

2018年度 香港代表隊選拔 測試時間紀錄 (截至 13/05/2018)

| Num | Name                          | Highest Class | Track Run<br>6 & 8 Feb 2018<br>(Kwai Chung,<br>Sham Shui Po<br>& Hammer Hill) | X-country<br>3 Mar 2018<br>(Tai Lam) | Track Run<br>6 & 8 Mar 2018<br>(Kwai Chung,<br>Sham Shui Po<br>& Hammer Hill) | Technical Test<br>25 Mar 2018<br>(Ngong Ping) | X-country<br>WOC_Long<br>7 Apr 2018<br>(Pak Shek Kau) | Technical Test<br>22 Apr 2018<br>(Pai Tau Hang) | X-country<br>1 May 2018<br>(Tai Lam) | X-country<br>WOC_Long<br>5 May 2018<br>(Pak Shek<br>Kau) | Technical<br>Test<br>13 May 2018<br>(North<br>District Park) |
|-----|-------------------------------|---------------|---|--------------------------------------|---|---|---|---|--------------------------------------|--|--|
| 1   | Au Joshua Ho Kiu              | M14           | 0:11:48   | 0:46:01                              | 0:12:04   | 0:22:50                                       | -   | 0:35:05   | ---                                  | -  | DNS  |
| 2   | CHAN AMANDA CHUN YI           | W16           | 0:13:44   | 1:21:55                              | 0:13:29   | 2:29:03                                       | -   | 1:41:55   | 1:13:34                              | -  | 0:24:18  |
| 3   | CHAN Cheuk HIM DANIEL         | M10           | NA  | NA                                   | NA  | NA  | -   | NA  | NA                                   | -  | NA   |
| 4   | CHAN CHUN HEI                 | M20           | 0:10:59   | 1:10:10                              | 0:19:08   | 1:07:10                                       | -   | DNS   | 1:11:59                              | -  | 0:14:40  |
| 5   | CHAN HAU WAH BRENDA           | W21E          | <b>0:21:16</b>  | <b>1:16:41</b>                       | <b>0:21:12</b>  | 1:03:24                                       | -   | 1:02:19   | <b>1:48:53</b>                       | -  | DNS  |
| 6   | CHAN PUI FUNG                 | W21E          | ---   | <b>1:28:10</b>                       | 0:24:02   | DNS   | <b>2:09:11</b>  | 1:19:17   | <b>1:29:41</b>                       | <b>2:11:14</b>   | 0:18:51  |
| 7   | CHAN TIN MONG                 | M21E          | ---   | ---                                  | 0:21:12   | DISQ  | -   | 1:29:01   | 1:21:53                              | -  | 0:17:51  |
| 8   | CHAN TSZ LING                 | W12           | 0:08:08   | ---                                  | ---   | 0:59:32                                       | -   | DNS   | ---                                  | -  | DNS  |
| 9   | CHEN KA HEI                   | M12           | 0:07:57   | ---                                  | ---   | 0:38:11                                       | -   | DNS   | 0:29:24                              | -  | 0:18:26  |
| 10  | CHENG PING KUEN               | M35A          | 0:23:05   | 1:24:24                              | 0:22:06   | 1:09:26                                       | -   | 0:59:29   | 1:26:24                              | -  | 0:16:43  |
| 11  | CHEUNG CHI KO ABDON           | M21E          | <b>0:19:23</b>  | ---                                  | ---   | 1:09:18                                       | -   | 1:10:46   | 1:15:45                              | -  | DNS  |
| 12  | CHEUNG LAI KUEN MONA          | W30A          | 0:27:58   | 1:09:09                              | ---   | 1:09:10                                       | -   | 1:10:50   | ---                                  | -  | DNS  |
| 13  | CHOW MAN LONG                 | M21E          | <b>0:19:54</b>  | <b>1:20:29</b>                       | ---   | 1:13:27                                       | <b>1:56:46</b>  | 1:11:43   | <b>1:19:43</b>                       | -  | 0:16:15  |
| 14  | CHU YAU MAN                   | M20           | 0:20:03   | 1:08:24                              | 0:19:20   | 1:06:04                                       | -   | 1:14:24   | 0:45:51                              | -  | 0:16:21  |
| 15  | CHU YING YAU                  | W20           | ---   | 1:32:17                              | 0:25:23   | 1:16:11                                       | -   | 1:18:47   | 1:05:53                              | -  | 0:19:09  |
| 16  | Chung Austin                  | M21E          | 0:21:04   | 1:27:07                              | 0:22:35   | 1:19:17                                       | -   | 1:10:02   | 1:48:14                              | -  | DNS  |
| 17  | CHUNG HO YIN                  | M18E          | 0:11:04   | ---                                  | ---   | 0:58:22                                       | -   | 0:49:22   | 0:46:47                              | -  | 0:14:43  |
| 18  | CHUNG WAI NANG                | M50           | 0:23:50   | 1:26:18                              | 0:23:34   | 1:00:22                                       | -   | 0:50:33   | 1:27:00                              | -  | 0:17:26  |
| 19  | FONG CHEUK LONG ETHAN         | M12           | 0:07:04   | 0:28:54                              | 0:06:58   | 1:12:25                                       | -   | 1:07:43   | 0:26:02                              | -  | 0:15:14  |
| 20  | FU CHUN YAN ALISTAIR          | M12           | 0:07:34   | 0:26:40                              | 0:07:16   | 0:34:51                                       | -   | 0:59:16   | 0:25:59                              | -  | 0:20:29  |
| 21  | FU HOI KI                     | W14           | 0:16:47   | 0:52:20                              | 0:15:48   | 1:00:00                                       | -   | DISQ  | ---                                  | -  | 0:20:22  |
| 22  | FUNG CHARMAINE KAI WING       | W21E          | <b>0:24:22</b>  | <b>1:35:59</b>                       | ---   | 1:40:36                                       | -   | 1:13:35   | ---                                  | -  | 0:20:09  |
| 23  | FUNG WAI CHING                | W20           | 0:28:06   | 1:54:31                              | 0:29:11   | 1:40:42                                       | -   | 2:15:56   | 2:03:28                              | -  | 0:31:25  |
| 24  | FUNG WAI KI                   | W14           | 0:13:46   | 0:44:33                              | 0:13:38   | 0:25:50                                       | -   | 1:00:53   | 0:39:43                              | -  | DISQ   |
| 25  | Fung Yuk Ching                | W30A          | ---   | 1:14:31                              | 0:30:01   | 1:18:24                                       | -   | 1:26:02   | ---                                  | -  | 0:21:34  |
| 26  | HO CHUN YUEN                  | M12           | 0:07:12   | ---                                  | 0:06:50   | 0:49:48                                       | -   | DISQ  | 0:23:53                              | -  | 0:17:57  |
| 27  | IP CHEUK LING                 | W12           | 0:08:56   | 0:38:42                              | ---   | 0:40:59                                       | -   | DISQ  | ---                                  | -  | 0:28:58  |
| 28  | KAN CYRIL                     | M10           | NA  | NA                                   | NA  | NA  | -   | NA  | NA                                   | -  | NA   |
| 29  | KO HIU MAN SOPHIE             | W12           | 0:10:11   | 0:32:01                              | 0:09:12   | 0:57:30                                       | -   | DNS   | ---                                  | -  | 0:21:22  |
| 30  | Kwok Justin Y Yan             | M14           | 0:12:47   | 1:12:21                              | 0:12:40   | 1:19:36                                       | -   | 1:02:14   | 0:54:50                              | -  | 0:17:00  |
| 31  | KWOK KIN KWAN (Oversea)       | M21E          | ---   | ---                                  | ---   | ---   | ---   | ---   | ---                                  | ---  | ---  |
| 32  | LAM CHO YU                    | W21E          | <b>0:22:42</b>  | <b>1:19:54</b>                       | ---   | 1:15:07                                       | <b>1:51:48</b>  | 1:14:29   | ---                                  | -  | 0:17:02  |
| 33  | LAM KA CHING                  | M21E          | <b>0:20:31</b>  | <b>1:20:33</b>                       | <b>0:19:58</b>  | 1:08:42                                       | <b>1:38:53</b>  | 1:28:39   | <b>1:15:56</b>                       | -  | 0:15:55  |
| 34  | LAM SAM CHOI                  | M21E          | 0:19:00   | <b>1:06:37</b>                       | ---   | 1:04:12                                       | -   | 0:58:17   | <b>1:08:38</b>                       | -  | DNS  |
| 35  | LAU CHEUK NAM                 | M12           | 0:06:11   | 0:24:31                              | 0:06:12   | 0:31:45                                       | -   | 0:41:44   | ---                                  | -  | 0:15:02  |
| 36  | LAU CHI CHUEN                 | M40           | 0:21:50   | 1:29:10                              | 0:23:16   | 1:44:42                                       | -   | 1:14:06   | 1:23:14                              | -  | DNS  |
| 37  | Lau Hin Yi                    | W16           | ---   | 1:13:06                              | 0:16:18   | DISQ  | -   | DISQ  | ---                                  | -  | DISQ   |
| 38  | LAU KIN PONG                  | M10           | NA  | NA                                   | NA  | NA  | -   | NA  | NA                                   | -  | NA   |
| 39  | LAW HOI YI (Oversea)          | W20E          | ---   | ---                                  | ---   | ---   | ---   | 1:32:02   | ---                                  | ---  | ---  |
| 40  | LAW WAI KAY                   | M55           | ---   | DNF                                  | 0:29:41   | 1:29:18                                       | -   | 1:11:32   | 1:05:39                              | -  | 0:20:25  |
| 41  | LEE HOI CHUN                  | M10           | NA  | NA                                   | NA  | NA  | -   | NA  | NA                                   | -  | NA   |
| 42  | LEE HONG PUI                  | M18E          | 0:22:36   | 0:58:11                              | 0:22:23   | 1:28:08                                       | -   | 1:08:24   | 0:59:41                              | -  | 0:18:44  |
| 43  | LEE KIN WAI                   | M21E          | ---   | <b>1:16:13</b>                       | <b>0:19:08</b>  | 1:05:44                                       | <b>1:41:37</b>  | 1:04:57   | <b>1:14:37</b>                       | <b>DNF</b>   | DNS  |
| 44  | LEE Sze Lut                   | M14           | 0:13:49   | 0:59:12                              | 0:13:38   | 0:27:51                                       | -   | 0:41:42   | 0:56:46                              | -  | 0:13:24  |
| 45  | LEE WING SUM                  | W21A          | 0:24:47   | ---                                  | ---   | DNS   | -   | 1:40:48   | 1:28:41                              | -  | 0:17:51  |
| 46  | LEUNG CHUNG WAI               | M20           | 0:11:31   | 1:12:49                              | 0:20:06   | 1:13:40                                       | -   | 1:19:04   | 0:49:16                              | -  | 0:16:20  |
| 47  | LEUNG HEI TUNG                | W20           | 0:23:14   | 1:37:39                              | 0:24:10   | 1:39:35                                       | -   | 1:27:30   | 1:11:08                              | -  | 0:19:41  |
| 48  | LEUNG HIU YUET                | W12           | 0:07:25   | 0:31:10                              | ---   | 0:54:11                                       | -   | 1:34:36(OT)                                     | ---                                  | -  | 0:23:36  |
| 49  | LEUNG HO CHUN                 | M14           | 0:14:33   | 0:59:43                              | 0:14:20   | 0:45:22                                       | -   | 0:41:01   | 0:57:21                              | -  | DISQ   |
| 50  | LEUNG KA KI                   | W21E          | <b>DNF</b>  | <b>1:43:31</b>                       | <b>0:23:15</b>  | 1:22:34                                       | <b>2:16:57</b>  | 1:11:41   | <b>1:23:46</b>                       | -  | 0:16:20  |
| 51  | LEUNG KA MAN                  | W21E          | ---   | 1:28:59                              | <b>0:21:04</b>  | DISQ  | -   | 1:58:19   | 1:38:59                              | -  | DNS  |
| 52  | LEUNG LAP ON                  | M50           | 0:30:06   | 1:51:20                              | 0:30:53   | 1:29:45                                       | -   | 1:50:43   | ---                                  | -  | DNS  |
| 53  | LEUNG LOK CHING               | W12           | 0:07:51   | ---                                  | ---   | 0:51:37                                       | -   | 1:36:18(OT)                                     | 0:29:25                              | -  | 0:22:58  |
| 54  | LEUNG YIU TIN                 | M14           | 0:13:16   | 0:54:42                              | 0:13:18   | 0:35:43                                       | -   | 0:46:27   | 0:50:56                              | -  | 0:19:19  |
| 55  | LI CHUN HO                    | M21E          | 0:19:37   | 1:06:45                              | ---   | 1:13:59                                       | -   | 1:11:57   | DNF                                  | -  | 0:14:51  |
| 56  | LI MING CHI                   | M35A          | 0:22:37   | 1:18:59                              | 0:22:04   | 0:55:05                                       | -   | 0:47:46   | 1:20:03                              | -  | 0:20:06  |
| 57  | Li Sing Wai                   | M21E          | 0:19:57   | 1:13:26                              | 0:19:37   | 1:12:35                                       | -   | 1:12:24   | 1:09:55                              | -  | 0:16:08  |
| 58  | LO HOI YAN                    | W14           | 0:13:19   | 0:40:05                              | 0:15:29   | 0:44:06                                       | -   | 1:02:19   | ---                                  | -  | 0:15:39  |
| 59  | LUI WAI LAN IRIS              | W21E          | <b>0:22:57</b>  | <b>1:18:53</b>                       | <b>0:22:51</b>  | DNS   | <b>1:50:06</b>  | 1:05:44   | <b>1:31:51</b>                       | -  | 0:16:47  |
| 60  | LUM CHEUK HEI                 | M16           | 0:11:04   | 0:49:30                              | 0:11:03   | DISQ  | -   | 1:12:44   | ---                                  | -  | 0:15:06  |
| 61  | LUN YAT YIU                   | W10           | NA  | NA                                   | NA  | NA  | -   | NA  | NA                                   | -  | NA   |
| 62  | MA LOK HIN                    | M21E          | <b>0:19:30</b>  | <b>1:21:42</b>                       | <b>0:18:56</b>  | 1:06:01                                       | <b>1:39:35</b>  | 1:12:29   | <b>1:15:03</b>                       | <b>1:38:33</b>   | 0:14:10  |
| 63  | MAK YUI KAN RAPHAEL (Oversea) | M21E          | ---   | ---                                  | ---   | ---   | ---   | ---   | ---                                  | ---  | ---  |
| 64  | MAN CHI KIN                   | M21E          | 0:20:26   | 1:16:13                              | 0:19:57   | 1:00:08                                       | -   | 1:06:49   | 1:16:12                              | -  | 0:15:34  |
| 65  | Man Wing                      | W16           | 0:11:59   | 1:10:24                              | ---   | 2:25:04                                       | -   | DISQ  | 1:13:39                              | -  | 0:19:40  |
| 66  | POON BRIAN WING YOUNG         | M21E          | <b>0:18:46</b>  | <b>1:11:01</b>                       | ---   | 1:15:55                                       | <b>1:40:49</b>  | DISQ  | <b>1:08:48</b>                       | <b>1:38:15</b>   | 0:15:16  |

2018年度 香港代表隊選拔 測試時間紀錄 (截至 13/05/2018)

| Num | Name                     | Highest Class | Track Run<br>6 & 8 Feb 2018<br>(Kwai Chung,<br>Sham Shui Po<br>& Hammer Hill) | X-country<br>3 Mar 2018<br>(Tai Lam) | Track Run<br>6 & 8 Mar 2018<br>(Kwai Chung,<br>Sham Shui Po<br>& Hammer Hill) | Technical Test<br>25 Mar 2018<br>(Ngong Ping) | X-country<br>WOC_Long<br>7 Apr 2018<br>(Pak Shek Kau) | Technical Test<br>22 Apr 2018<br>(Pai Tau Hang) | X-country<br>1 May 2018<br>(Tai Lam) | X-country<br>WOC_Long<br>5 May 2018<br>(Pak Shek<br>Kau) | Technical<br>Test<br>13 May 2018<br>(North<br>District Park) |
|-----|--------------------------|---------------|---|--------------------------------------|---|---|---|---|--------------------------------------|--|--|
| 67  | SHIU CHIT HEI            | M20E          | 0:19:29   | 1:14:26                              | 0:22:39   | 1:11:26                                       | -   | 1:00:04   | 1:50:24                              | -  | 0:15:42  |
| 68  | SHUM SIU LONG            | M14           | ---   | 1:02:23                              | 0:14:07   | 0:40:57                                       | -   | 0:50:45   | 1:01:21                              | -  | 0:14:10  |
| 69  | SIU PUI LOK              | M12           | 0:06:56   | 0:28:02                              | 0:06:20   | 1:05:21                                       | -   | 0:57:10   | 0:25:58                              | -  | 0:23:15  |
| 70  | SIU PUI YUET             | W14           | 0:14:04   | 0:40:27                              | 0:14:13   | 1:08:21                                       | -   | 0:46:05   | 0:39:54                              | -  | 0:16:07  |
| 71  | SO KA WANG               | M18E          | 0:18:25   | 0:48:23                              | 0:18:35   | 1:14:51                                       | -   | 1:09:10   | 0:58:18                              | -  | 0:16:08  |
| 72  | TAM WING CHUNG           | M21E          | <b>0:18:56</b>  | <b>1:07:38</b>                       | <b>0:18:39</b>  | DNS   | -   | 1:04:27   | <b>1:11:54</b>                       | <b>1:37:12</b>   | DISQ   |
| 73  | TANG PO WA               | W21A          | 0:26:54   | ---                                  | 0:27:39   | DNS   | -   | 2:03:19   | 2:27:11                              | -  | 0:20:41  |
| 74  | TO CHUNG YIN             | M16           | 0:12:18   | 0:55:10                              | 0:12:07   | 1:53:53                                       | -   | 1:11:44   | 1:13:07                              | -  | 0:17:35  |
| 75  | TONG SHEE YIU            | M16           | 0:13:23   | 1:00:53                              | 0:12:46   | 1:41:39                                       | -   | 1:44:05   | 1:15:52                              | -  | 0:18:00  |
| 76  | TSANG CHUNG KIU          | W12           | 0:07:46   | 0:34:36                              | ---   | 0:53:34                                       | -   | DISQ  | 0:32:15                              | -  | 0:27:48  |
| 77  | TSE YEE CHING            | W12           | 0:10:27   | ---                                  | ---   | DNS   | -   | DNS   | ---                                  | -  | DNS  |
| 78  | WONG CHEUK WANG          | M20           | 0:21:04   | 1:21:59                              | 0:20:50   | 1:22:46                                       | -   | 1:51:55   | 1:12:54                              | -  | 0:17:04  |
| 79  | WONG CHI CHUNG ISAAC     | M50           | 0:23:09   | 1:41:52                              | ---   | 1:48:02                                       | -   | 1:09:44   | 1:33:16                              | -  | 0:18:04  |
| 80  | WONG CHI YIN             | M35A          | ---   | 1:20:00                              | 0:22:09   | 1:18:16                                       | -   | 1:02:07   | 1:20:46                              | -  | 0:15:50  |
| 81  | WONG KWAN                | M14           | 0:14:34   | 0:53:34                              | 0:14:21   | 0:23:55                                       | -   | 0:43:07   | 1:06:48                              | -  | 0:14:22  |
| 82  | WONG TSZ CHUN JASON      | M20           | 0:20:09   | 1:09:24                              | 0:20:10   | 1:17:05                                       | -   | 1:16:35   | 0:46:35                              | -  | 0:15:50  |
| 83  | WONG WAI CHING VICKIE    | W30A          | ---   | 1:09:45                              | 0:30:07   | 1:21:25                                       | -   | 1:08:49   | 1:11:49                              | -  | DISQ   |
| 84  | WONG WAI NGAI ERIC       | M35A          | 0:21:51   | 1:18:47                              | ---   | 0:57:26                                       | -   | 1:09:41   | ---                                  | -  | 0:15:46  |
| 85  | WONG WING YIN            | W16           | 0:16:43   | 1:16:53                              | 0:16:17   | 2:45:42(OT)                                   | -   | 2:00:18   | ---                                  | -  | 0:27:13  |
| 86  | WONG YI SHAN             | W20           | 0:26:18   | 1:52:40                              | 0:25:44   | 1:20:14                                       | -   | 1:32:12   | ---                                  | -  | 0:21:27  |
| 87  | WONG YUK HING            | W30A          | ---   | 1:18:27                              | 0:32:35   | 1:55:54                                       | -   | 1:40:35   | 1:17:44                              | -  | DNS  |
| 88  | WOO ALOK                 | M12           | 0:06:12   | 0:24:09                              | 0:06:16   | 0:47:42                                       | -   | 1:00:19   | ---                                  | -  | 0:15:45  |
| 89  | WOO BONO                 | M12           | 0:07:02   | 0:31:08                              | 0:06:55   | DNS   | -   | DISQ  | ---                                  | -  | 0:32:31  |
| 90  | YAM KAI YUI HUBERT       | M16           | 0:11:07   | 0:53:56                              | 0:10:49   | 1:15:36                                       | -   | 1:01:35   | 0:49:57                              | -  | 0:15:39  |
| 91  | YAU MAN HEI MERI         | W12           | 0:07:55   | 0:33:36                              | ---   | 0:48:58                                       | -   | 1:28:17   | ---                                  | -  | 0:31:19  |
| 92  | YEE SZE WING             | W21E          | <b>0:23:09</b>  | 1:36:18                              | <b>0:22:49</b>  | 1:43:58                                       | -   | DNS   | ---                                  | -  | 0:18:57  |
| 93  | YEUNG WAI YIN ALEXIS     | M55           | ---   | ---                                  | 0:24:46   | 1:04:38                                       | -   | 1:05:03   | 1:03:31                              | -  | 0:19:23  |
| 94  | YIP CHAK LUN GERALD      | M21E          | <b>0:17:46</b>  | <b>1:05:53</b>                       | ---   | 1:02:39                                       | <b>1:27:14</b>  | 1:08:32   | <b>1:01:06</b>                       | -  | 0:14:54  |
| 95  | YIU VOR                  | M35A          | 0:21:12   | ---                                  | ---   | DNS   | -   | 1:10:37   | 1:20:29                              | -  | 0:25:00  |
| 96  | YIU YIU                  | W12           | 0:06:22   | ---                                  | ---   | 0:46:08                                       | -   | 0:58:31   | 0:25:11                              | -  | 0:22:38  |
| 97  | YOU YI                   | M20E          | 0:17:56   | 1:08:19                              | 0:20:07   | 1:27:11                                       | -   | 1:21:59   | 0:45:18                              | -  | 0:17:17  |
| 98  | You Yoyo                 | W14           | 0:13:41   | 0:42:31                              | 0:13:19   | 1:09:02                                       | -   | 1:08:46   | 0:39:54                              | -  | 0:17:26  |
| 99  | YU TSZ FUNG              | M20E          | 0:18:55   | 1:09:24                              | 0:19:47   | 1:05:56                                       | -   | 1:03:41   | 1:23:51                              | -  | 0:15:20  |
| 100 | YU TSZ WAI               | M21E          | <b>0:18:55</b>  | <b>1:06:03</b>                       | <b>0:17:48</b>  | 0:59:05                                       | -   | 1:01:14   | <b>1:05:01</b>                       | <b>1:32:54</b>   | 0:14:05  |
| 101 | YU TSZ YING              | W21E          | ---   | <b>1:36:11</b>                       | <b>0:25:00</b>  | 1:11:18                                       | -   | 1:19:49   | ---                                  | -  | DNS  |
| 102 | YU WING HAY              | W21E          | <b>0:19:53</b>  | ---                                  | ---   | 1:28:32                                       | -   | DNS   | 1:19:33                              | -  | DNS  |
| 103 | YUE PUI CHUNG            | M35A          | 0:25:18   | ---                                  | ---   | 1:25:03                                       | -   | DISQ  | 1:48:02                              | -  | 0:21:04  |
| 104 | YUE WEI YONG (Oversea)   | M20E          | ---   | ---                                  | ---   | ---   | ---   | 1:32:36   | ---                                  | ---  | ---  |
| 105 | YUEN WAI KIT (Withdrawn) | M18E          | 0:21:06   | 1:07:14                              | 0:20:22   | 1:37:38                                       | -   | Withdrawn                                       | Withdrawn                            | Withdrawn  | Withdrawn  |

|                             |
|-----------------------------|
| Reference time for WOC - ME |
| Best Time                   |
| 1.25x                       |

|                |                |                |                       |                |                       |                |                |                       |
|----------------|----------------|----------------|-----------------------|----------------|-----------------------|----------------|----------------|-----------------------|
| <b>WOC - S</b> | <b>WOC - M</b> | <b>WOC - S</b> | ↑                     | <b>WOC - L</b> | ↑                     | <b>WOC - M</b> | <b>WOC - L</b> | ↑                     |
| <b>0:17:46</b> | <b>1:05:53</b> | <b>0:17:48</b> | Test Course Best Time | <b>1:27:14</b> | Test Course Best Time | <b>1:01:06</b> | <b>1:32:54</b> | Test Course Best Time |
| <b>0:22:12</b> | <b>1:22:21</b> | <b>0:22:15</b> | A1 - 0:59:05          | <b>1:49:02</b> | A1 - 0:58:17          | <b>1:16:23</b> | <b>1:56:07</b> | A1 - 0:14:05          |
|                |                |                | A2 - 1:03:24          |                | A2 - 1:02:19          |                |                | A2 - 0:16:20          |

|                             |
|-----------------------------|
| Reference time for WOC - WE |
| Best Time                   |
| 1.25x                       |

|                |                |                |             |                |             |                |                |             |
|----------------|----------------|----------------|-------------|----------------|-------------|----------------|----------------|-------------|
| <b>WOC - S</b> | <b>WOC - M</b> | <b>WOC - S</b> | B - 0:55:05 | <b>WOC - L</b> | B - 0:47:46 | <b>WOC - M</b> | <b>WOC - L</b> | B - 0:14:43 |
| <b>0:19:53</b> | <b>1:16:41</b> | <b>0:21:04</b> | C - 0:22:50 | <b>1:50:06</b> | C - 0:35:05 | <b>1:23:46</b> | <b>2:11:14</b> | C - 0:13:24 |
| <b>0:24:51</b> | <b>1:35:51</b> | <b>0:26:20</b> |             | <b>2:17:38</b> |             | <b>1:44:42</b> | <b>2:44:03</b> |             |