40	00:16:19
5 Flash M 16-39, Run 800m Swim 500m Run 2.4k 760	Cheung, Kwok Bun	00:33:03	00:04:06	00:00:41	00:12:08	00:00:56	00:15:14
6 Flash M 40+, Run 800m Swim 500m Run 2.4km 767	Lee, Vincent	00:25:49	00:03:16	00:00:30	00:10:48	00:00:15	00:11:01
7 Flash M 40+, Run 800m Swim 500m Run 2.4km 772	Wong, Horace	00:26:58	00:03:35	00:00:37	00:10:14	00:00:26	00:12:07
8 Flash M 40+, Run 800m Swim 500m Run 2.4km 774	Yu, Jason	00:27:48	00:03:40	00:00:35	00:11:09	00:00:28	00:11:59
9 Flash M 40+, Run 800m Swim 500m Run 2.4km 773	Wong, Ka Wai	00:28:18	00:03:39	00:00:38	00:11:25	00:00:37	00:12:02
10 Flash M 40+, Run 800m Swim 500m Run 2.4km 671	Birkby, Colin	00:35:00	00:07:46	00:01:13	00:11:50	00:00:41	00:13:33
11 Flash M 40+, Run 800m Swim 500m Run 2.4km 768	Liu, Yau Shung	00:35:01	00:04:18	00:00:53	00:13:25	00:01:36	00:14:50
12 Flash M 40+, Run 800m Swim 500m Run 2.4km 769	Ng, Ming Kit	00:36:13	00:04:51	00:01:06	00:12:26	00:01:51	00:16:01
13 Flash M 40+, Run 800m Swim 500m Run 2.4km 771	Penaloza, Philip	00:55:48	00:07:52	00:01:58	00:19:33	00:01:36	00:24:52
Flash M 40+, Run 800m Swim 500m Run 2.4km 765	Chang, Jesse		00:04:19	00:00:50			

