

2016 毅騰陸上兩項鐵人挑戰賽

2016 Titan Duathlon Challenge

(15 May 2016 Sunday)

挑戰組 Challenge

| Category | Category Pos | Name | Chinese Name | Bib | Official Time | Run 1 | T1 | Cycle | T2 | Run 2 |
|----------------|--------------|-----------------------|--------------|------|---------------|----------|----------|----------|----------|----------|
| Male Age 16-29 | 1 | LAM MICHAEL | | 3146 | 01:10:11 | 00:10:03 | 00:01:07 | 00:46:33 | 00:00:44 | 00:11:43 |
| Male Age 16-29 | 2 | YU SHING HIM MARK | | 3144 | 01:10:51 | 00:10:02 | 00:01:07 | 00:46:35 | 00:00:42 | 00:12:23 |
| Male Age 16-29 | 3 | CHAN CHRISTOPHER | 陳致禮 | 3142 | 01:11:46 | 00:10:04 | 00:01:07 | 00:46:35 | 00:00:43 | 00:13:15 |
| Male Age 16-29 | 4 | CHAN HOI WING | 陳凱榮 | 3013 | 01:11:56 | 00:10:28 | 00:00:47 | 00:46:32 | 00:00:49 | 00:13:18 |
| Male Age 16-29 | 5 | CHOW ANGUS | 周侃滔 | 3055 | 01:12:26 | 00:10:27 | 00:00:46 | 00:46:33 | 00:00:43 | 00:13:55 |
| Male Age 16-29 | 6 | KWOK WING KAN | | 3005 | 01:12:44 | 00:10:25 | 00:00:44 | 00:46:36 | 00:00:40 | 00:14:17 |
| Male Age 16-29 | 7 | TSANG HING SHAN | 曾慶山 | 3143 | 01:15:12 | 00:10:37 | 00:00:46 | 00:49:09 | 00:00:44 | 00:13:54 |
| Male Age 16-29 | 8 | CHEUNG HO YEUNG | | 3029 | 01:17:48 | 00:10:32 | 00:01:07 | 00:49:59 | 00:01:07 | 00:15:00 |
| Male Age 16-29 | 9 | LI TSZ HO ANGUS | 李子浩 | 3081 | 01:17:48 | 00:10:25 | 00:00:44 | 00:52:05 | 00:00:56 | 00:13:37 |
| Male Age 16-29 | 10 | LO NING YAN JOSEPH | 盧寧恩 | 3083 | 01:17:57 | 00:11:05 | 00:00:54 | 00:51:58 | 00:00:59 | 00:13:00 |
| Male Age 16-29 | 11 | CHENG TSZ YEUNG | | 3058 | 01:18:27 | 00:11:24 | 00:00:57 | 00:50:22 | 00:00:52 | 00:14:50 |
| Male Age 16-29 | 12 | CHAN LONG TING | 陳朗庭 | 3056 | 01:19:56 | 00:10:25 | 00:01:08 | 00:52:23 | 00:01:12 | 00:14:46 |
| Male Age 16-29 | 13 | LEE KA FAI | | 3006 | 01:20:42 | 00:11:50 | 00:01:07 | 00:51:55 | 00:01:05 | 00:14:43 |
| Male Age 16-29 | 14 | YEUNG WING HO | 楊永浩 | 3093 | 01:21:07 | 00:12:16 | 00:00:55 | 00:51:38 | 00:00:47 | 00:15:29 |
| Male Age 16-29 | 15 | CHUNG ANTHONY PUI WAN | 鍾沛宏 | 3145 | 01:21:28 | 00:11:25 | 00:01:16 | 00:51:19 | 00:01:31 | 00:15:55 |
| Male Age 16-29 | 16 | WONG HO HIM | 黃浩謙 | 3086 | 01:21:30 | 00:11:36 | 00:00:52 | 00:50:36 | 00:00:59 | 00:17:25 |
| Male Age 16-29 | 17 | WONG CHI ON | 黃志安 | 3090 | 01:21:52 | 00:12:08 | 00:01:36 | 00:48:52 | 00:01:30 | 00:17:44 |
| Male Age 16-29 | 18 | ON PUN WAI KELVIN | 安本偉 | 3041 | 01:22:16 | 00:12:34 | 00:01:21 | 00:48:46 | 00:01:08 | 00:18:26 |
| Male Age 16-29 | 19 | OR YIU HANG | 柯耀鏗 | 3092 | 01:23:59 | 00:10:31 | 00:00:41 | 00:50:09 | 00:01:14 | 00:21:22 |
| Male Age 16-29 | 20 | HO WAI KING | 何偉敬 | 3008 | 01:24:30 | 00:13:49 | 00:02:13 | 00:50:16 | 00:01:38 | 00:16:33 |
| Male Age 16-29 | 21 | LAU KWAN LAM ANGUS | | 3030 | 01:24:36 | 00:11:39 | 00:01:16 | 00:55:16 | 00:00:59 | 00:15:24 |
| Male Age 16-29 | 22 | LEUNG TONY | | 3089 | 01:24:41 | 00:13:36 | 00:01:34 | 00:47:35 | 00:01:28 | 00:20:25 |
| Male Age 16-29 | 23 | NG WAI SHING | 吳偉誠 | 3063 | 01:24:55 | 00:12:48 | 00:01:40 | 00:51:20 | 00:01:18 | 00:17:47 |
| Male Age 16-29 | 24 | LAU CHI YIN | 劉志賢 | 3036 | 01:24:55 | 00:12:57 | 00:02:01 | 00:50:47 | 00:01:27 | 00:17:42 |
| Male Age 16-29 | 25 | LEE KAI YEUNG | 李啟洋 | 3021 | 01:24:55 | 00:12:52 | 00:01:58 | 00:50:56 | 00:01:24 | 00:17:44 |
| Male Age 16-29 | 26 | CHO CHEUK FUNG ALEX | 曹焯鋒 | 3068 | 01:25:18 | 00:13:39 | 00:01:43 | 00:50:39 | 00:01:16 | 00:17:58 |
| Male Age 16-29 | 27 | LAI WA CHUN | 賴華進 | 3044 | 01:25:39 | 00:12:30 | 00:01:14 | 00:54:53 | 00:01:11 | 00:15:50 |
| Male Age 16-29 | 28 | CHAN CHI KEUNG | 陳自強 | 3001 | 01:26:44 | 00:11:02 | 00:01:57 | 00:56:52 | 00:01:44 | 00:15:07 |
| Male Age 16-29 | 29 | CHUI SAM | | 3051 | 01:26:51 | 00:12:49 | 00:01:29 | 00:54:07 | 00:01:14 | 00:17:10 |
| Male Age 16-29 | 30 | LEE MAN HEI HERMAN | 李文熙 | 3077 | 01:27:41 | 00:13:51 | 00:01:20 | 00:53:26 | 00:01:22 | 00:17:40 |
| Male Age 16-29 | 31 | HUI KA CHEONG | | 3047 | 01:28:31 | 00:11:18 | 00:00:56 | 00:58:12 | 00:00:59 | 00:17:04 |
| Male Age 16-29 | 32 | CHUNG PING SAN | 鍾秉桑 | 3028 | 01:28:34 | 00:12:07 | 00:01:11 | 00:58:25 | 00:01:02 | 00:15:48 |
| Male Age 16-29 | 33 | TSOI KA CHEUK | 蔡家焯 | 3074 | 01:30:09 | 00:11:38 | 00:00:53 | 00:50:44 | 00:01:03 | 00:25:50 |
| Male Age 16-29 | 34 | TSOI KA KIT | 蔡家傑 | 3073 | 01:30:10 | 00:11:00 | 00:01:32 | 00:49:49 | 00:02:10 | 00:25:38 |
| Male Age 16-29 | 35 | KWAN WAI KIT GARY | 關偉傑 | 3004 | 01:30:39 | 00:13:04 | 00:01:17 | 00:55:06 | 00:01:09 | 00:20:02 |
| Male Age 16-29 | 36 | CHOW CHAK HUNG | 周澤雄 | 3042 | 01:31:20 | 00:13:51 | 00:01:50 | 00:54:12 | 00:01:42 | 00:19:43 |
| Male Age 16-29 | 37 | YING KWONG SHIU | 英光劭 | 3072 | 01:31:48 | 00:11:30 | 00:01:23 | 00:59:47 | 00:01:24 | 00:17:42 |
| Male Age 16-29 | 38 | CHEUNG CHI LUNG | 張賜龍 | 3003 | 01:32:10 | 00:13:27 | 00:01:34 | 00:56:24 | 00:01:32 | 00:19:11 |
| Male Age 16-29 | 39 | TAM MAN HIN | 譚文軒 | 3078 | 01:33:09 | 00:13:52 | 00:01:26 | 00:57:08 | 00:01:47 | 00:18:54 |
| Male Age 16-29 | 40 | WONG KIN CHUNG | 王健聰 | 3075 | 01:33:59 | 00:11:50 | 00:01:35 | 00:58:55 | 00:01:29 | 00:20:08 |
| Male Age 16-29 | 41 | CHENG CHEUK NAM | | 3022 | 01:34:00 | 00:15:09 | 00:03:06 | 00:51:56 | 00:02:14 | 00:21:33 |
| Male Age 16-29 | 42 | WONG HIU KWONG | 黃曉光 | 3049 | 01:34:10 | 00:15:36 | 00:02:23 | 00:56:43 | 00:01:17 | 00:18:09 |
| Male Age 16-29 | 43 | PING YIN MAK | 麥炳賢 | 3148 | 01:34:39 | 00:15:03 | 00:01:54 | 00:54:08 | 00:02:03 | 00:21:30 |
| Male Age 16-29 | 44 | LEUNG TSUN WAH | 梁俊華 | 3045 | 01:34:45 | 00:14:09 | 00:02:16 | 00:55:23 | 00:01:28 | 00:21:27 |
| Male Age 16-29 | 45 | LAI CHEUK FAI | 黎卓輝 | 3002 | 01:34:58 | 00:13:17 | 00:03:03 | 00:53:44 | 00:02:10 | 00:22:43 |
| Male Age 16-29 | 46 | WONG HOK MAN FREEMAN | 黃學文 | 3091 | 01:35:16 | 00:13:10 | 00:02:23 | 00:56:20 | 00:03:01 | 00:20:20 |
| Male Age 16-29 | 47 | YEUNG CHI WING BRIAN | | 3061 | 01:35:26 | 00:15:42 | 00:02:18 | 00:52:26 | 00:03:09 | 00:21:49 |
| Male Age 16-29 | 48 | TSOI KA KING | 蔡嘉勁 | 3031 | 01:35:32 | 00:12:54 | 00:01:38 | 00:58:05 | 00:03:30 | 00:19:23 |
| Male Age 16-29 | 49 | DOMINGO DARIEL RABOY | 杜明高 | 3019 | 01:35:33 | 00:13:48 | 00:02:13 | 00:50:19 | 00:01:38 | 00:27:34 |
| Male Age 16-29 | 50 | CHAN TSZ LUN JACKY | 陳梓麟 | 3067 | 01:35:45 | 00:14:27 | 00:02:05 | 00:55:05 | 00:01:56 | 00:22:10 |
| Male Age 16-29 | 51 | LAM CHIN CHUN | 林千津 | 3026 | 01:36:20 | 00:14:15 | 00:01:04 | 00:56:12 | 00:01:21 | 00:23:26 |
| Male Age 16-29 | 52 | CHU SHING PAN | | 3032 | 01:36:22 | 00:13:52 | 00:02:32 | 00:55:28 | 00:02:41 | 00:21:47 |
| Male Age 16-29 | 53 | NG SAI KIT | 吳世傑 | 3025 | 01:36:51 | 00:16:50 | 00:01:33 | 00:56:39 | 00:02:22 | 00:19:24 |
| Male Age 16-29 | 54 | WAN MATTHEW | 尹家碩 | 3034 | 01:36:54 | 00:14:00 | 00:01:44 | 00:55:48 | 00:02:10 | 00:23:10 |
| Male Age 16-29 | 55 | CHEUNG WAI HIM | | 3054 | 01:36:55 | 00:14:09 | 00:02:28 | 00:53:21 | 00:02:43 | 00:24:11 |
| Male Age 16-29 | 56 | AU YEUNG KIN LOK | 歐陽建樂 | 3060 | 01:37:23 | 00:15:37 | 00:01:42 | 00:55:15 | 00:02:03 | 00:22:44 |
| Male Age 16-29 | 57 | HO YIP CHIU | 何業潮 | 3066 | 01:37:29 | 00:13:48 | 00:01:22 | 01:00:32 | 00:01:02 | 00:20:41 |
| Male Age 16-29 | 58 | CHENG CHING WAN LEO | 鄭政勻 | 3069 | 01:37:49 | 00:14:24 | 00:02:09 | 00:55:49 | 00:01:50 | 00:23:35 |
| Male Age 16-29 | 59 | TSE CHEUK KIN | 謝卓健 | 3024 | 01:38:25 | 00:14:31 | 00:01:28 | 01:00:23 | 00:01:32 | 00:20:29 |
| Male Age 16-29 | 60 | LEE CHI HO | 李志浩 | 3140 | 01:39:01 | 00:15:54 | 00:02:19 | 00:58:36 | 00:01:49 | 00:20:22 |

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|------------------|--------------|------------------------|--------------|------|---------------|----------|----------|----------|----------|----------|
| Male Age 16-29 | 61 | YIM SUNG YU | | 3018 | 01:39:34 | 00:15:26 | 00:02:25 | 00:58:51 | 00:01:54 | 00:20:56 |
| Male Age 16-29 | 62 | CHEUNG CHAK LAM | 張澤林 | 3071 | 01:39:36 | 00:14:29 | 00:02:03 | 00:58:19 | 00:02:06 | 00:22:36 |
| Male Age 16-29 | 63 | FONG KA WAI | 方嘉偉 | 3059 | 01:39:47 | 00:16:09 | 00:02:21 | 00:52:04 | 00:04:04 | 00:25:07 |
| Male Age 16-29 | 64 | LIU MAN WAI | 廖文偉 | 3076 | 01:40:12 | 00:12:46 | 00:01:47 | 00:59:32 | 00:02:43 | 00:23:23 |
| Male Age 16-29 | 65 | YAU KA CHUN | 游家俊 | 3082 | 01:40:30 | 00:14:25 | 00:01:47 | 01:02:39 | 00:01:15 | 00:20:22 |
| Male Age 16-29 | 66 | LAU LOK SANG | 劉洛生 | 3043 | 01:41:15 | 00:13:19 | 00:01:16 | 01:05:29 | 00:01:11 | 00:19:57 |
| Male Age 16-29 | 67 | YAU KWOK HOI | 邱國凱 | 3033 | 01:43:21 | 00:14:35 | 00:01:43 | 01:03:58 | 00:01:13 | 00:21:50 |
| Male Age 16-29 | 68 | NG CHUN LUN | 吳振麟 | 3023 | 01:43:26 | 00:14:48 | 00:01:40 | 01:00:32 | 00:02:19 | 00:24:04 |
| Male Age 16-29 | 69 | SIU KING WAH | 蕭敬樺 | 3088 | 01:43:48 | 00:14:39 | 00:03:32 | 01:00:33 | 00:02:48 | 00:22:13 |
| Male Age 16-29 | 70 | CHAN CHUNG HEI | 陳頌熹 | 3087 | 01:43:48 | 00:14:39 | 00:03:31 | 01:00:27 | 00:02:54 | 00:22:14 |
| Male Age 16-29 | 71 | HUI YEE PIERRE | 許怡 | 3046 | 01:43:59 | 00:14:08 | 00:01:22 | 01:08:07 | 00:01:09 | 00:19:11 |
| Male Age 16-29 | 72 | LUK KIN TO | 陸鍵濤 | 3070 | 01:44:02 | 00:18:08 | 00:01:43 | 00:55:36 | 00:01:54 | 00:26:40 |
| Male Age 16-29 | 73 | CHAN CHEUK NAM | 陳卓南 | 3048 | 01:44:04 | 00:15:46 | 00:02:22 | 00:58:42 | 00:02:41 | 00:24:32 |
| Male Age 16-29 | 74 | CHEUK LIK CHAN | 陳卓歷 | 3050 | 01:44:05 | 00:15:46 | 00:02:21 | 00:58:43 | 00:02:36 | 00:24:36 |
| Male Age 16-29 | 75 | LEUNG CHUNG HEI DANNY | 梁仲希 | 3016 | 01:46:29 | 00:15:05 | 00:02:17 | 01:03:35 | 00:02:02 | 00:23:29 |
| Male Age 16-29 | 76 | WONG SIU SHING | | 3141 | 01:46:31 | 00:16:11 | 00:01:23 | 01:05:17 | 00:01:24 | 00:22:13 |
| Male Age 16-29 | 77 | SO WAI LUN | 蘇偉麟 | 3039 | 01:46:45 | 00:16:01 | 00:03:08 | 01:04:09 | 00:01:58 | 00:21:27 |
| Male Age 16-29 | 78 | PAK HOK DIU | 刁柏鶴 | 3035 | 01:48:15 | 00:16:12 | 00:02:19 | 01:02:04 | 00:02:23 | 00:25:15 |
| Male Age 16-29 | 79 | KWAN LAI WO | 關禮和 | 3062 | 01:48:44 | 00:15:02 | 00:02:05 | 00:58:32 | 00:02:32 | 00:30:31 |
| Male Age 16-29 | 80 | WONG LOUIS KA SHUN | 黃家順 | 3085 | 01:48:45 | 00:15:00 | 00:02:50 | 00:57:52 | 00:02:35 | 00:30:26 |
| Male Age 16-29 | 81 | LEUNG KWONG WAI | 梁廣威 | 3014 | 01:49:24 | 00:17:55 | 00:02:13 | 00:54:42 | 00:02:35 | 00:31:57 |
| Male Age 16-29 | 82 | CHENG CHUN HEI | 鄭俊曦 | 3017 | 01:50:19 | 00:16:28 | 00:02:52 | 00:58:44 | 00:02:58 | 00:29:15 |
| Male Age 16-29 | 83 | CHAN CHUN WA | 陳俊樺 | 3015 | 01:50:20 | 00:17:53 | 00:02:03 | 00:57:59 | 00:03:18 | 00:29:05 |
| Male Age 16-29 | 84 | LEUNG CHUNG YIN | 梁仲賢 | 3010 | 01:50:20 | 00:16:24 | 00:02:51 | 00:58:46 | 00:03:14 | 00:29:03 |
| Male Age 16-29 | 85 | WONG HUNG CHUN | | 3011 | 01:52:24 | 00:15:10 | 00:02:54 | 01:08:39 | 00:02:25 | 00:23:16 |
| Male Age 16-29 | 86 | LEUNG TAK SHUN | 梁德信 | 3012 | 01:52:25 | 00:15:14 | 00:02:50 | 01:08:36 | 00:02:33 | 00:23:10 |
| Male Age 16-29 | 87 | LI CHI CHUN KENNETH | 李子俊 | 3065 | 01:54:00 | 00:14:55 | 00:01:34 | 01:11:04 | 00:01:13 | 00:25:12 |
| Male Age 16-29 | 88 | KO MAN KIT | 高文杰 | 3053 | 01:54:06 | 00:20:25 | 00:01:26 | 01:02:13 | 00:01:55 | 00:28:05 |
| Male Age 16-29 | 89 | NG HO YIN | 伍浩賢 | 3147 | 01:54:07 | 00:14:58 | 00:02:11 | 01:08:21 | 00:01:47 | 00:26:48 |
| Male Age 16-29 | 90 | CHAN CHUNG YIN | 陳忠賢 | 3040 | 01:54:08 | 00:16:35 | 00:01:35 | 01:11:46 | 00:01:26 | 00:22:45 |
| Male Age 16-29 | 91 | CHEUNG HO SAN | 張灝桑 | 3037 | 01:55:27 | 00:17:28 | 00:01:42 | 01:13:06 | 00:00:49 | 00:22:21 |
| Male Age 16-29 | 92 | Yip Kin Man | 葉健文 | 3020 | 01:55:58 | 00:18:49 | 00:03:21 | 01:03:32 | 00:03:44 | 00:26:30 |
| Male Age 16-29 | 93 | LO LIK HANG REGAN | 路力恆 | 3009 | 01:59:02 | 00:15:43 | 00:02:44 | 01:05:18 | 00:02:24 | 00:32:51 |
| Male Age 16-29 | 94 | SIN TSZ KIN | 冼梓健 | 3064 | 02:03:47 | 00:16:30 | 00:02:58 | 01:12:05 | 00:01:53 | 00:30:18 |
| Male Age 16-29 | 95 | CHOW KING LUN | 周經綸 | 3079 | 03:19:40 | 01:12:55 | 00:03:30 | 01:34:44 | 00:01:46 | 00:26:43 |
| Male Age 16-29 | DNF | LEE KIN LONG | 李健朗 | 3038 | | 00:17:30 | 00:01:41 | | | |
| Male Age 16-29 | DNF | TONG WA HIM | 唐華謙 | 3052 | | 00:14:17 | 00:02:30 | | | |
| Male Age 16-29 | DQ | LAU WUN KAM | 柳煥錦 | 3139 | 01:54:35 | 00:23:29 | 00:02:14 | 00:58:16 | 00:01:47 | 00:28:48 |
| Male Age 16-29 | DQ | YUNG KAI CHUNG | 容啟聰 | 3007 | 01:35:33 | 00:15:31 | 00:02:24 | 00:47:58 | 00:02:07 | 00:27:30 |
| Female Age 16-29 | 1 | TSANG KA HUNG | | 4062 | 01:18:41 | 00:11:49 | 00:02:37 | 00:48:40 | 00:00:51 | 00:14:43 |
| Female Age 16-29 | 2 | HUNG CHEUK YI, CHELSEA | 洪綽怡 | 4061 | 01:19:29 | 00:12:46 | 00:00:52 | 00:49:36 | 00:00:54 | 00:15:19 |
| Female Age 16-29 | 3 | LAW KELLY | 羅栩詠 | 4060 | 01:22:11 | 00:13:10 | 00:01:23 | 00:48:32 | 00:00:59 | 00:18:03 |
| Female Age 16-29 | 4 | LAM KA YAN | 林嘉欣 | 4003 | 01:34:42 | 00:12:09 | 00:02:36 | 01:02:46 | 00:01:52 | 00:15:17 |
| Female Age 16-29 | 5 | FAN FIONA | | 4004 | 01:42:39 | 00:14:15 | 00:01:34 | 01:03:20 | 00:01:23 | 00:22:04 |
| Female Age 16-29 | 6 | LAU SUET YING FRANCES | 劉雪瑩 | 4001 | 01:52:44 | 00:17:04 | 00:03:13 | 01:07:05 | 00:02:24 | 00:22:55 |
| Female Age 16-29 | 7 | HSU LING SHAN | | 4008 | 02:01:31 | 00:16:48 | 00:04:16 | 01:16:55 | 00:01:45 | 00:21:45 |
| Female Age 16-29 | 8 | HO CHING LING | 何澄靈 | 4007 | 02:24:25 | 00:18:35 | 00:02:31 | 01:36:57 | 00:01:43 | 00:24:37 |
| Male Age 30-39 | 1 | TSANG CHUN KIT | | 1034 | 01:10:56 | 00:10:20 | 00:01:04 | 00:46:02 | 00:01:06 | 00:12:21 |
| Male Age 30-39 | 2 | LEE YUK TONG | 李玉堂 | 1007 | 01:12:18 | 00:10:45 | 00:01:14 | 00:47:09 | 00:00:57 | 00:12:11 |
| Male Age 30-39 | 3 | BUCEK MICHAL | | 1131 | 01:12:49 | 00:10:22 | 00:01:03 | 00:46:05 | 00:00:56 | 00:14:21 |
| Male Age 30-39 | 4 | LEE WAI KIN | 李偉堅 | 1052 | 01:14:56 | 00:10:52 | 00:01:11 | 00:49:16 | 00:01:02 | 00:12:33 |
| Male Age 30-39 | 5 | CHAN CHUN KIT | 陳俊傑 | 1062 | 01:15:15 | 00:11:42 | 00:01:07 | 00:46:15 | 00:00:58 | 00:15:12 |
| Male Age 30-39 | 6 | OAY SHI KWAN | 黃仕坤 | 1063 | 01:16:03 | 00:11:42 | 00:01:07 | 00:46:13 | 00:01:09 | 00:15:50 |
| Male Age 30-39 | 7 | NG YUI POR | 西瓜 | 1016 | 01:16:14 | 00:11:01 | 00:01:15 | 00:48:39 | 00:01:03 | 00:14:14 |
| Male Age 30-39 | 8 | CHEUNG HUNG FAT | 張鴻發 | 1002 | 01:16:35 | 00:11:41 | 00:01:05 | 00:48:46 | 00:00:58 | 00:14:04 |
| Male Age 30-39 | 9 | LEUNG KAM FAI | 梁錦輝 | 1147 | 01:16:52 | 00:11:40 | 00:01:21 | 00:46:06 | 00:01:19 | 00:16:24 |
| Male Age 30-39 | 10 | WONG PATRICK | 黃柏廉 | 1089 | 01:17:09 | 00:11:27 | 00:01:37 | 00:49:51 | 00:01:02 | 00:13:10 |
| Male Age 30-39 | 11 | KWOK KA CHUN | 郭嘉俊 | 1008 | 01:17:47 | 00:11:20 | 00:01:23 | 00:49:01 | 00:01:28 | 00:14:33 |
| Male Age 30-39 | 12 | WONG DAVID | | 1100 | 01:18:45 | 00:12:10 | 00:01:05 | 00:48:12 | 00:01:07 | 00:16:09 |
| Male Age 30-39 | 13 | SHING MING | 成皿 | 1140 | 01:19:27 | 00:11:38 | 00:01:42 | 00:48:07 | 00:01:17 | 00:16:40 |

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|----------------|--------------|-------------------------|--------------|------|---------------|----------|----------|----------|----------|----------|
| Male Age 30-39 | 14 | YAU PAK SHING | | 1143 | 01:19:31 | 00:11:29 | 00:01:49 | 00:47:59 | 00:01:31 | 00:16:40 |
| Male Age 30-39 | 15 | NG ANDY | | 1001 | 01:19:33 | 00:12:00 | 00:01:34 | 00:48:49 | 00:01:15 | 00:15:53 |
| Male Age 30-39 | 16 | CHAK CHUN WING | 翟俊榮 | 1053 | 01:19:33 | 00:12:21 | 00:01:31 | 00:47:34 | 00:01:00 | 00:17:06 |
| Male Age 30-39 | 17 | WOO WAI KIT | | 1006 | 01:19:49 | 00:12:07 | 00:01:08 | 00:48:07 | 00:01:13 | 00:17:13 |
| Male Age 30-39 | 18 | SHUM PAK WING JEFFREY | | 1064 | 01:20:56 | 00:12:32 | 00:02:03 | 00:48:47 | 00:01:44 | 00:15:47 |
| Male Age 30-39 | 19 | TANG WING KEI | 鄧榮基 | 1092 | 01:20:56 | 00:12:16 | 00:01:16 | 00:49:55 | 00:01:20 | 00:16:07 |
| Male Age 30-39 | 20 | CHU JAMES H | | 1109 | 01:21:00 | 00:12:55 | 00:01:50 | 00:48:41 | 00:01:35 | 00:15:58 |
| Male Age 30-39 | 21 | WONG CARLOS | | 1080 | 01:21:16 | 00:11:52 | 00:01:21 | 00:51:44 | 00:01:17 | 00:15:00 |
| Male Age 30-39 | 22 | TAK KIU PUN | 潘德翹 | 1039 | 01:21:35 | 00:11:12 | 00:01:29 | 00:53:54 | 00:01:25 | 00:13:33 |
| Male Age 30-39 | 23 | PANG KWOK MAN | | 1122 | 01:21:58 | 00:11:35 | 00:02:00 | 00:52:34 | 00:01:45 | 00:14:02 |
| Male Age 30-39 | 24 | WONG LUNG KEI | 黃隆基 | 1112 | 01:22:10 | 00:12:50 | 00:02:11 | 00:47:41 | 00:01:42 | 00:17:43 |
| Male Age 30-39 | 25 | CHAN CHEONG KAN | 陳昌勤 | 1011 | 01:22:48 | 00:11:36 | 00:01:30 | 00:52:46 | 00:01:15 | 00:15:39 |
| Male Age 30-39 | 26 | LEUNG KWOK SHING | | 1029 | 01:23:03 | 00:12:59 | 00:02:05 | 00:51:25 | 00:01:33 | 00:14:59 |
| Male Age 30-39 | 27 | LEUNG SON KENG | 梁順敬 | 1141 | 01:23:23 | 00:11:07 | 00:01:18 | 00:55:55 | 00:01:06 | 00:13:56 |
| Male Age 30-39 | 28 | WU SONY | 胡偉業 | 1003 | 01:24:03 | 00:11:20 | 00:01:26 | 00:55:27 | 00:01:47 | 00:14:00 |
| Male Age 30-39 | 29 | CHENG WANG HONG | | 1022 | 01:24:13 | 00:12:15 | 00:01:54 | 00:50:04 | 00:01:35 | 00:18:23 |
| Male Age 30-39 | 30 | HO WING KUEN | 何永權 | 1070 | 01:24:28 | 00:13:23 | 00:01:43 | 00:49:57 | 00:01:54 | 00:17:29 |
| Male Age 30-39 | 31 | LEUNG CHEUK HIN | 梁卓軒 | 1093 | 01:24:36 | 00:13:38 | 00:01:20 | 00:52:03 | 00:01:30 | 00:16:03 |
| Male Age 30-39 | 32 | FOUQUET JEAN-CHARLES | | 1071 | 01:24:59 | 00:13:38 | 00:01:24 | 00:51:45 | 00:01:18 | 00:16:51 |
| Male Age 30-39 | 33 | CHAN KIN WAI | 陳健威 | 1107 | 01:25:01 | 00:11:30 | 00:01:33 | 00:53:51 | 00:02:09 | 00:15:56 |
| Male Age 30-39 | 34 | KWONG SAN MAN | | 1050 | 01:25:27 | 00:12:21 | 00:01:41 | 00:54:20 | 00:02:04 | 00:15:00 |
| Male Age 30-39 | 35 | TSUI SZE KAM KENNY | | 1035 | 01:25:29 | 00:13:21 | 00:01:36 | 00:52:10 | 00:01:18 | 00:17:02 |
| Male Age 30-39 | 36 | LAW CHAK LUNG | 羅澤龍 | 1105 | 01:25:33 | 00:11:40 | 00:01:14 | 00:55:39 | 00:01:31 | 00:15:26 |
| Male Age 30-39 | 37 | MOK CHIT | | 1091 | 01:26:01 | 00:14:13 | 00:02:13 | 00:50:49 | 00:01:50 | 00:16:56 |
| Male Age 30-39 | 38 | TSUI TSZ KIN | 徐子健 | 1146 | 01:26:05 | 00:10:51 | 00:02:14 | 00:57:35 | 00:02:04 | 00:13:19 |
| Male Age 30-39 | 39 | CHEUNG KIN MENG | | 1005 | 01:26:28 | 00:14:43 | 00:02:08 | 00:49:33 | 00:01:59 | 00:18:04 |
| Male Age 30-39 | 40 | CRAWFORD MARTIN | | 1098 | 01:26:45 | 00:12:30 | 00:01:51 | 00:52:28 | 00:02:03 | 00:17:51 |
| Male Age 30-39 | 41 | LI LESLIE | | 1036 | 01:27:09 | 00:13:28 | 00:01:55 | 00:52:36 | 00:02:02 | 00:17:05 |
| Male Age 30-39 | 42 | LEE CHEUK HIN | | 1038 | 01:27:12 | 00:13:35 | 00:01:26 | 00:53:41 | 00:01:32 | 00:16:55 |
| Male Age 30-39 | 43 | LO CHO YI | | 1045 | 01:27:14 | 00:14:08 | 00:02:40 | 00:49:47 | 00:02:22 | 00:18:14 |
| Male Age 30-39 | 44 | CHAN YEESHEK | 陳爾碩 | 1075 | 01:27:16 | 00:13:28 | 00:01:44 | 00:52:42 | 00:01:51 | 00:17:29 |
| Male Age 30-39 | 45 | NG KENNETH | | 1079 | 01:27:25 | 00:12:35 | 00:01:42 | 00:51:05 | 00:02:02 | 00:20:00 |
| Male Age 30-39 | 46 | YAU KONG LUN | 游剛倫 | 1032 | 01:27:36 | 00:15:10 | 00:01:11 | 00:50:35 | 00:01:22 | 00:19:15 |
| Male Age 30-39 | 47 | WU CE | 吳策 | 1137 | 01:27:47 | 00:13:20 | 00:02:31 | 00:51:55 | 00:01:40 | 00:18:18 |
| Male Age 30-39 | 48 | CHAN TSZ LONG | 陳子朗 | 1085 | 01:28:08 | 00:12:25 | 00:02:23 | 00:55:53 | 00:02:29 | 00:14:55 |
| Male Age 30-39 | 49 | TANG KOON WAH EDWARD | | 1144 | 01:28:11 | 00:14:16 | 00:02:11 | 00:50:04 | 00:01:33 | 00:20:05 |
| Male Age 30-39 | 50 | LEE TSZ KIN | 李子健 | 1047 | 01:28:12 | 00:14:48 | 00:02:30 | 00:51:06 | 00:01:51 | 00:17:55 |
| Male Age 30-39 | 51 | WONG CHI KIT | 黃智傑 | 1023 | 01:28:17 | 00:12:18 | 00:02:13 | 00:54:21 | 00:02:08 | 00:17:14 |
| Male Age 30-39 | 52 | APLIN TIM | 歐添明 | 1149 | 01:28:17 | 00:13:40 | 00:01:43 | 00:52:04 | 00:01:59 | 00:18:50 |
| Male Age 30-39 | 53 | KO YIU HUNG | 高耀雄 | 1074 | 01:28:22 | 00:12:59 | 00:01:20 | 00:52:46 | 00:01:11 | 00:20:04 |
| Male Age 30-39 | 54 | TSANG CHIU FAT | | 1121 | 01:28:49 | 00:13:44 | 00:03:05 | 00:49:49 | 00:03:08 | 00:19:02 |
| Male Age 30-39 | 55 | CHENG HONG IP | 鄭康業 | 1033 | 01:29:05 | 00:13:21 | 00:02:04 | 00:52:40 | 00:02:00 | 00:18:59 |
| Male Age 30-39 | 56 | KWOK SIU KEE | | 1043 | 01:29:35 | 00:15:09 | 00:02:45 | 00:49:46 | 00:02:00 | 00:19:53 |
| Male Age 30-39 | 57 | WONG TUNG SANG | 黃東生 | 1095 | 01:29:47 | 00:14:03 | 00:02:53 | 00:50:56 | 00:02:12 | 00:19:41 |
| Male Age 30-39 | 58 | WING WAH SHE | | 1103 | 01:30:15 | 00:14:33 | 00:01:56 | 00:51:32 | 00:02:08 | 00:20:04 |
| Male Age 30-39 | 59 | MAK WAI MAN | 麥偉文 | 1024 | 01:30:31 | 00:12:22 | 00:01:57 | 00:55:45 | 00:02:10 | 00:18:14 |
| Male Age 30-39 | 60 | LAM KA WAI | 林家偉 | 1133 | 01:30:32 | 00:14:24 | 00:02:33 | 00:49:37 | 00:02:36 | 00:21:21 |
| Male Age 30-39 | 61 | CHENG CHI FUNG PERCIVAL | 鄭志豐 | 1049 | 01:30:49 | 00:14:34 | 00:01:53 | 00:55:07 | 00:01:44 | 00:17:28 |
| Male Age 30-39 | 62 | PUN TOK FUNG SAM | | 1019 | 01:30:54 | 00:14:41 | 00:02:20 | 00:54:33 | 00:01:56 | 00:17:23 |
| Male Age 30-39 | 63 | LI WAI SHING | 李偉誠 | 1040 | 01:31:07 | 00:12:08 | 00:01:50 | 00:59:32 | 00:01:50 | 00:15:45 |
| Male Age 30-39 | 64 | YAT SHING LEE | | 1072 | 01:31:14 | 00:15:15 | 00:02:11 | 00:52:11 | 00:02:17 | 00:19:18 |
| Male Age 30-39 | 65 | LAU CHUNG LEUNG | 劉仲良 | 1111 | 01:31:38 | 00:15:24 | 00:01:37 | 00:49:39 | 00:02:11 | 00:22:45 |
| Male Age 30-39 | 66 | LAU KAI CHUNG | 劉啟聰 | 1087 | 01:31:42 | 00:13:34 | 00:02:10 | 00:52:26 | 00:02:20 | 00:21:10 |
| Male Age 30-39 | 67 | CHU SHUN MAN | 朱順文 | 1027 | 01:31:43 | 00:15:02 | 00:02:16 | 00:51:18 | 00:02:23 | 00:20:42 |
| Male Age 30-39 | 68 | SHAM SIU HANG | 岑兆恒 | 1110 | 01:31:51 | 00:15:00 | 00:01:51 | 00:51:27 | 00:01:34 | 00:21:57 |
| Male Age 30-39 | 69 | CHING WAI KIN | 程偉健 | 1101 | 01:31:53 | 00:13:43 | 00:02:43 | 00:56:09 | 00:02:16 | 00:17:00 |
| Male Age 30-39 | 70 | CHAN YUNG TING | 陳勇廷 | 1057 | 01:32:00 | 00:14:43 | 00:01:55 | 00:49:55 | 00:01:44 | 00:23:42 |
| Male Age 30-39 | 71 | CHOW SIU KEI RONALD | | 1118 | 01:32:20 | 00:13:12 | 00:01:56 | 00:54:35 | 00:01:43 | 00:20:51 |
| Male Age 30-39 | 72 | LEUNG TSZ PAN | | 1020 | 01:32:26 | 00:15:08 | 00:02:37 | 00:52:53 | 00:02:01 | 00:19:45 |
| Male Age 30-39 | 73 | LAU ANDY | 劉少仁 | 1028 | 01:32:29 | 00:14:22 | 00:01:19 | 00:54:25 | 00:01:35 | 00:20:46 |

2016 毅騰陸上兩項鐵人挑戰賽

2016 Titan Duathlon Challenge

(15 May 2016 Sunday)

挑戰組 Challenge

| Category | Category Pos | Name | Chinese Name | Bib | Official Time | Run 1 | T1 | Cycle | T2 | Run 2 |
|----------------|--------------|-------------------------|--------------|------|---------------|----------|----------|----------|----------|----------|
| Male Age 30-39 | 74 | MICHAEL YIM | | 1012 | 01:32:59 | 00:14:53 | 00:02:28 | 00:54:17 | 00:02:07 | 00:19:13 |
| Male Age 30-39 | 75 | PAK KIM YEUNG | 白劍陽 | 1031 | 01:33:32 | 00:15:37 | 00:02:19 | 00:51:35 | 00:01:46 | 00:22:13 |
| Male Age 30-39 | 76 | CHAN CHUN-FUNG | | 1058 | 01:34:00 | 00:13:31 | 00:01:06 | 01:01:26 | 00:01:50 | 00:16:04 |
| Male Age 30-39 | 77 | CHENG WING SHUN VINCENT | 鄭泳舜 | 1136 | 01:34:25 | 00:14:14 | 00:01:52 | 00:59:42 | 00:01:39 | 00:16:55 |
| Male Age 30-39 | 78 | JACKY HUI | | 1009 | 01:34:55 | 00:13:51 | 00:02:48 | 00:56:57 | 00:01:24 | 00:19:53 |
| Male Age 30-39 | 79 | KO KEI CHEUK | | 1145 | 01:35:05 | 00:16:39 | 00:02:12 | 00:52:37 | 00:01:50 | 00:21:44 |
| Male Age 30-39 | 80 | LI KEVIN | 李梓澄 | 1065 | 01:35:11 | 00:15:23 | 00:02:19 | 00:56:14 | 00:01:54 | 00:19:20 |
| Male Age 30-39 | 81 | CHAN KWAN LEUNG | 陳坤良 | 1010 | 01:35:23 | 00:15:27 | 00:03:22 | 00:52:54 | 00:02:38 | 00:21:00 |
| Male Age 30-39 | 82 | WONG KIN CHUNG | 王健聰 | 1004 | 01:35:26 | 00:16:29 | 00:02:24 | 00:53:00 | 00:00:51 | 00:22:40 |
| Male Age 30-39 | 83 | CHENG MING HEI | 鄭銘禧 | 1048 | 01:35:34 | 00:12:42 | 00:01:43 | 01:03:53 | 00:01:39 | 00:15:35 |
| Male Age 30-39 | 84 | LUK DICK | | 1117 | 01:36:06 | 00:15:49 | 00:02:46 | 00:52:57 | 00:02:48 | 00:21:43 |
| Male Age 30-39 | 85 | CHU KAI WAI | 朱繼維 | 1061 | 01:36:15 | 00:14:55 | 00:02:17 | 00:57:01 | 00:02:36 | 00:19:24 |
| Male Age 30-39 | 86 | WONG JASON | 黃哲貴 | 1119 | 01:36:26 | 00:13:16 | 00:01:10 | 01:02:30 | 00:01:27 | 00:18:01 |
| Male Age 30-39 | 87 | KWOK SHIU WANG | | 1113 | 01:36:29 | 00:15:40 | 00:02:40 | 00:55:19 | 00:03:07 | 00:19:40 |
| Male Age 30-39 | 88 | LI CHUNG LUNG | 李宗倫 | 1086 | 01:36:32 | 00:12:49 | 00:02:38 | 01:02:40 | 00:02:17 | 00:16:05 |
| Male Age 30-39 | 89 | TO WING HEEM | 杜穎謙 | 1135 | 01:36:43 | 00:14:18 | 00:02:49 | 00:57:51 | 00:02:06 | 00:19:38 |
| Male Age 30-39 | 90 | MA MING SHING | | 1120 | 01:37:00 | 00:14:10 | 00:03:05 | 00:58:44 | 00:02:27 | 00:18:31 |
| Male Age 30-39 | 91 | TAM CHUN KIT | | 1077 | 01:37:16 | 00:14:36 | 00:01:56 | 00:59:42 | 00:01:51 | 00:19:09 |
| Male Age 30-39 | 92 | SHAM SIU KEI ROLLY | | 1132 | 01:37:34 | 00:16:02 | 00:03:12 | 00:53:34 | 00:02:41 | 00:22:03 |
| Male Age 30-39 | 93 | NG CHI LIT | 吳熾烈 | 1088 | 01:37:36 | 00:13:51 | 00:01:35 | 01:00:41 | 00:01:25 | 00:20:03 |
| Male Age 30-39 | 94 | LO KWUN MAN | 盧冠文 | 1066 | 01:37:40 | 00:14:23 | 00:01:41 | 01:00:22 | 00:02:12 | 00:19:01 |
| Male Age 30-39 | 95 | WU KWOK WAI | 胡國偉 | 1139 | 01:37:58 | 00:12:55 | 00:02:39 | 01:03:39 | 00:01:39 | 00:17:05 |
| Male Age 30-39 | 96 | SIU WING HEI | 蕭永熹 | 1046 | 01:38:00 | 00:14:27 | 00:02:33 | 01:01:17 | 00:02:01 | 00:17:41 |
| Male Age 30-39 | 97 | CHAN CHI HO | 陳志豪 | 1102 | 01:38:26 | 00:15:29 | 00:02:50 | 00:57:52 | 00:03:24 | 00:18:48 |
| Male Age 30-39 | 98 | FUNG TIN CHI | 馮天賜 | 1042 | 01:38:26 | 00:15:34 | 00:02:44 | 00:57:53 | 00:03:25 | 00:18:48 |
| Male Age 30-39 | 99 | CHEUNG KWOK CHUNG | 張國忠 | 1124 | 01:39:04 | 00:14:27 | 00:03:24 | 01:00:23 | 00:02:22 | 00:18:26 |
| Male Age 30-39 | 100 | TSANG HING LUNG | | 1116 | 01:39:50 | 00:13:36 | 00:02:11 | 01:04:00 | 00:02:27 | 00:17:34 |
| Male Age 30-39 | 101 | LI YIU KEUNG CLAY | 李耀強 | 1090 | 01:39:56 | 00:14:42 | 00:03:00 | 00:58:19 | 00:02:31 | 00:21:23 |
| Male Age 30-39 | 102 | LI KA WING | 李家榮 | 1094 | 01:39:59 | 00:16:53 | 00:01:48 | 00:54:44 | 00:02:14 | 00:24:17 |
| Male Age 30-39 | 103 | CHU KWONG YIP | | 1025 | 01:40:11 | 00:14:20 | 00:02:12 | 01:00:36 | 00:01:48 | 00:21:13 |
| Male Age 30-39 | 104 | CHEUNG HOI PUN | 張海斌 | 1054 | 01:40:14 | 00:15:39 | 00:02:27 | 01:00:32 | 00:02:00 | 00:19:34 |
| Male Age 30-39 | 105 | HAU WAI KIN | 侯偉健 | 1115 | 01:40:19 | 00:14:29 | 00:01:47 | 00:59:05 | 00:01:33 | 00:23:22 |
| Male Age 30-39 | 106 | KAM LAP TAK | 甘立德 | 1069 | 01:41:03 | 00:14:09 | 00:01:41 | 01:03:58 | 00:01:24 | 00:19:48 |
| Male Age 30-39 | 107 | WONG YIU FAI | 黃耀輝 | 1067 | 01:41:07 | 00:18:50 | 00:02:30 | 00:50:19 | 00:02:18 | 00:27:09 |
| Male Age 30-39 | 108 | WONG STANLEY | | 1138 | 01:41:12 | 00:16:53 | 00:03:04 | 00:54:06 | 00:02:50 | 00:24:17 |
| Male Age 30-39 | 109 | NG KING WAH | | 1142 | 01:41:49 | 00:14:25 | 00:01:30 | 01:00:11 | 00:01:10 | 00:24:31 |
| Male Age 30-39 | 110 | WONG TSZ YEUNG | 王子揚 | 1114 | 01:42:00 | 00:15:48 | 00:02:51 | 00:59:36 | 00:02:15 | 00:21:28 |
| Male Age 30-39 | 111 | CHOY WING HONG | 蔡永康 | 1108 | 01:42:14 | 00:14:47 | 00:02:31 | 01:01:13 | 00:02:48 | 00:20:53 |
| Male Age 30-39 | 112 | MAN WAI FUNG ADRIAN | 文偉峰 | 1030 | 01:43:03 | 00:15:40 | 00:02:18 | 01:01:34 | 00:01:42 | 00:21:47 |
| Male Age 30-39 | 113 | KWOK WAI CHUNG | 郭偉聰 | 1037 | 01:43:43 | 00:14:32 | 00:01:52 | 01:05:39 | 00:01:44 | 00:19:54 |
| Male Age 30-39 | 114 | YEUNG CHUNG KI | 楊頌淇 | 1125 | 01:44:19 | 00:14:28 | 00:02:13 | 01:03:28 | 00:02:14 | 00:21:54 |
| Male Age 30-39 | 115 | LAU CHI KWONG | 劉志廣 | 1081 | 01:45:38 | 00:14:41 | 00:01:54 | 01:03:21 | 00:01:43 | 00:23:57 |
| Male Age 30-39 | 116 | HUI CHI WAI | 許志偉 | 1013 | 01:46:24 | 00:17:32 | 00:02:11 | 01:01:22 | 00:02:15 | 00:23:03 |
| Male Age 30-39 | 117 | CHEUNG SHIU CHUNG | | 1017 | 01:46:29 | 00:15:48 | 00:03:00 | 01:00:32 | 00:01:47 | 00:25:20 |
| Male Age 30-39 | 118 | SO SIU KEI | | 1096 | 01:46:57 | 00:18:39 | 00:02:22 | 00:59:03 | 00:02:29 | 00:24:23 |
| Male Age 30-39 | 119 | CHIU CHUN HO TERENCE | | 1129 | 01:47:42 | 00:16:06 | 00:02:18 | 01:05:33 | 00:01:57 | 00:21:47 |
| Male Age 30-39 | 120 | WONG HEI CHUNG WILSON | 王希中 | 1055 | 01:47:55 | 00:18:33 | 00:02:03 | 00:58:36 | 00:01:49 | 00:26:53 |
| Male Age 30-39 | 121 | CHAN CHUN HO | 陳俊豪 | 1060 | 01:49:10 | 00:14:36 | 00:02:17 | 01:08:43 | 00:03:34 | 00:19:58 |
| Male Age 30-39 | 122 | JASON C | | 1148 | 01:49:24 | 00:15:22 | 00:01:32 | 01:01:42 | 00:01:22 | 00:29:24 |
| Male Age 30-39 | 123 | KWOK TSZ FAI | 郭子輝 | 1014 | 01:49:40 | 00:15:49 | 00:03:07 | 01:01:45 | 00:02:59 | 00:25:58 |
| Male Age 30-39 | 124 | LAM HIU BUN HUBERT | 林曉濱 | 1056 | 01:52:03 | 00:18:35 | 00:02:27 | 00:59:45 | 00:01:46 | 00:29:29 |
| Male Age 30-39 | 125 | WONG SAI MAN SIMON | | 1021 | 01:52:07 | 00:21:39 | 00:02:27 | 00:55:12 | 00:02:17 | 00:30:30 |
| Male Age 30-39 | 126 | CHAN HIU MING | 陳曉明 | 1084 | 01:52:46 | 00:14:42 | 00:02:28 | 01:10:32 | 00:02:46 | 00:22:16 |
| Male Age 30-39 | 127 | CHOI WING KIT | 蔡榮傑 | 1130 | 01:53:04 | 00:15:59 | 00:04:03 | 01:09:09 | 00:02:36 | 00:21:16 |
| Male Age 30-39 | 128 | LAO HONG FAT | 劉康發 | 1068 | 01:53:46 | 00:14:52 | 00:01:33 | 01:14:49 | 00:02:07 | 00:20:22 |
| Male Age 30-39 | 129 | WONG CHI LUN | | 1076 | 01:54:41 | 00:17:14 | 00:02:35 | 01:09:27 | 00:02:20 | 00:23:04 |
| Male Age 30-39 | 130 | WU CHUN KIT | 胡俊傑 | 1051 | 01:54:47 | 00:18:26 | 00:01:51 | 01:07:43 | 00:01:34 | 00:25:12 |
| Male Age 30-39 | 131 | LEE MAN SHAN | 李文山 | 1041 | 02:10:56 | 00:18:35 | 00:05:24 | 01:13:22 | 00:05:07 | 00:28:27 |
| Male Age 30-39 | 132 | LEUNG WAI SHING | 梁偉誠 | 1044 | 02:23:05 | 00:12:41 | 00:01:40 | 01:45:24 | 00:01:48 | 00:21:29 |
| Male Age 30-39 | DQ | LAI CHI HO | 黎志豪 | 1015 | 01:34:50 | 00:15:26 | 00:02:12 | 00:51:57 | 00:00:50 | 00:24:24 |

2016 毅騰陸上兩項鐵人挑戰賽

2016 Titan Duathlon Challenge

(15 May 2016 Sunday)

挑戰組 Challenge

| Category | Category Pos | Name | Chinese Name | Bib | Official Time | Run 1 | T1 | Cycle | T2 | Run 2 |
|------------------|--------------|-------------------------|---------------|------|---------------|----------|----------|----------|----------|----------|
| Male Age 30-39 | DQ | CHEUNG TAK SHING | 張德勝 | 1026 | 01:31:44 | 00:18:37 | 00:02:23 | 00:47:35 | 00:01:54 | 00:21:14 |
| Male Age 30-39 | DNF | Chan Chun Kit | | 1123 | | | | | | |
| Male Age 30-39 | DQ | LO CHUN KIT | 盧俊傑 | 1126 | 01:55:48 | 00:22:17 | 00:02:50 | 00:54:37 | 00:02:39 | 00:33:24 |
| Male Age 30-39 | DQ | LAI WING KIN | | 1082 | 03:04:43 | 01:11:49 | 00:02:07 | 01:22:48 | 00:01:29 | 00:26:29 |
| Female Age 30-39 | 1 | FUNG WYNNIE | Wynn Fung | 4059 | 01:20:13 | 00:12:26 | 00:01:08 | 00:49:40 | 00:01:12 | 00:15:45 |
| Female Age 30-39 | 2 | LEUNG KIT YI | | 4055 | 01:29:22 | 00:15:18 | 00:01:41 | 00:51:24 | 00:01:20 | 00:19:36 |
| Female Age 30-39 | 3 | CHEUNG KAN | Xiao Bi Bi | 4058 | 01:34:06 | 00:14:12 | 00:01:30 | 00:58:34 | 00:01:28 | 00:18:20 |
| Female Age 30-39 | 4 | YIP HOI LUN | 葉凱倫 | 4009 | 01:34:27 | 00:14:41 | 00:01:41 | 00:58:24 | 00:01:28 | 00:18:12 |
| Female Age 30-39 | 5 | LEE SIN TING | 李倩婷 | 4021 | 01:35:41 | 00:14:13 | 00:02:02 | 00:59:26 | 00:01:23 | 00:18:34 |
| Female Age 30-39 | 6 | LAU MICHELLE | | 4026 | 01:36:30 | 00:14:16 | 00:01:27 | 01:01:06 | 00:01:22 | 00:18:17 |
| Female Age 30-39 | 7 | CHENG HAU WAN | 鄭巧雲 | 4023 | 01:37:21 | 00:16:05 | 00:01:52 | 00:56:16 | 00:01:51 | 00:21:15 |
| Female Age 30-39 | 8 | HAI SAU PAN | | 4016 | 01:39:09 | 00:15:31 | 00:01:18 | 01:00:39 | 00:01:44 | 00:19:56 |
| Female Age 30-39 | 9 | CHEUNG GILLIAN | | 4025 | 01:45:28 | 00:17:44 | 00:01:55 | 01:01:46 | 00:01:48 | 00:22:13 |
| Female Age 30-39 | 10 | LEUNG CHAU MEI | 梁秋薇 | 4015 | 01:47:55 | 00:14:37 | 00:02:09 | 01:12:26 | 00:02:32 | 00:16:09 |
| Female Age 30-39 | 11 | CHAN KWAN YI | 陳筠宜 | 4019 | 01:48:31 | 00:15:34 | 00:02:34 | 01:07:00 | 00:03:07 | 00:20:14 |
| Female Age 30-39 | 12 | LEE WAN SZE | | 4014 | 01:49:19 | 00:15:09 | 00:02:49 | 01:06:12 | 00:04:07 | 00:21:01 |
| Female Age 30-39 | 13 | YVONNE YUEN YING CHAN | | 4024 | 01:52:00 | 00:15:38 | 00:02:12 | 01:07:39 | 00:03:28 | 00:23:00 |
| Female Age 30-39 | 14 | POON LORRAINE | | 4011 | 01:54:36 | 00:18:29 | 00:02:14 | 01:06:28 | 00:02:25 | 00:24:59 |
| Female Age 30-39 | 15 | TSANG KAM YI | 曾錦怡 | 4056 | 01:58:01 | 00:18:50 | 00:02:28 | 01:10:38 | 00:02:19 | 00:23:45 |
| Female Age 30-39 | 16 | HO WAN YIN | 何韻頤 | 4027 | 01:58:10 | 00:16:29 | 00:02:20 | 01:13:29 | 00:01:34 | 00:24:16 |
| Female Age 30-39 | 17 | WAI KA KI | | 4022 | 01:58:52 | 00:17:44 | 00:02:55 | 01:13:53 | 00:01:58 | 00:22:20 |
| Female Age 30-39 | 18 | FU LAI YING | | 4020 | 02:00:56 | 00:17:30 | 00:02:27 | 01:10:56 | 00:01:47 | 00:28:13 |
| Female Age 30-39 | 19 | LI YING MAN | 李英敏 | 4057 | 02:01:34 | 00:17:21 | 00:02:15 | 01:17:17 | 00:01:50 | 00:22:50 |
| Female Age 30-39 | 20 | LAW CRISTAL | | 4012 | 02:03:09 | 00:17:03 | 00:02:27 | 01:14:20 | 00:03:00 | 00:26:17 |
| Female Age 30-39 | 21 | YIP STEPHANIE | | 4010 | 02:05:13 | 00:20:17 | 00:02:18 | 01:14:35 | 00:02:30 | 00:25:32 |
| Female Age 30-39 | 22 | NG MIU WAH | Ng Miu Wah | 4054 | 02:14:27 | 00:16:44 | 00:01:50 | 01:32:41 | 00:01:18 | 00:21:53 |
| Male Age 40-49 | 1 | TUPAC RON | xian Zhu Shou | 2135 | 01:13:05 | 00:11:04 | 00:00:55 | 00:46:33 | 00:01:07 | 00:13:25 |
| Male Age 40-49 | 2 | COURRET OLIVIER | | 2128 | 01:14:45 | 00:10:57 | 00:00:58 | 00:47:31 | 00:00:55 | 00:14:22 |
| Male Age 40-49 | 3 | TONG SIU HONG | | 2002 | 01:15:32 | 00:10:52 | 00:01:12 | 00:48:52 | 00:01:15 | 00:13:20 |
| Male Age 40-49 | 4 | CHUM TIK HO | 覃迪豪 | 2021 | 01:15:59 | 00:11:03 | 00:01:08 | 00:48:40 | 00:01:09 | 00:13:57 |
| Male Age 40-49 | 5 | WAN CHI YUEN | | 2086 | 01:16:29 | 00:11:06 | 00:01:04 | 00:49:05 | 00:01:17 | 00:13:56 |
| Male Age 40-49 | 6 | CHOW BILLY | | 2118 | 01:17:14 | 00:11:42 | 00:00:53 | 00:48:33 | 00:00:52 | 00:15:12 |
| Male Age 40-49 | 7 | LUI CHI WAI | | 2113 | 01:17:51 | 00:11:34 | 00:01:19 | 00:48:19 | 00:01:03 | 00:15:33 |
| Male Age 40-49 | 8 | LEUNG CHING FAI | | 2138 | 01:18:10 | 00:11:51 | 00:01:02 | 00:48:21 | 00:01:13 | 00:15:42 |
| Male Age 40-49 | 9 | CHOW HOI TAT | 周海達 | 2099 | 01:18:54 | 00:11:54 | 00:01:10 | 00:50:16 | 00:00:58 | 00:14:34 |
| Male Age 40-49 | 10 | WONG PUI YUEN | 黃沛源 | 2033 | 01:19:02 | 00:11:51 | 00:01:28 | 00:49:53 | 00:00:57 | 00:14:51 |
| Male Age 40-49 | 11 | Chan Pit Ho | 陳必豪 | 2050 | 01:19:10 | 00:11:51 | 00:01:44 | 00:49:55 | 00:01:09 | 00:14:30 |
| Male Age 40-49 | 12 | LUN TAT YIN ALEX | 倫達賢 | 2001 | 01:21:02 | 00:10:58 | 00:02:39 | 00:49:44 | 00:01:04 | 00:16:36 |
| Male Age 40-49 | 13 | FUNG CHOR HANG HUMPHREY | 馮礎恒 | 2015 | 01:21:18 | 00:11:39 | 00:01:33 | 00:52:13 | 00:01:14 | 00:14:38 |
| Male Age 40-49 | 14 | WAH ALAIN | | 2057 | 01:21:50 | 00:11:04 | 00:01:21 | 00:51:01 | 00:01:12 | 00:17:10 |
| Male Age 40-49 | 15 | CHIU CHI WAH STEVE | 趙志華 | 2090 | 01:22:18 | 00:13:18 | 00:01:10 | 00:49:53 | 00:01:09 | 00:16:47 |
| Male Age 40-49 | 16 | NGAI WAI LUN | 倪偉倫 | 2053 | 01:22:39 | 00:11:53 | 00:01:58 | 00:51:27 | 00:02:06 | 00:15:13 |
| Male Age 40-49 | 17 | CHOI SHING MIN | 徐承勉 | 2018 | 01:23:12 | 00:10:55 | 00:01:19 | 00:55:11 | 00:01:22 | 00:14:23 |
| Male Age 40-49 | 18 | WONG KIN PUN | | 2023 | 01:23:18 | 00:12:38 | 00:01:30 | 00:51:09 | 00:01:18 | 00:16:41 |
| Male Age 40-49 | 19 | TANG WAI KI RICKY | 鄧偉祺 | 2054 | 01:23:19 | 00:11:34 | 00:00:55 | 00:53:52 | 00:01:03 | 00:15:52 |
| Male Age 40-49 | 20 | WONG CHI MING | | 2025 | 01:23:37 | 00:12:17 | 00:01:45 | 00:52:03 | 00:01:34 | 00:15:57 |
| Male Age 40-49 | 21 | CHAN DENNIS | | 2008 | 01:23:46 | 00:12:29 | 00:01:19 | 00:52:39 | 00:01:23 | 00:15:55 |
| Male Age 40-49 | 22 | LI KAI HO KEVIN | 李啟豪 | 2091 | 01:24:16 | 00:13:32 | 00:01:56 | 00:48:49 | 00:01:40 | 00:18:17 |
| Male Age 40-49 | 23 | FUNG EDWARD | | 2030 | 01:25:01 | 00:12:42 | 00:01:43 | 00:51:42 | 00:01:20 | 00:17:32 |
| Male Age 40-49 | 24 | LEE KIN PONG | | 2004 | 01:25:08 | 00:13:56 | 00:01:54 | 00:48:32 | 00:02:47 | 00:17:57 |
| Male Age 40-49 | 25 | WU WAI KI | | 2083 | 01:25:12 | 00:12:21 | 00:01:43 | 00:53:24 | 00:01:35 | 00:16:07 |
| Male Age 40-49 | 26 | WONG TAT KUEN | 黃達權 | 2062 | 01:25:16 | 00:13:25 | 00:01:32 | 00:51:00 | 00:01:10 | 00:18:07 |
| Male Age 40-49 | 27 | WONG TIN KIT | 黃天傑 | 2124 | 01:25:33 | 00:12:32 | 00:01:18 | 00:53:56 | 00:01:20 | 00:16:25 |
| Male Age 40-49 | 28 | CHAN KWOK CHUNG | 陳國聰 | 2019 | 01:25:37 | 00:12:38 | 00:01:15 | 00:51:20 | 00:02:01 | 00:18:21 |
| Male Age 40-49 | 29 | TAM KWONG HING | 譚光興 | 2125 | 01:25:37 | 00:12:29 | 00:02:16 | 00:53:06 | 00:02:04 | 00:15:39 |
| Male Age 40-49 | 30 | CHAN MING KIN | 陳銘健 | 2042 | 01:25:43 | 00:11:43 | 00:01:45 | 00:56:21 | 00:01:25 | 00:14:26 |
| Male Age 40-49 | 31 | LEE JASON | | 2081 | 01:26:10 | 00:13:23 | 00:02:10 | 00:50:25 | 00:02:00 | 00:18:11 |
| Male Age 40-49 | 32 | YIU VOR | 饒戈 | 2082 | 01:26:20 | 00:12:42 | 00:02:16 | 00:52:53 | 00:01:42 | 00:16:46 |
| Male Age 40-49 | 33 | LAM KEVIN | | 2134 | 01:26:52 | 00:13:28 | 00:01:14 | 00:53:06 | 00:01:15 | 00:17:47 |
| Male Age 40-49 | 34 | CHAN CHI KIT | 陳志傑 | 2061 | 01:26:56 | 00:15:02 | 00:02:07 | 00:49:05 | 00:01:56 | 00:18:44 |

2016 毅騰陸上兩項鐵人挑戰賽

2016 Titan Duathlon Challenge

(15 May 2016 Sunday)

挑戰組 Challenge

| Category | Category Pos | Name | Chinese Name | Bib | Official Time | Run 1 | T1 | Cycle | T2 | Run 2 |
|----------------|--------------|-----------------------|--------------|------|---------------|----------|----------|----------|----------|----------|
| Male Age 40-49 | 35 | FUNG KWOK KEE | 馮國基 | 2121 | 01:27:34 | 00:13:55 | 00:01:49 | 00:50:23 | 00:02:21 | 00:19:04 |
| Male Age 40-49 | 36 | SIU WAI MING | 蕭偉明 | 2100 | 01:27:39 | 00:13:25 | 00:02:34 | 00:51:13 | 00:01:46 | 00:18:40 |
| Male Age 40-49 | 37 | PO KA LAI | | 2014 | 01:28:18 | 00:12:48 | 00:02:47 | 00:54:05 | 00:02:01 | 00:16:34 |
| Male Age 40-49 | 38 | CHENG KIN KONG | 鄭建江 | 2020 | 01:29:17 | 00:13:23 | 00:02:00 | 00:55:06 | 00:01:40 | 00:17:06 |
| Male Age 40-49 | 39 | NG CHEONG LING | | 2034 | 01:29:22 | 00:13:55 | 00:01:36 | 00:55:04 | 00:01:34 | 00:17:11 |
| Male Age 40-49 | 40 | CHAN KAM NIN | 陳淦年 | 2041 | 01:29:25 | 00:14:33 | 00:02:59 | 00:51:02 | 00:02:19 | 00:18:31 |
| Male Age 40-49 | 41 | AU YEUNG CHOR WING | 歐陽楚榮 | 2120 | 01:29:27 | 00:15:00 | 00:02:12 | 00:49:07 | 00:02:16 | 00:20:50 |
| Male Age 40-49 | 42 | SZE YING KIT | | 2031 | 01:29:39 | 00:12:48 | 00:02:08 | 00:55:40 | 00:02:09 | 00:16:53 |
| Male Age 40-49 | 43 | LO YIU KUEN | 盧耀權 | 2093 | 01:29:45 | 00:13:22 | 00:01:38 | 00:53:23 | 00:01:48 | 00:19:32 |
| Male Age 40-49 | 44 | YU TAK SING | 余德星 | 2040 | 01:29:59 | 00:12:11 | 00:01:31 | 00:57:15 | 00:01:39 | 00:17:20 |
| Male Age 40-49 | 45 | HO TAT MING | 何達明 | 2043 | 01:30:40 | 00:13:24 | 00:03:05 | 00:54:07 | 00:02:26 | 00:17:36 |
| Male Age 40-49 | 46 | CHOW HON WING | 周漢榮 | 2027 | 01:30:51 | 00:12:58 | 00:01:33 | 00:55:59 | 00:01:34 | 00:18:45 |
| Male Age 40-49 | 47 | CHAN PO YEUNG SIMON | | 2055 | 01:31:27 | 00:12:54 | 00:01:10 | 00:58:54 | 00:01:05 | 00:17:23 |
| Male Age 40-49 | 48 | LEE WAN KWONG | 李雲廣 | 2051 | 01:31:55 | 00:13:40 | 00:02:15 | 00:56:56 | 00:01:26 | 00:17:35 |
| Male Age 40-49 | 49 | CHOW RANDOLPH | 周鎮東 | 2036 | 01:31:59 | 00:13:41 | 00:02:19 | 00:55:33 | 00:02:16 | 00:18:09 |
| Male Age 40-49 | 50 | CHENG YU KWONG | | 2130 | 01:32:34 | 00:13:42 | 00:02:27 | 00:56:22 | 00:01:51 | 00:18:11 |
| Male Age 40-49 | 51 | YIM SEE LONG | | 2039 | 01:33:00 | 00:15:37 | 00:01:37 | 00:53:17 | 00:01:57 | 00:20:30 |
| Male Age 40-49 | 52 | HO HUNG FAT | 何鴻發 | 2044 | 01:33:09 | 00:14:08 | 00:02:48 | 00:57:14 | 00:01:32 | 00:17:25 |
| Male Age 40-49 | 53 | CHEUNG MAN CHUEN | | 2103 | 01:33:55 | 00:15:04 | 00:01:55 | 00:57:08 | 00:01:40 | 00:18:08 |
| Male Age 40-49 | 54 | TAM WING LEONG | 談永亮 | 2046 | 01:34:01 | 00:13:42 | 00:01:29 | 00:59:16 | 00:01:24 | 00:18:09 |
| Male Age 40-49 | 55 | WONG TAK WAI NICHOLAS | 王德偉 | 2063 | 01:34:05 | 00:14:02 | 00:01:59 | 00:58:56 | 00:01:39 | 00:17:27 |
| Male Age 40-49 | 56 | YUEN CHI YUEN | 袁志遠 | 2047 | 01:34:45 | 00:13:45 | 00:02:23 | 00:58:06 | 00:01:49 | 00:18:41 |
| Male Age 40-49 | 57 | FAN KAI TUNG | 范繼東 | 2026 | 01:35:41 | 00:14:19 | 00:02:04 | 00:56:27 | 00:02:06 | 00:20:43 |
| Male Age 40-49 | 58 | WONG CHUN BONG JOSEPH | 黃振邦 | 2122 | 01:35:47 | 00:13:46 | 00:02:45 | 00:58:40 | 00:02:18 | 00:18:16 |
| Male Age 40-49 | 59 | CHAN PIT HO | 陳必豪 | 2045 | 01:36:10 | 00:15:37 | 00:01:16 | 00:57:57 | 00:01:50 | 00:19:28 |
| Male Age 40-49 | 60 | YUEN KWOK WAI | 袁國偉 | 2084 | 01:36:13 | 00:13:55 | 00:02:31 | 01:00:11 | 00:01:35 | 00:17:59 |
| Male Age 40-49 | 61 | PANG YUK WAH | 彭育華 | 2117 | 01:36:37 | 00:13:32 | 00:02:46 | 00:59:28 | 00:02:06 | 00:18:42 |
| Male Age 40-49 | 62 | CHAN KAM HING | 陳錦興 | 2077 | 01:36:48 | 00:13:27 | 00:02:22 | 01:02:04 | 00:01:43 | 00:17:09 |
| Male Age 40-49 | 63 | CHUNG FAN HUNG | 鍾訓雄 | 2069 | 01:36:49 | 00:13:31 | 00:02:21 | 01:02:10 | 00:01:33 | 00:17:12 |
| Male Age 40-49 | 64 | YUM TAK WAN DONALD | 任德雲 | 2048 | 01:37:02 | 00:13:57 | 00:02:28 | 00:58:49 | 00:02:41 | 00:19:06 |
| Male Age 40-49 | 65 | CHIU SUI CHEONG | 趙瑞昌 | 2085 | 01:37:25 | 00:15:00 | 00:01:40 | 00:55:33 | 00:01:49 | 00:23:21 |
| Male Age 40-49 | 66 | NG BILLY | | 2079 | 01:37:36 | 00:14:59 | 00:02:39 | 00:58:03 | 00:02:24 | 00:19:29 |
| Male Age 40-49 | 67 | TAM CLIFF | 譚君驥 | 2133 | 01:37:38 | 00:13:44 | 00:01:19 | 01:00:51 | 00:01:28 | 00:20:14 |
| Male Age 40-49 | 68 | MUI SZE LOK | | 2102 | 01:37:55 | 00:14:58 | 00:02:15 | 00:56:10 | 00:02:43 | 00:21:46 |
| Male Age 40-49 | 69 | LAPSON YEUNG | | 2095 | 01:38:25 | 00:13:38 | 00:02:40 | 00:59:22 | 00:02:46 | 00:19:57 |
| Male Age 40-49 | 70 | CHIU WAI CHING | 趙維正 | 2052 | 01:38:35 | 00:14:51 | 00:02:49 | 00:57:55 | 00:02:04 | 00:20:53 |
| Male Age 40-49 | 71 | WONG LEI LOK | 黃里諾 | 2096 | 01:38:56 | 00:13:17 | 00:01:48 | 01:03:52 | 00:01:47 | 00:18:10 |
| Male Age 40-49 | 72 | HUI CHIU FAI | 許朝暉 | 2017 | 01:39:13 | 00:17:00 | 00:01:42 | 00:57:39 | 00:01:14 | 00:21:37 |
| Male Age 40-49 | 73 | YIP YAN CHI JOHNNY | 葉恩賜 | 2094 | 01:39:31 | 00:15:36 | 00:01:51 | 00:59:47 | 00:01:59 | 00:20:15 |
| Male Age 40-49 | 74 | LEE KEVIN | | 2010 | 01:39:38 | 00:13:38 | 00:02:18 | 01:02:24 | 00:01:23 | 00:19:53 |
| Male Age 40-49 | 75 | KONG SIU WAH | 江少華 | 2049 | 01:39:40 | 00:13:26 | 00:01:57 | 00:59:30 | 00:02:16 | 00:22:28 |
| Male Age 40-49 | 76 | WONG KAI HON | 黃啓漢 | 2060 | 01:39:40 | 00:15:34 | 00:02:05 | 00:59:54 | 00:01:51 | 00:20:14 |
| Male Age 40-49 | 77 | HO SHUN KWAN ALEX | | 2003 | 01:39:51 | 00:13:17 | 00:03:19 | 01:04:42 | 00:01:29 | 00:17:03 |
| Male Age 40-49 | 78 | LAI HON YING | 黎漢瑛 | 2106 | 01:40:09 | 00:13:58 | 00:02:34 | 01:00:48 | 00:01:41 | 00:21:06 |
| Male Age 40-49 | 79 | NG YAN WAI | | 2073 | 01:40:32 | 00:11:51 | 00:01:26 | 01:04:41 | 00:01:36 | 00:20:57 |
| Male Age 40-49 | 80 | LEE DICK WANG | 李迪宏 | 2038 | 01:40:56 | 00:14:41 | 00:02:14 | 01:03:01 | 00:02:00 | 00:18:59 |
| Male Age 40-49 | 81 | WONG JOE | | 2104 | 01:41:12 | 00:13:40 | 00:02:49 | 01:05:06 | 00:01:31 | 00:18:05 |
| Male Age 40-49 | 82 | FU GARY | 符致棟 | 2131 | 01:41:16 | 00:13:06 | 00:03:05 | 01:01:51 | 00:02:26 | 00:20:46 |
| Male Age 40-49 | 83 | SO WAI KIT RICKY | 蘇偉傑 | 2032 | 01:41:16 | 00:16:07 | 00:02:25 | 00:57:55 | 00:02:30 | 00:22:16 |
| Male Age 40-49 | 84 | YIP KA CHUNG | | 2012 | 01:41:50 | 00:14:51 | 00:01:43 | 01:01:33 | 00:01:55 | 00:21:45 |
| Male Age 40-49 | 85 | TERENCE NG | | 2119 | 01:42:02 | 00:17:25 | 00:01:55 | 01:02:07 | 00:01:44 | 00:18:48 |
| Male Age 40-49 | 86 | OR GARY | | 2089 | 01:42:13 | 00:14:47 | 00:01:47 | 01:01:32 | 00:01:59 | 00:22:06 |
| Male Age 40-49 | 87 | CHOW MAN CHUN DIMAN | 周文俊 | 2006 | 01:42:32 | 00:15:33 | 00:03:11 | 00:56:29 | 00:03:25 | 00:23:53 |
| Male Age 40-49 | 88 | CHAN WING YIN | 陳永賢 | 2067 | 01:42:39 | 00:15:40 | 00:03:51 | 01:00:29 | 00:03:08 | 00:19:29 |
| Male Age 40-49 | 89 | LEUNG PETER | | 2127 | 01:43:07 | 00:17:01 | 00:02:08 | 00:56:08 | 00:02:43 | 00:25:06 |
| Male Age 40-49 | 90 | SIT MAN LUNG | | 2076 | 01:43:25 | 00:14:04 | 00:01:49 | 01:06:54 | 00:01:35 | 00:19:01 |
| Male Age 40-49 | 91 | LEE MARTIN | | 2068 | 01:43:30 | 00:15:03 | 00:02:32 | 01:04:01 | 00:01:38 | 00:20:14 |
| Male Age 40-49 | 92 | LAI HON LUNG | 賴漢龍 | 2107 | 01:43:36 | 00:15:03 | 00:02:26 | 01:02:42 | 00:01:30 | 00:21:53 |
| Male Age 40-49 | 93 | CHAN KWUN TAK ANDREW | 陳觀德 | 2129 | 01:44:56 | 00:16:05 | 00:03:38 | 00:55:35 | 00:03:01 | 00:26:34 |
| Male Age 40-49 | 94 | CHAU SAMUEL | | 2009 | 01:45:06 | 00:14:45 | 00:03:46 | 00:58:40 | 00:06:09 | 00:21:45 |

2016 毅騰陸上兩項鐵人挑戰賽

2016 Titan Duathlon Challenge

(15 May 2016 Sunday)

挑戰組 Challenge

| Category | Category Pos | Name | Chinese Name | Bib | Official Time | Run 1 | T1 | Cycle | T2 | Run 2 |
|------------------------|--------------|-------------------------|--------------|------|---------------|----------|----------|----------|----------|----------|
| Male Age 40-49 | 95 | HO JAKE | | 2098 | 01:45:35 | 00:17:22 | 00:04:04 | 00:56:26 | 00:05:01 | 00:22:41 |
| Male Age 40-49 | 96 | LO WAI SUM | 盧煒森 | 2123 | 01:46:14 | 00:13:13 | 00:01:35 | 01:08:14 | 00:01:17 | 00:21:53 |
| Male Age 40-49 | 97 | SHEH ANTHONY | | 2080 | 01:47:28 | 00:15:11 | 00:03:44 | 01:02:53 | 00:03:03 | 00:22:34 |
| Male Age 40-49 | 98 | LEE RAY | 李麟光 | 2024 | 01:47:36 | 00:17:05 | 00:03:37 | 00:58:56 | 00:03:16 | 00:24:40 |
| Male Age 40-49 | 99 | CHEUNG CHI KIN | | 2112 | 01:47:56 | 00:15:21 | 00:02:35 | 01:04:52 | 00:02:36 | 00:22:30 |
| Male Age 40-49 | 100 | MA KIM CHUNG STEVEN | 馬劍忠 | 2078 | 01:48:54 | 00:15:12 | 00:01:29 | 01:12:48 | 00:01:42 | 00:17:42 |
| Male Age 40-49 | 101 | YUEN PUI WAI | 袁沛威 | 2109 | 01:50:20 | 00:17:07 | 00:01:58 | 01:07:54 | 00:01:29 | 00:21:49 |
| Male Age 40-49 | 102 | CHIU JOEY | 趙智泉 | 2132 | 01:50:27 | 00:16:09 | 00:01:46 | 01:05:18 | 00:01:58 | 00:25:14 |
| Male Age 40-49 | 103 | YEUNG TIAN LIN ARTHUR | 楊天麟 | 2028 | 01:51:31 | 00:16:50 | 00:03:39 | 01:03:06 | 00:02:54 | 00:25:01 |
| Male Age 40-49 | 104 | TSANG CHEUK MING | 曾焯明 | 2105 | 01:51:34 | 00:16:16 | 00:01:54 | 01:06:18 | 00:01:22 | 00:25:43 |
| Male Age 40-49 | 105 | YU NAI TIM TIMOTHY | 余灑添 | 2059 | 01:51:58 | 00:15:51 | 00:02:14 | 01:09:19 | 00:02:15 | 00:22:17 |
| Male Age 40-49 | 106 | MAN YUKON | | 2097 | 01:52:27 | 00:17:27 | 00:04:11 | 00:55:53 | 00:05:26 | 00:29:28 |
| Male Age 40-49 | 107 | YU MANHIM | 余文謙 | 2064 | 01:52:27 | 00:17:01 | 00:01:33 | 01:07:52 | 00:02:12 | 00:23:47 |
| Male Age 40-49 | 108 | CHEUNG KA MAN WESLEY | | 2072 | 01:54:03 | 00:13:22 | 00:01:20 | 00:59:33 | 00:01:45 | 00:38:01 |
| Male Age 40-49 | 109 | AU YEUNG HOI MAN | 歐陽海文 | 2116 | 01:54:09 | 00:17:17 | 00:04:16 | 01:03:38 | 00:03:27 | 00:25:30 |
| Male Age 40-49 | 110 | MAN KOON WAH | 文冠華 | 2111 | 01:55:30 | 00:17:20 | 00:03:16 | 01:07:25 | 00:03:18 | 00:24:08 |
| Male Age 40-49 | 111 | NG STANLEY | | 2087 | 01:56:04 | 00:14:23 | 00:02:13 | 01:11:46 | 00:01:51 | 00:25:49 |
| Male Age 40-49 | 112 | WONG KA KIT | | 2074 | 01:57:48 | 00:15:50 | 00:01:48 | 01:15:42 | 00:02:20 | 00:22:07 |
| Male Age 40-49 | 113 | CHENG CHUNG YUEN GARY | 鄭松源 | 2101 | 01:59:53 | 00:17:05 | 00:02:59 | 01:08:33 | 00:03:28 | 00:27:46 |
| Male Age 40-49 | 114 | WONG SAI KIN ANDREW | | 2007 | 02:01:33 | 00:15:29 | 00:03:23 | 01:15:43 | 00:02:22 | 00:24:35 |
| Male Age 40-49 | 115 | CHIU LUN HANG | 趙蘭恆 | 2011 | 02:01:43 | 00:16:10 | 00:02:10 | 01:13:56 | 00:01:54 | 00:27:31 |
| Male Age 40-49 | 116 | TANG STANLEY KF | 鄧國輝 | 2022 | 02:02:08 | 00:13:48 | 00:02:21 | 01:25:25 | 00:01:32 | 00:19:00 |
| Male Age 40-49 | 117 | CHAN MAN LUNG | 陳萬隆 | 2071 | 02:03:08 | 00:17:04 | 00:01:58 | 01:16:49 | 00:01:32 | 00:25:43 |
| Male Age 40-49 | 118 | LEE CHEUK HUNG HENRY | | 2035 | 02:04:29 | 00:18:45 | 00:03:26 | 01:10:09 | 00:03:20 | 00:28:46 |
| Male Age 40-49 | 119 | NG KWOK WAI | 吳國偉 | 2058 | 02:15:26 | 00:16:30 | 00:02:29 | 01:32:04 | 00:01:47 | 00:22:33 |
| Male Age 40-49 | DQ | CHEN CHI MING | | 2056 | 01:28:39 | 00:13:56 | 00:01:13 | 00:51:16 | 00:02:34 | 00:19:39 |
| Male Age 40-49 | DQ | LI KA MAN | 李嘉萬 | 2075 | 01:59:52 | 00:16:34 | 00:02:23 | 01:07:04 | 00:02:39 | 00:31:11 |
| Male Age 40-49 | DNF | TANG KIN CHUNG KENDREW | 鄧建冲 | 2016 | | 00:14:02 | 00:02:55 | 01:04:03 | | |
| Male Age 40-49 | DQ | CHOI KWONG HOP | | 2136 | 01:29:56 | 00:13:16 | 00:02:29 | 00:53:57 | 00:02:12 | 00:18:00 |
| Male Age 40-49 | DQ | CHEUNG RICKY | | 2137 | 01:33:15 | 00:15:50 | 00:01:11 | 00:55:55 | 00:01:05 | 00:19:13 |
| Female Age 40 or above | 1 | LUI SHUK HAN KAREN | 呂淑嫻 | 4047 | 01:21:05 | 00:12:10 | 00:00:58 | 00:50:07 | 00:00:56 | 00:16:51 |
| Female Age 40 or above | 2 | TSANG YIN HUNG | 曾燕紅 | 4034 | 01:25:36 | 00:12:37 | 00:01:14 | 00:54:19 | 00:01:12 | 00:16:13 |
| Female Age 40 or above | 3 | TAM PUI YI ELIZABETH | 譚佩儀 | 4040 | 01:35:36 | 00:14:16 | 00:01:29 | 00:59:55 | 00:01:06 | 00:18:49 |
| Female Age 40 or above | 4 | LI LOUISE | | 4030 | 01:37:33 | 00:15:13 | 00:01:59 | 00:57:03 | 00:02:07 | 00:21:09 |
| Female Age 40 or above | 5 | CHAN KA PIK | 陳嘉碧 | 4028 | 01:39:38 | 00:15:31 | 00:01:54 | 01:00:05 | 00:01:44 | 00:20:23 |
| Female Age 40 or above | 6 | WU TAI MUI | | 4045 | 01:40:03 | 00:15:28 | 00:02:04 | 01:01:34 | 00:01:53 | 00:19:02 |
| Female Age 40 or above | 7 | HUI CHING YING | | 4049 | 01:41:08 | 00:15:09 | 00:01:54 | 01:05:06 | 00:01:41 | 00:17:16 |
| Female Age 40 or above | 8 | LAM YIM PING | 林艷萍 | 4033 | 01:42:14 | 00:16:08 | 00:01:38 | 00:59:37 | 00:01:54 | 00:22:56 |
| Female Age 40 or above | 9 | CHING NGAI | | 4035 | 01:42:31 | 00:15:35 | 00:01:46 | 01:03:12 | 00:01:44 | 00:20:12 |
| Female Age 40 or above | 10 | MAK AMEN | 麥美嫦 | 4032 | 01:45:22 | 00:16:11 | 00:02:12 | 00:59:16 | 00:02:09 | 00:25:32 |
| Female Age 40 or above | 11 | CHAN SUET MEI ANNA | 陳雪美 | 4038 | 01:48:00 | 00:14:17 | 00:01:24 | 01:11:04 | 00:01:32 | 00:19:41 |
| Female Age 40 or above | 12 | YEUNG MEI LEI | 楊美俐 | 4039 | 01:50:22 | 00:16:17 | 00:01:19 | 01:11:50 | 00:01:01 | 00:19:52 |
| Female Age 40 or above | 13 | LAM WING KI VICKY | 林詠琪 | 4031 | 01:51:52 | 00:17:23 | 00:01:55 | 01:07:37 | 00:02:04 | 00:22:51 |
| Female Age 40 or above | 14 | WU MEI LING | 胡美玲 | 4036 | 01:52:24 | 00:16:39 | 00:02:07 | 01:10:06 | 00:01:27 | 00:22:04 |
| Female Age 40 or above | 15 | WAN SAO MEI | | 4052 | 01:52:35 | 00:17:44 | 00:02:11 | 01:07:45 | 00:02:03 | 00:22:50 |
| Female Age 40 or above | 16 | LEE KWOK CHOI JOSEPHINE | 李國財 | 4037 | 01:53:17 | 00:16:13 | 00:02:24 | 01:10:08 | 00:01:58 | 00:22:32 |
| Female Age 40 or above | 17 | KWOK SZE YEE | 郭斯怡 | 4048 | 01:54:25 | 00:18:05 | 00:01:49 | 01:05:06 | 00:03:25 | 00:25:58 |
| Female Age 40 or above | 18 | LO MEGAN | | 4042 | 01:56:53 | 00:16:41 | 00:01:59 | 01:13:06 | 00:02:01 | 00:23:04 |
| Female Age 40 or above | 19 | SARA CHOW | 周瑞瑜 | 4041 | 02:01:23 | 00:17:09 | 00:04:05 | 01:13:23 | 00:02:08 | 00:24:36 |
| Female Age 40 or above | 20 | HO SZE MAN | | 4051 | 02:05:25 | 00:17:34 | 00:03:24 | 01:18:24 | 00:03:00 | 00:23:02 |
| Female Age 40 or above | DNF | LU YAOWEI | 盧耀薇 | 4050 | | 00:16:53 | 00:04:27 | | | |
| Female Age 40 or above | DQ | FUNG MEI SIN PAMELA | | 4029 | 01:59:16 | 00:16:47 | 00:02:01 | 01:26:42 | | |
| Male Age 50 or above | 1 | TONG PHILIP | 湯志雄 | 3120 | 01:19:16 | 00:13:07 | 00:01:15 | 00:48:20 | 00:01:03 | 00:15:28 |
| Male Age 50 or above | 2 | LIU WING CHUEN | | 3126 | 01:19:16 | 00:12:07 | 00:01:00 | 00:49:33 | 00:01:12 | 00:15:22 |
| Male Age 50 or above | 3 | CHANG KING FU | | 3115 | 01:22:26 | 00:12:48 | 00:01:09 | 00:51:51 | 00:01:13 | 00:15:23 |
| Male Age 50 or above | 4 | LEUNG YAU HONG | 梁祐康 | 3111 | 01:23:06 | 00:12:36 | 00:01:13 | 00:52:01 | 00:01:04 | 00:16:10 |
| Male Age 50 or above | 5 | CHAN CHU | 陳殊 | 3095 | 01:24:34 | 00:12:25 | 00:01:08 | 00:52:19 | 00:01:10 | 00:17:30 |
| Male Age 50 or above | 6 | CHIU CHUN KEUNG | 趙春強 | 3133 | 01:27:11 | 00:12:19 | 00:02:16 | 00:54:54 | 00:02:08 | 00:15:31 |
| Male Age 50 or above | 7 | NICK WONG CHI WAI | | 3105 | 01:30:14 | 00:13:50 | 00:01:35 | 00:53:38 | 00:01:26 | 00:19:43 |
| Male Age 50 or above | 8 | ALBERT LO | | 3099 | 01:30:25 | 00:13:29 | 00:02:29 | 00:55:09 | 00:01:36 | 00:17:40 |

2016 毅騰陸上兩項鐵人挑戰賽

2016 Titan Duathlon Challenge

(15 May 2016 Sunday)

挑戰組 Challenge

| Category | Category Pos | Name | Chinese Name | Bib | Official Time | Run 1 | T1 | Cycle | T2 | Run 2 |
|----------------------|--------------|----------------------|--------------|------|---------------|----------|----------|----------|----------|----------|
| Male Age 50 or above | 9 | CHAN TSZ KWAN | 陳子昆 | 3130 | 01:30:57 | 00:15:25 | 00:01:30 | 00:52:11 | 00:01:32 | 00:20:17 |
| Male Age 50 or above | 10 | KWOK KA FAI | 郭嘉輝 | 3110 | 01:31:03 | 00:14:55 | 00:01:31 | 00:53:08 | 00:01:43 | 00:19:44 |
| Male Age 50 or above | 11 | LEUNG CHI MING | 梁志明 | 3098 | 01:31:53 | 00:13:07 | 00:01:37 | 00:56:39 | 00:01:56 | 00:18:32 |
| Male Age 50 or above | 12 | TSOI WAI MING TOMMY | | 3119 | 01:32:53 | 00:14:07 | 00:02:15 | 00:55:12 | 00:01:54 | 00:19:23 |
| Male Age 50 or above | 13 | YIM CHI SHING | 嚴志成 | 3118 | 01:33:29 | 00:14:13 | 00:01:57 | 00:56:28 | 00:01:31 | 00:19:18 |
| Male Age 50 or above | 14 | WU KAI CHUN | | 3122 | 01:33:48 | 00:14:09 | 00:02:04 | 00:55:34 | 00:01:57 | 00:20:02 |
| Male Age 50 or above | 15 | CHOY BENSON | | 3100 | 01:34:06 | 00:14:53 | 00:01:45 | 00:57:42 | 00:01:36 | 00:18:08 |
| Male Age 50 or above | 16 | LIU TIN FUK TOM | 廖天福 | 3097 | 01:34:08 | 00:14:11 | 00:01:39 | 01:00:14 | 00:01:15 | 00:16:47 |
| Male Age 50 or above | 17 | IP KAI YIU | 葉佳耀 | 3114 | 01:34:16 | 00:13:57 | 00:02:12 | 00:56:42 | 00:02:08 | 00:19:15 |
| Male Age 50 or above | 18 | CHAU LAP CHUNG | 周立中 | 3134 | 01:35:55 | 00:14:31 | 00:02:23 | 00:57:53 | 00:02:52 | 00:18:14 |
| Male Age 50 or above | 19 | TSE CHI KIN | 謝志堅 | 3101 | 01:36:10 | 00:13:47 | 00:01:44 | 01:01:43 | 00:02:20 | 00:16:33 |
| Male Age 50 or above | 20 | KWOK CHI MING | 郭志鳴 | 3125 | 01:37:07 | 00:14:52 | 00:02:12 | 00:57:37 | 00:02:03 | 00:20:21 |
| Male Age 50 or above | 21 | WONG JONATHAN | | 3124 | 01:38:25 | 00:14:01 | 00:02:43 | 00:59:08 | 00:02:49 | 00:19:42 |
| Male Age 50 or above | 22 | FUNG KWOK KEUNG | 馮國強 | 3107 | 01:38:25 | 00:13:25 | 00:02:04 | 01:04:14 | 00:01:22 | 00:17:19 |
| Male Age 50 or above | 23 | SO KIN SING | | 3108 | 01:38:45 | 00:14:23 | 00:02:13 | 00:59:48 | 00:01:36 | 00:20:42 |
| Male Age 50 or above | 24 | CHAU KWAI SUN | | 3138 | 01:39:03 | 00:12:59 | 00:01:27 | 01:05:35 | 00:02:03 | 00:16:56 |
| Male Age 50 or above | 25 | LAU CHI WAI | | 3123 | 01:39:25 | 00:17:57 | 00:01:30 | 00:55:00 | 00:01:51 | 00:23:06 |
| Male Age 50 or above | 26 | LEE KIM WA HAPPY | 李劍華 | 3129 | 01:42:34 | 00:13:07 | 00:01:15 | 01:09:17 | 00:01:11 | 00:17:42 |
| Male Age 50 or above | 27 | CHAN KWONG YEE | | 3127 | 01:43:28 | 00:15:11 | 00:02:16 | 00:55:28 | 00:02:56 | 00:27:34 |
| Male Age 50 or above | 28 | MAK KIM KEUNG ANDREW | 麥儉強 | 3128 | 01:44:14 | 00:14:39 | 00:02:23 | 01:04:40 | 00:03:06 | 00:19:24 |
| Male Age 50 or above | 29 | LI HON KEUNG MARTIN | 李漢強 | 3102 | 01:46:16 | 00:13:21 | 00:01:17 | 01:13:09 | 00:02:04 | 00:16:24 |
| Male Age 50 or above | 30 | WONG YING WAI TERRY | 王英偉 | 3104 | 01:46:36 | 00:15:17 | 00:02:15 | 01:03:39 | 00:02:45 | 00:22:37 |
| Male Age 50 or above | 31 | FUNG WAI KEUNG MARIO | 馮偉強 | 3132 | 01:49:06 | 00:15:27 | 00:01:31 | 01:10:31 | 00:01:29 | 00:20:07 |
| Male Age 50 or above | 32 | WONG JACKSON | 黃孝明 | 3103 | 01:53:12 | 00:18:21 | 00:03:29 | 01:02:59 | 00:03:36 | 00:24:45 |
| Male Age 50 or above | 33 | LAM KWONG TIN | 林廣田 | 3131 | 01:53:49 | 00:18:45 | 00:01:37 | 01:04:50 | 00:02:25 | 00:26:09 |
| Male Age 50 or above | 34 | JOHNNY LAI | 黎偉興 | 3117 | 01:56:07 | 00:17:57 | 00:01:46 | 01:11:45 | 00:01:45 | 00:22:53 |
| Male Age 50 or above | 35 | LEUNG CHI KEUNG | 梁志强 | 3109 | 01:57:53 | 00:16:55 | 00:02:27 | 01:11:24 | 00:02:38 | 00:24:26 |
| Male Age 50 or above | 36 | MA WAI MAN RAYMOND | 馬偉民 | 3116 | 02:02:27 | 00:16:56 | 00:02:21 | 01:12:10 | 00:01:51 | 00:29:07 |
| Male Age 50 or above | 37 | MA KIM WAI | 馬劍偉 | 3112 | 02:06:48 | 00:15:47 | 00:02:00 | 01:20:30 | 00:02:48 | 00:25:42 |
| Male Age 50 or above | DNF | YEUNG KING MING | | 3113 | | 00:16:54 | 00:01:53 | | | |
| Male Age 50 or above | DNF | KWOK HON KEUNG | | 3096 | | 00:12:05 | 00:01:10 | 00:56:42 | 00:01:15 | |
| Male Age 50 or above | DQ | CHEUNG CHAI SING | 張齊陞 | 3135 | 01:38:32 | 00:16:16 | 00:02:01 | 00:57:05 | 00:01:43 | 00:21:25 |
| Male Age 50 or above | DNF | SZETO WING LAP | 司徒永立 | 3137 | | 00:18:15 | 00:02:15 | | | |