

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	0815	ALDRICH LIM JING HONG	0:16:55	0:17:47	0:34:52	0:34:42	1	200	0	200	
2	0900	Jan Zastera	0:18:26	0:19:41	0:38:05	0:38:06	2	199	0	199	
3	0824	Andrew McCarthy	0:18:27	0:19:41	0:38:07	0:38:08	3	198	0	198	
4	0895	HUE TAT RONNIE TEO	0:18:49	0:19:24	0:38:13	0:38:13	4	198	0	198	
5	0962	Mohamad Azreen	0:18:52	0:20:08	0:38:57	0:38:59	5	197	0	197	
6	1020	Thow Wee Lim	0:18:52	0:20:11	0:39:01	0:39:03	6	196	0	196	
7	0952	Marcus Tan	0:18:44	0:21:12	0:39:52	0:39:55	7	195	0	195	
8	0968	MORGAN LIM ZHI HONG	0:18:43	0:21:43	0:40:26	0:40:26	8	194	0	194	
9	0829	Ben Khoo	0:19:18	0:21:41	0:40:54	0:40:59	9	194	272	466	
10	0881	gerard tang	0:19:59	0:21:28	0:41:26	0:41:27	10	193	0	193	
11	0951	Marc Rudajev	0:20:33	0:22:15	0:42:36	0:42:47	11	192	202	394	
12	0931	Kok Yong Lim	0:20:59	0:22:15	0:43:11	0:43:13	13	190	0	190	
13	1059	Zheng Feng Wu	0:20:28	0:23:08	0:43:33	0:43:35	15	189	0	189	
14	0878	Gael Woon Ming Fai	0:20:06	0:23:36	0:43:41	0:43:42	16	188	342	530	
15	0848	Chin Leong Chai	0:22:07	0:21:59	0:43:22	0:44:06	14	190	0	190	
16	0859	Dan Chandler	0:21:29	0:22:53	0:44:12	0:44:22	18	187	0	187	
17	0841	Chan Ka Wai	0:20:52	0:23:35	0:44:08	0:44:27	17	187	0	187	
18	0837	bryan chua	0:21:42	0:23:02	0:44:38	0:44:43	19	186	0	186	
19	0876	Foo Fang Jie	0:22:01	0:23:09	0:45:03	0:45:10	20	185	0	185	
20	1332	Derek Lau	0:22:07	0:23:15	0:45:20	0:45:22	22	183	0	183	
21	1058	Zhen Quan Chia	0:21:46	0:23:52	0:45:13	0:45:38	21	184	0	184	
22	0912	Julian Hudson	0:21:56	0:23:44	0:45:37	0:45:40	23	183	0	183	
23	1056	YOON CHET YAP	0:22:33	0:23:09	0:45:38	0:45:42	24	182	0	182	
24	0909	Jonathan Levine	0:22:24	0:23:47	0:45:54	0:46:10	25	181	0	181	
25	0808	Baroni Emanuele Arnaldo	0:22:08	0:24:06	0:46:12	0:46:14	26	180	534	714	
26	0840	Carlos Monterde	0:23:11	0:23:47	0:46:52	0:46:58	33	175	82	257	

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27	0890	HIZAL SAPUAN	0:23:10	0:23:53	0:46:52	0:47:02	32	175	0	175	
28	1060	Zhongjie Chen	0:23:06	0:24:04	0:46:45	0:47:09	29	178	137	315	
29	0866	Darren Tham	0:22:00	0:25:12	0:46:51	0:47:12	31	176	288	464	
30	0809	Aaron Chan	0:23:21	0:23:54	0:46:36	0:47:14	27	179	214	393	
31	1018	Teuk Ping Kelvin Wong	0:22:37	0:24:39	0:47:15	0:47:15	35	173	0	173	
32	0818	Aloysius Lim	0:22:22	0:25:00	0:47:17	0:47:22	36	172	0	172	
33	0846	Chee Keen Lai	0:22:59	0:24:35	0:47:29	0:47:34	37	171	0	171	
34	0924	Kevin Goh	0:22:56	0:24:53	0:47:41	0:47:49	39	170	0	170	
35	0812	Adarsha Puttur	0:23:02	0:24:51	0:47:13	0:47:52	34	174	0	174	
36	0954	Martijn van Eldik	0:23:26	0:24:26	0:47:47	0:47:52	40	169	258	427	
37	0905	Jeremy Round	0:23:12	0:24:45	0:47:50	0:47:57	43	167	243	410	
38	1026	Toh Jimin	0:22:50	0:25:41	0:48:16	0:48:30	44	166	0	166	
39	1014	Teck Hwee Goh	0:22:59	0:25:32	0:48:21	0:48:30	45	165	0	165	
40	1030	Tuffli Nguyen	0:23:01	0:25:47	0:48:40	0:48:48	46	164	267	431	
41	0934	Lai Huat Ong	0:25:00	0:24:23	0:49:16	0:49:22	50	161	0	161	
42	0847	Chee Wei Ng	0:23:21	0:26:07	0:49:21	0:49:27	52	160	0	160	
43	0874	elson lee hoon wee	0:24:03	0:25:35	0:49:34	0:49:38	56	156	0	156	
44	1335	Hector Phan	0:22:49	0:26:52	0:49:34	0:49:40	55	157	0	157	
45	0996	Sebastien Lay	0:23:45	0:25:58	0:49:25	0:49:42	53	159	82	241	
46	0870	diego parra viudes	0:24:57	0:24:47	0:49:12	0:49:44	49	162	0	162	
47	1003	Stanley Lim	0:23:58	0:25:51	0:49:33	0:49:49	54	158	0	158	
48	1023	Tijs Buijs	0:24:23	0:25:30	0:49:51	0:49:52	57	156	0	156	
49	0839	Carlo Trinidad	0:24:44	0:25:27	0:50:04	0:50:10	58	155	0	155	
50	1040	Wei Seng Mark Mu	0:24:40	0:25:43	0:50:13	0:50:23	61	152	110	262	
51	0835	Brendan Chua	0:23:40	0:26:47	0:50:22	0:50:26	63	151	0	151	
52	0981	Paul Lim	0:23:40	0:26:47	0:50:17	0:50:27	62	152	0	152	

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53	1073	Kam Aik Soon	0:26:07	0:24:29	0:50:25	0:50:35	64	150	0	150	
54	0856	Chwee Ann LIM	0:24:40	0:26:00	0:50:26	0:50:39	65	149	302	451	
55	0947	Loy cheemeng	0:22:33	0:28:09	0:50:38	0:50:41	66	148	0	148	
56	0902	Jason Tan K W	0:24:01	0:26:47	0:50:45	0:50:48	67	148	106	254	
57	0852	Chris, Miang Chneh Teo	0:26:56	0:23:55	0:50:08	0:50:50	59	154	0	154	
58	0916	Justin Mullany	0:24:34	0:26:26	0:50:57	0:51:00	68	147	175	322	
59	0884	Guang Xian Neo	0:23:59	0:27:27	0:51:15	0:51:26	70	145	0	145	
60	0935	LEE LINCOLN	0:26:11	0:25:22	0:51:06	0:51:33	69	146	0	146	
61	0950	Mak Jin Jieh	0:24:33	0:27:27	0:51:48	0:52:00	74	142	0	142	
62	0877	Foo Jong Tong	0:25:38	0:26:28	0:51:47	0:52:06	73	143	0	143	
63	0933	Kwok Shi Hao	0:27:21	0:24:54	0:47:47	0:52:15	41	168	125	293	
64	0973	Nicholas Lim	0:22:30	0:29:51	0:52:16	0:52:20	75	141	0	141	
65	1067	Toh Jonathon	0:26:26	0:26:20	0:52:36	0:52:46	77	140	0	140	
66	1064	Lee Pan Liang	0:26:08	0:26:50	0:52:18	0:52:57	76	140	0	140	
67	0857	CN Ng	0:24:58	0:28:02	0:52:47	0:52:59	78	139	0	139	
68	1047	Wilson Ho	0:24:08	0:28:53	0:52:48	0:53:00	79	138	0	138	
69	0914	Julius Bautista	0:26:05	0:27:07	0:53:04	0:53:11	81	137	125	262	
70	1041	Wei Shin Poh	0:26:52	0:26:22	0:51:26	0:53:14	72	144	0	144	
71	0971	Ng Hui Jun	0:26:10	0:27:06	0:52:50	0:53:15	80	137	0	137	
72	1015	Terence Leong	0:25:51	0:27:41	0:53:28	0:53:32	83	135	0	135	
73	0957	Mike Chee	0:26:27	0:27:26	0:53:35	0:53:52	85	133	203	336	
74	1013	Tay Tong Wei	0:24:52	0:29:03	0:53:39	0:53:54	87	132	0	132	
75	0922	KENG MENG OW	0:25:49	0:28:10	0:53:36	0:53:59	86	133	0	133	
76	0976	nicolas sinet	0:26:33	0:28:04	0:54:11	0:54:36	89	130	0	130	
77	0855	Chun Hwee Chua	0:26:05	0:28:41	0:54:43	0:54:46	93	127	0	127	
78	0930	Kok Yong Tan	0:26:16	0:28:32	0:54:19	0:54:48	90	129	0	129	

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79	0987	Rayyan Toh	0:27:01	0:27:59	0:54:08	0:55:00	88	131	154	285	
80	0965	Mohamed Ridwan Mahat	0:27:20	0:27:47	0:54:38	0:55:06	92	128	0	128	
81	0838	bryan goh Goh	0:27:52	0:27:15	0:54:21	0:55:06	91	129	0	129	
82	1054	Yew Hock Peh	0:25:06	0:30:02	0:54:57	0:55:08	95	125	40	165	
83	0969	Nathan Slack	0:24:25	0:30:54	0:55:13	0:55:18	96	125	0	125	
84	0861	Daniel Gan	0:26:38	0:28:56	0:55:25	0:55:33	97	124	0	124	
85	0819	Alvin Chia	0:26:03	0:29:45	0:55:38	0:55:47	99	122	20	142	
86	0964	Mohamed Irfan Muzzammil	0:26:30	0:29:18	0:55:28	0:55:48	98	123	0	123	
87	0880	ganesan premananth	0:26:17	0:30:09	0:56:27	0:56:26	111	113	0	113	
88	0814	Aimran Sarip	0:27:33	0:29:03	0:55:52	0:56:35	102	120	0	120	
89	0804	Ross Ismail	0:27:39	0:29:04	0:56:30	0:56:43	112	112	444	556	
90	0882	German Conde Garzon	0:27:35	0:29:12	0:56:12	0:56:46	105	117	0	117	
91	1010	Tan Chee Wah	0:27:01	0:29:51	0:56:31	0:56:51	113	111	202	313	
92	0953	Mark Godson	0:26:36	0:30:21	0:56:42	0:56:57	116	109	0	109	
93	0875	ENG BENG ANDY ONG	0:26:34	0:30:30	0:56:39	0:57:03	115	110	0	110	
94	1062	Zi Xin Chong	0:27:51	0:29:20	0:56:23	0:57:10	110	113	0	113	
95	0974	Nicholas Eugenius Lim	0:24:56	0:32:35	0:57:16	0:57:30	118	107	0	107	
96	0868	DAVID PERRING	0:25:36	0:32:02	0:57:35	0:57:38	122	104	105	209	
97	0810	Aaron Tan Zhi Quan	0:27:08	0:30:31	0:57:24	0:57:39	120	106	0	106	
98	1007	Tan Shu Tong	0:27:30	0:30:21	0:57:34	0:57:51	121	105	0	105	
99	0960	Mingding Han	0:27:15	0:30:55	0:57:57	0:58:10	126	101	0	101	
100	1012	Tan Tze Hiang Daven	0:26:48	0:31:25	0:57:48	0:58:12	123	103	0	103	
101	0817	Allen Cheung	0:26:16	0:32:00	0:58:06	0:58:15	128	99	0	99	
102	0830	Benjamin Schatzl	0:25:37	0:32:39	0:58:08	0:58:16	129	98	113	211	
103	0854	CHU CHEN GUAN	0:28:30	0:29:53	0:57:55	0:58:22	125	102	0	102	
104	0885	Guohao Tan	0:27:54	0:30:40	0:57:50	0:58:34	124	102	0	102	

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105	0893	Ho Keat Ooi	0:26:38	0:32:13	0:58:29	0:58:51	131	97	0	97	
106	1069	Yoh Kai Jie	0:29:49	0:29:09	0:58:18	0:58:58	130	98	0	98	
107	0963	Mohamad Amin Bin Mohamad Nor	0:29:29	0:29:32	0:58:30	0:59:00	132	96	0	96	
108	1057	Zhen Jie Sim	0:25:22	0:33:49	0:59:06	0:59:11	139	90	0	90	
109	0943	Lim Chang Byon	0:28:16	0:30:56	0:58:35	0:59:11	133	95	0	95	
110	0917	Kee Seng Chong	0:29:17	0:29:56	0:59:09	0:59:13	141	89	0	89	
111	0920	KEN CHUA	0:26:39	0:32:40	0:58:36	0:59:18	134	94	363	457	
112	0993	Rudi Ramin	0:29:13	0:30:07	0:59:06	0:59:19	138	91	0	91	
113	0997	Seng Chin Hoo	0:28:21	0:31:27	0:59:07	0:59:48	140	90	0	90	
114	0867	David Li	0:27:06	0:32:51	0:59:49	0:59:57	146	85	0	85	
115	0921	keng Leong Wong	0:28:36	0:31:23	0:59:20	0:59:58	142	88	0	88	
116	1074	Qing Xiang	0:27:48	0:32:13	0:59:22	1:00:00	143	87	0	87	
117	0944	Liu Shiqin	0:25:10	0:34:58	0:59:56	1:00:07	149	83	0	83	
118	0843	Chang Max	0:28:09	0:32:04	0:59:23	1:00:13	144	87	0	87	
119	0828	Arden Morales	0:27:14	0:33:21	1:00:19	1:00:35	154	79	0	79	
120	1034	WAH BOON FOO	0:28:22	0:32:15	1:00:11	1:00:36	151	81	0	81	
121	0970	Nelson Soh Ling Hong	0:28:40	0:31:58	1:00:13	1:00:38	152	80	0	80	
122	1329	Lionel Ser	0:28:45	0:32:05	1:00:26	1:00:50	155	78	68	146	
123	0903	jecky hernanto	0:28:48	0:32:05	1:00:48	1:00:53	157	76	0	76	
124	0972	Ng Soon Wei	0:28:40	0:32:27	1:00:31	1:01:06	156	77	0	77	
125	1063	Zixian Lin	0:34:09	0:27:03	0:53:24	1:01:12	82	136	0	136	
126	0827	Andy Pickford	0:29:14	0:32:19	1:01:18	1:01:32	158	75	0	75	
127	0992	Ron Lim	0:29:26	0:32:26	1:01:29	1:01:51	159	75	159	234	
128	0853	Christopher Beh	0:28:18	0:33:40	1:01:40	1:01:58	162	72	106	178	
129	0998	Shau Yann Leaw	0:28:53	0:33:12	1:01:40	1:02:05	161	73	0	73	
130	1051	Yeo Meng Liang	0:28:31	0:33:36	1:02:02	1:02:06	164	71	0	71	

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131	0842	Chang Chang Guo Rui Joel	0:30:33	0:32:03	1:02:17	1:02:36	168	67	142	209	
132	1008	Tan Swee Huat	0:29:23	0:33:15	1:02:01	1:02:38	163	71	0	71	
133	1005	Swee Hong Tan	0:28:00	0:34:45	1:02:31	1:02:44	169	67	0	67	
134	1052	Yeow Wei Pua	0:29:16	0:33:29	1:02:08	1:02:45	166	69	0	69	
135	1061	ZHUO HANLING	0:31:21	0:31:44	1:02:06	1:03:05	165	70	0	70	
136	0836	Brett woodwiss	0:28:15	0:34:51	1:02:47	1:03:06	173	63	0	63	
137	0887	Heng Chin Aun	0:30:16	0:32:57	1:02:37	1:03:12	171	65	0	65	
138	0991	Robert Kelley Roth	0:29:33	0:33:49	1:02:58	1:03:21	174	63	0	63	
139	0940	leong wei ching	0:30:38	0:32:45	1:03:04	1:03:23	175	62	0	62	
140	0872	EDSEL LACRE	0:32:21	0:31:18	0:59:39	1:03:39	145	86	0	86	
141	1035	Wai Mun Heng	0:28:11	0:35:35	1:03:42	1:03:45	176	61	0	61	
142	1046	Willy Soo	0:32:17	0:31:51	1:03:47	1:04:08	177	60	0	60	
143	0982	Pepin Sarked Ordon	0:31:36	0:33:10	1:04:33	1:04:46	178	60	0	60	
144	0967	Mohd Jamil Berori	0:29:15	0:35:56	1:04:53	1:05:11	181	57	0	57	
145	1027	Toh Chien Juin	0:31:18	0:34:08	1:04:57	1:05:26	182	56	0	56	
146	0822	Andre Sader	0:31:58	0:33:34	1:04:45	1:05:32	180	58	0	58	
147	0825	Andrew Paddock	0:27:41	0:38:21	1:05:53	1:06:01	185	54	343	397	
148	1025	TOH ZHI SEN	0:32:45	0:33:24	1:02:35	1:06:08	170	66	0	66	
149	1042	Wei Siang Chua	0:31:35	0:34:36	1:05:35	1:06:10	184	55	0	55	
150	1043	Wei Siang, Reagan Sim	0:29:45	0:36:27	1:05:58	1:06:11	186	53	0	53	
151	0925	Kheng Kwan Cheng	0:29:59	0:36:27	1:06:15	1:06:25	188	52	0	52	
152	0919	Ken Leong	0:32:18	0:34:17	1:05:13	1:06:35	183	56	0	56	
153	1028	Toshitake Funaki	0:30:42	0:36:21	1:06:46	1:07:03	191	49	0	49	
154	1045	William Ho	0:28:32	0:38:34	1:06:56	1:07:05	192	48	0	48	
155	1032	victor Toh Meng Hai	0:33:22	0:33:55	1:06:37	1:07:16	189	51	0	51	
156	0927	Kian Kiat Ng	0:34:58	0:32:42	1:07:16	1:07:39	193	48	0	48	

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157	0865	darrell ng jia wei Ng	0:33:14	0:34:43	1:07:36	1:07:56	196	45	0	45	
158	0949	LUIS LUI	0:32:43	0:36:20	1:08:16	1:09:02	198	44	0	44	
159	1399	Joseph Chee	0:31:30	0:37:52	1:09:16	1:09:22	199	43	0	43	
160	0863	Daniel Gan	0:32:10	0:37:22	1:09:12	1:09:31	202	40	13	53	
161	0879	Gan Teck Chew	0:30:05	0:39:27	1:08:55	1:09:31	201	41	0	41	
162	0979	ONG SOON HWEE	0:27:40	0:42:10	1:09:24	1:09:50	205	38	0	38	
163	1053	Yew Ray	0:34:05	0:35:47	1:09:21	1:09:52	204	39	0	39	
164	0833	Bingqiang Huang	0:37:17	0:32:36	0:59:52	1:09:52	147	84	0	84	
165	0941	Lim Jia Hao	0:28:51	0:41:03	1:09:26	1:09:53	206	37	0	37	
166	0929	Koh Seng Tiong	0:29:41	0:40:20	1:09:35	1:10:01	207	37	0	37	
167	1037	Wee Sze Alvin Tan	0:32:38	0:38:06	1:09:55	1:10:43	208	36	0	36	
168	0892	Ho Kai Huat	0:33:43	0:37:03	1:10:17	1:10:45	211	33	0	33	
169	1019	Theng Wee Meng	0:33:24	0:38:04	1:11:03	1:11:28	213	32	0	32	
170	1006	swu yau chua	0:34:37	0:36:54	1:10:34	1:11:30	212	33	0	33	
171	0862	Daniel Tham	0:31:34	0:40:07	1:11:30	1:11:41	214	31	143	174	
172	0999	Siang Huat Sim	0:36:30	0:37:26	1:10:14	1:13:56	209	35	0	35	
173	1038	Wee Teck Gary Goh	0:34:58	0:39:12	1:13:46	1:14:09	220	26	0	26	
174	1033	Vishnu Venugopal	0:34:16	0:39:54	1:13:35	1:14:10	218	28	0	28	
175	1055	Yi Yang Kang	0:31:07	0:44:49	1:15:42	1:15:56	222	25	0	25	
176	1049	Yap Chungyu	0:33:55	0:43:09	1:16:12	1:17:03	223	24	0	24	
177	0938	Lee Eugene	0:33:54	0:43:10	1:16:13	1:17:03	224	23	0	23	
178	0936	Lee Garry	0:33:37	0:44:03	1:16:49	1:17:40	226	21	0	21	
179	0869	David Fong	0:36:02	0:42:30	1:18:02	1:18:32	229	19	0	19	
180	0984	Phua Cher Chew	0:38:54	0:41:35	1:19:56	1:20:28	233	16	0	16	
181	0948	Loy Tony Tony	0:36:49	0:43:40	1:20:00	1:20:28	234	15	0	15	
182	1050	Yeo YongHwa, Jimmy	0:36:08	0:45:42	1:21:22	1:21:50	235	14	0	14	

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
183	0983	perly seah	0:35:58	0:46:38	1:21:50	1:22:36	237	13	0	13	
184	0820	Alvin Tay	0:37:43	0:45:41	1:22:56	1:23:23	238	12	0	12	
185	1036	Wee Ann Aw	0:39:40	0:45:50	1:23:37	1:25:29	239	11	0	11	
186	1070	Lim Jun Yong	0:30:02	0:56:21	1:25:39	1:26:22	241	10	0	10	
187	1068	I Crispino Matthew Emmanue	0:31:24	0:54:59	1:25:49	1:26:22	242	9	0	9	
188	1029	Troy Chong	0:56:50	0:29:48	0:56:10	1:26:37	104	118	0	118	
189	0834	bo xian lee	0:42:42	0:44:39	1:17:20	1:27:21	227	21	0	21	
190	1002	sinan sunarya Na	0:39:29	0:48:19	1:27:44	1:27:48	244	7	0	7	
191	0932	krishnan boongkannan.krishnan	0:50:26	0:37:51	1:08:28	1:28:17	200	42	0	42	
192	1044	Wiehan Widjaja	0:40:27	0:48:39	1:28:16	1:29:06	246	6	0	6	
193	0849	Choo Yee Tan	0:45:08	0:44:16	1:28:43	1:29:23	247	5	0	5	
194	1327	Jacob Lieu	0:42:09	0:47:21	1:28:56	1:29:30	248	4	0	4	
195	0851	Chow Yuan Wong	0:42:21	0:48:23	1:30:08	1:30:44	249	3	0	3	
196	0910	Jonathan Selisana	0:52:34	0:40:50	1:18:03	1:33:24	230	18	241	259	
197	0873	Edwin Choo	1:09:11	0:35:05	1:04:41	1:44:15	179	59	0	59	
198	1024	Timothy Lee	1:05:20	0:49:23	1:32:50	1:54:43	251	2	0	2	
199	1000	Sim Wei-Loong	1:05:24	0:49:20	1:32:50	1:54:43	250	2	0	2	
200	0955	Mathias Loo	0:28:22	-	-	-	0	0	88	88	DNF
201	0995	Seah Shao Qi	0:29:53	-	-	-	0	0	0	0	DNF
202	1065	Ng Matthew	0:30:42	-	-	-	0	0	0	0	DNF
203	1072	Tan Jun Leong	0:30:46	-	-	-	0	0	0	0	DNF
204	0945	Loh Meng Wai	0:32:08	-	-	-	0	0	0	0	DNF
205	0845	Chee Boon Toh	-	-	0:37:42	1:08:02	0	0	0	0	Incomplete Split Chk Pt
206	0816	Allan Cheng	-	-	0:38:20	1:08:39	0	0	0	0	Incomplete Split Chk Pt
207	1048	Wong Kee Siong	-	-	0:43:30	1:13:55	0	0	0	0	Incomplete Split Chk Pt
208	0994	Sajeev Kumar Menon	0:33:34	0:39:46	-	1:13:20	0	0	0	0	No Start Time

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
209	0988	Reymon Chin	0:01:14	1:15:29	-	1:16:42	0	0	0	0	No Start Time
210	0800	Scott Ang	-	-	-	-	0	0	0	0	DNF
211	0801	Chee Chuan Yang	-	-	-	-	0	0	0	0	DNF
212	0802	Tan Wei Min Aaron	-	-	-	-	0	0	148	148	DNF
213	0803	Daniel Guter	-	-	-	-	0	0	379	379	DNF
214	0805	Martin Fitzpatric	-	-	-	-	0	0	0	0	DNF
215	0807	Wong Ruei Chian	-	-	-	-	0	0	232	232	DNF
216	0811	Abdul Razak Idris	-	-	-	-	0	0	0	0	DNF
217	0813	Aidan Bailey	-	-	-	-	0	0	0	0	DNF
218	0821	Alvin Alvin Lee Kah Sheng	-	-	-	-	0	0	0	0	DNF
219	0823	Andreas Steinhilber	-	-	-	-	0	0	0	0	DNF
220	0826	Andy Ferris	-	-	-	-	0	0	0	0	DNF
221	0831	Benjamin Ho	-	-	-	-	0	0	0	0	DNF
222	0832	Bernard Lin	-	-	-	-	0	0	276	276	DNF
223	0844	Chee Boon Koh	-	-	-	-	0	0	0	0	DNF
224	0850	choon hoong leong	-	-	-	-	0	0	0	0	DNF
225	0858	Craig Lygoe	-	-	-	-	0	0	401	401	DNF
226	0860	Dan Bennett	-	-	-	-	0	0	0	0	DNF
227	0864	Danny Chan	-	-	-	-	0	0	0	0	DNF
228	0871	Dinesh Kumar	-	-	-	-	0	0	35	35	DNF
229	0883	Ghee Hin Ong	-	-	-	-	0	0	0	0	DNF
230	0886	Hannes Ruoff	-	-	-	-	0	0	0	0	DNF
231	0888	Henry Tan	-	-	-	-	0	0	0	0	DNF
232	0889	Herman Muliady	-	-	-	-	0	0	0	0	DNF
233	0891	Ho Yuanyong	-	-	-	-	0	0	0	0	DNF
234	0894	Horng Huei Lim	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
235	0896	Ian Chye	-	-	-	-	0	0	132	132	DNF
236	0897	Irving Chung	-	-	-	-	0	0	163	163	DNF
237	0898	jack liang	-	-	-	-	0	0	0	0	DNF
238	0899	Jacky Lim	-	-	-	-	0	0	0	0	DNF
239	0901	Jason Neo	-	-	-	-	0	0	0	0	DNF
240	0904	Jeffrey Aaron Hallmark	-	-	-	-	0	0	50	50	DNF
241	0906	Jerry Yiu	-	-	-	-	0	0	0	0	DNF
242	0907	Joel Cook	-	-	-	-	0	0	228	228	DNF
243	0908	John Lawrance	-	-	-	-	0	0	0	0	DNF
244	0913	Julian Wu	-	-	-	-	0	0	0	0	DNF
245	0915	Justin Ang	-	-	-	-	0	0	350	350	DNF
246	0918	Kelvin Tong	-	-	-	-	0	0	0	0	DNF
247	0923	Kengo Otsuka	-	-	-	-	0	0	0	0	DNF
248	0926	Khye Shyien Chai	-	-	-	-	0	0	0	0	DNF
249	0928	Kian Meng Lee	-	-	-	-	0	0	0	0	DNF
250	0937	Lee Wui Keat	-	-	-	-	0	0	0	0	DNF
251	0939	Leo Cheong Swee	-	-	-	-	0	0	0	0	DNF
252	0946	Louis Teo	-	-	-	-	0	0	0	0	DNF
253	0956	matthew sim	-	-	-	-	0	0	178	178	DNF
254	0958	Mike Schuman	-	-	-	-	0	0	0	0	DNF
255	0959	Mikkel Bjerrum	-	-	-	-	0	0	0	0	DNF
256	0961	Mitch Goh	-	-	-	-	0	0	0	0	DNF
257	0966	Mohammad Amin Bin Abdul Halim	-	-	-	-	0	0	0	0	DNF
258	0975	Nicholas Meng Sek Gog	-	-	-	-	0	0	0	0	DNF
259	0977	Nicolas Domeyko	-	-	-	-	0	0	0	0	DNF
260	0978	Niel Liebenberg	-	-	-	-	0	0	0	0	DNF

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
261	0980	ong peng boon	-	-	-	-	0	0	0	0	DNF
262	0985	Pramod Balakrishnan	-	-	-	-	0	0	28	28	DNF
263	0986	Raihan Sudirman	-	-	-	-	0	0	0	0	DNF
264	0989	Ricominoroy Pornamah	-	-	-	-	0	0	0	0	DNF
265	0990	Robert Antony Peter	-	-	-	-	0	0	0	0	DNF
266	1001	Simon Mun Hon Chan	-	-	-	-	0	0	0	0	DNF
267	1004	Stewart Tan	-	-	-	-	0	0	0	0	DNF
268	1009	Tan Kim Teck Christoper	-	-	-	-	0	0	0	0	DNF
269	1011	TAN Lee Hock James	-	-	-	-	0	0	149	149	DNF
270	1021	Tian Sheng, Allan Loi	-	-	-	-	0	0	0	0	DNF
271	1022	TIEN CHOR PER	-	-	-	-	0	0	0	0	DNF
272	1031	Victor Tan	-	-	-	-	0	0	0	0	DNF
273	1039	Wee-Tak Ivan Lam	-	-	-	-	0	0	0	0	DNF
274	1066	Yap Stephen	-	-	-	-	0	0	0	0	DNF
275	1071	Pillai Ganesan	-	-	-	-	0	0	0	0	DNF
276	1075	Ben Pulham	-	-	-	-	0	0	0	0	DNF
277	1330	Kang Yong Dian	-	-	-	-	0	0	0	0	DNF
278	1331	Jamie Koh Soo Hui	-	-	-	-	0	0	0	0	DNF
279	1334	Daren Chua	-	-	-	-	0	0	0	0	DNF
280	1340	Dong Feng Qing	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	1217	vivian tang	0:18:50	0:19:26	0:38:16	0:38:16	1	200	0	200	
2	1100	Cheong Tsui Ying Cheong	0:20:24	0:21:53	0:42:16	0:42:17	2	198	0	198	
3	1184	Rebecca Hemphill	0:23:24	0:24:41	0:47:59	0:48:05	3	197	176	373	
4	1209	Tan Lynly	0:23:18	0:25:23	0:48:15	0:48:41	4	195	0	195	
5	1216	Victoria Chandler	0:24:30	0:26:30	0:50:50	0:51:00	6	192	0	192	
6	1225	Yrannath Ng	0:24:45	0:26:26	0:51:04	0:51:11	7	191	0	191	
7	1111	Emily Hsieh	0:24:24	0:27:39	0:51:56	0:52:03	8	189	0	189	
8	1145	Kayo Tsukakoshi	0:25:28	0:27:23	0:52:49	0:52:50	10	186	0	186	
9	1084	Angeline Poon	0:25:45	0:27:43	0:53:26	0:53:28	13	181	0	181	
10	1210	Tan Yi Jing, Charmane	0:26:31	0:27:02	0:53:21	0:53:32	12	183	224	407	
11	1224	Yasmine Doerr	0:25:06	0:29:00	0:54:02	0:54:06	16	177	0	177	
12	1157	Megan Chiao	0:25:50	0:28:21	0:53:58	0:54:11	15	178	0	178	
13	1175	patricia madrigal	0:26:31	0:27:52	0:53:50	0:54:22	14	180	0	180	
14	1339	Diana Er	0:26:10	0:29:10	0:55:05	0:55:19	17	175	0	175	
15	1153	LIZEL BALINGATAN	0:27:34	0:27:55	0:55:13	0:55:28	18	173	0	173	
16	1124	Grace Pee	0:27:09	0:28:22	0:55:24	0:55:31	19	172	0	172	
17	1133	Jia Yun Tan	0:26:35	0:29:16	0:55:30	0:55:51	21	169	0	169	
18	1201	Siok Leng Ong	0:26:20	0:29:31	0:55:29	0:55:51	20	170	0	170	
19	1101	Chia Hui Lee	0:27:42	0:28:28	0:55:45	0:56:09	22	167	0	167	
20	1223	Yap ting yu karenn	0:28:43	0:28:07	0:56:02	0:56:50	23	166	0	166	
21	1103	Chiew Guat Tay	0:28:14	0:28:51	0:56:53	0:57:05	24	164	229	393	
22	1198	Silvana Mariela Gomez	0:26:48	0:30:24	0:57:09	0:57:12	27	159	0	159	
23	1215	Vanessa Montgomerie	0:27:08	0:30:06	0:57:06	0:57:14	26	161	0	161	
24	1147	Laychin Ng	0:28:21	0:30:31	0:58:44	0:58:51	29	156	0	156	
25	1176	Pauline Chong	0:26:55	0:32:32	0:59:09	0:59:26	30	155	160	315	
26	1140	Josephine Fong	0:29:08	0:30:29	0:59:13	0:59:36	31	153	0	153	

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
27	1221	WUI TING LEE	0:28:20	0:31:34	0:59:29	0:59:53	33	150	0	150	
28	1123	Grace Yew	0:29:01	0:30:56	0:59:51	0:59:56	34	148	0	148	
29	1148	Lee Lian Ang	0:29:26	0:30:42	0:59:52	1:00:08	35	147	0	147	
30	1179	Phuong Trinh	0:28:56	0:31:29	1:00:07	1:00:25	36	145	0	145	
31	1137	Joanna Sor	0:29:01	0:31:38	1:00:33	1:00:39	37	144	0	144	
32	1091	Audrey Wong	0:29:02	0:32:02	1:00:54	1:01:03	38	142	0	142	
33	1333	Penelope Xian Lin Chia	0:31:58	0:29:19	1:01:08	1:01:17	39	141	0	141	
34	1076	Tracey Pickford	0:29:13	0:32:19	1:01:18	1:01:32	41	138	112	250	
35	1193	Serene Yang	0:34:57	0:26:44	0:52:51	1:01:40	11	184	0	184	
36	1094	Boon San Coral Lim	0:29:55	0:31:46	1:01:09	1:01:41	40	139	0	139	
37	1168	Nazimah Bte Saini	0:29:28	0:33:02	1:02:00	1:02:29	42	136	0	136	
38	1181	Qi Hui Ang	0:29:45	0:33:23	1:02:39	1:03:08	45	131	0	131	
39	1154	Lydia Lim	0:29:40	0:33:49	1:03:05	1:03:29	46	130	0	130	
40	1077	Samantha Mark Yau Ting	0:29:27	0:34:06	1:03:17	1:03:32	47	128	0	128	
41	1119	Geraldine Khoo	0:28:47	0:34:47	1:03:26	1:03:34	48	127	0	127	
42	1092	Bee Ting Yap	0:30:05	0:33:37	1:03:32	1:03:41	49	125	0	125	
43	1165	Natalie Yap	0:30:08	0:34:28	1:04:33	1:04:35	52	120	44	164	
44	1106	Clarissa Chua Xing Yi	0:31:06	0:33:36	1:04:20	1:04:42	51	122	0	122	
45	1183	Rachel Teo	0:32:08	0:32:51	1:04:42	1:04:59	53	119	0	119	
46	1191	Sathiwani Sathiah	0:29:39	0:35:37	1:05:10	1:05:16	55	116	0	116	
47	1083	Alicia Pe	0:29:18	0:36:29	1:05:32	1:05:47	56	114	0	114	
48	1132	Jean Ong	0:31:17	0:34:39	1:05:34	1:05:56	57	112	0	112	
49	1156	marianne legayada	0:31:02	0:35:01	1:05:41	1:06:03	58	111	0	111	
50	1163	MINLI CINDY NG	0:32:21	0:33:53	1:05:46	1:06:13	59	109	0	109	
51	1117	Gan Khing Goh	0:31:33	0:34:42	1:05:58	1:06:15	61	106	0	106	
52	1161	Michelle Chua	0:31:38	0:35:04	1:06:29	1:06:41	62	105	72	177	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
53	1194	Seri Wahyuni	0:31:53	0:34:52	1:05:53	1:06:44	60	108	0	108	
54	1226	Yuk Ling Chermaine Wong	0:31:51	0:35:12	1:06:30	1:07:03	63	103	0	103	
55	1166	Natasha Soh	0:33:07	0:34:27	1:07:23	1:07:34	64	102	0	102	
56	1170	NG MIN HWEI WENDY	0:32:03	0:36:08	1:07:43	1:08:10	65	100	0	100	
57	1213	Toh Shi Jia	0:32:46	0:35:32	1:07:55	1:08:18	67	97	0	97	
58	1138	Joanne Sng	0:32:42	0:36:20	1:08:15	1:09:02	68	95	0	95	
59	1131	Janice Chong	0:32:53	0:36:52	1:09:26	1:09:44	70	92	0	92	
60	1142	kamun cheong	0:32:37	0:37:10	1:09:26	1:09:47	69	94	0	94	
61	1105	Clarissa Koh	0:33:49	0:36:06	1:07:49	1:09:54	66	98	0	98	
62	1220	Wong Ker Jin	0:32:57	0:37:04	1:09:31	1:10:00	71	91	0	91	
63	1116	Foong Har Moo	0:33:42	0:36:40	1:10:04	1:10:21	73	88	59	147	
64	1114	fanny chin	0:33:11	0:37:18	1:10:23	1:10:28	77	81	0	81	
65	1206	Sylvia Tan	0:34:36	0:35:56	1:10:23	1:10:32	76	83	0	83	
66	1164	Mui Huan Lim	0:33:09	0:37:25	1:10:03	1:10:34	72	89	0	89	
67	1214	Ursula Pong	0:33:02	0:37:36	1:10:35	1:10:37	80	77	0	77	
68	1199	sim kai lin carinn	0:33:42	0:37:04	1:10:17	1:10:45	75	84	0	84	
69	1127	Hui Mei Loo	0:31:34	0:40:07	1:11:29	1:11:41	81	75	0	75	
70	1222	Xie Wanli, Karen Xie Wanli, Karen	0:34:27	0:37:20	1:11:41	1:11:47	84	70	0	70	
71	1102	Chiam Zhi Hong	0:34:18	0:37:47	1:11:33	1:12:05	83	72	0	72	
72	1171	Nor Hashiqin Mohamed Saifolzam	0:33:41	0:39:34	1:12:33	1:13:15	86	67	0	67	
73	1087	Anne Kathryn Ordona	0:34:26	0:39:00	1:13:13	1:13:25	88	64	0	64	
74	1202	Siti Noraini Palli	0:33:29	0:41:13	1:14:01	1:14:42	90	61	0	61	
75	1167	Nazeerah Binte Zolkepile	0:32:20	0:42:34	1:14:25	1:14:53	93	56	0	56	
76	1135	Jingyi, Gwendoline Chen	0:36:01	0:38:59	1:14:21	1:15:00	91	59	0	59	
77	1144	Karen Cheah	0:34:45	0:40:27	1:15:04	1:15:12	94	55	0	55	
78	1128	Hwee Peng Sim	0:34:00	0:41:39	1:15:27	1:15:39	95	53	33	86	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
79	1078	Teo Stze Hwa. Stephanie	0:38:45	0:37:22	1:15:37	1:16:07	96	52	92	144	
80	1185	Rosslyn Kwok Suet Fong	0:35:18	0:41:10	1:16:23	1:16:27	99	47	0	47	
81	1218	Wendy Lim	0:35:25	0:41:07	1:15:43	1:16:32	97	50	0	50	
82	1085	Anis Fitri	0:35:13	0:41:44	1:16:06	1:16:57	98	48	0	48	
83	1098	cheng rebacca	0:38:40	0:38:47	1:16:40	1:17:27	100	45	0	45	
84	1125	HEE MUI CHUA	0:33:36	0:43:54	1:16:58	1:17:30	102	42	0	42	
85	1081	Ai Li Heng	0:36:00	0:41:31	1:17:14	1:17:31	103	41	0	41	
86	1177	Peggy Pueh Khee Ang	0:36:16	0:43:28	1:19:08	1:19:44	105	38	0	38	
87	1150	Leong Kam Yen	0:32:01	0:47:56	1:19:32	1:19:57	108	33	0	33	
88	1097	Chaw Pei Yin	0:38:36	0:41:30	1:19:31	1:20:06	107	34	0	34	
89	1162	MIN ZI BRENDA NG	0:37:03	0:43:04	1:19:39	1:20:06	109	31	0	31	
90	1109	Delia Kang	0:36:19	0:45:56	1:22:07	1:22:14	112	27	0	27	
91	1212	Toh Hui Ting Jayme	0:37:56	0:44:41	1:21:51	1:22:36	111	28	0	28	
92	1203	Smita Vasu	0:35:35	0:47:14	1:22:30	1:22:49	113	25	0	25	
93	1197	Siew Chin Lum	0:39:08	0:44:29	1:22:58	1:23:37	114	23	0	23	
94	1158	Mei See Mak	0:41:08	0:43:24	1:24:04	1:24:32	115	22	0	22	
95	1187	Rui Hsin Chua	0:39:39	0:46:33	1:24:20	1:26:12	116	20	0	20	
96	1195	Sharon Tham	0:42:15	0:44:33	1:26:27	1:26:47	118	17	0	17	
97	1089	audrey soon	0:39:20	0:47:39	1:26:42	1:26:59	119	16	0	16	
98	1173	Ong Siew Yong	0:41:03	0:48:04	1:28:31	1:29:06	120	14	0	14	
99	1328	Yap Hui Lian	0:42:08	0:47:22	1:28:56	1:29:29	121	12	0	12	
100	1126	Huey Ping Oun	0:42:46	0:48:13	1:30:40	1:30:58	122	11	0	11	
101	1143	KAREN LIEW	0:41:44	0:50:56	1:32:30	1:32:40	123	9	0	9	
102	1228	Yuko Suenaga Sueanga	0:49:05	0:44:06	1:19:20	1:33:11	106	36	0	36	
103	1155	MARIA CHERRIELYN Selisana	0:52:35	0:40:50	1:18:03	1:33:25	104	39	0	39	
104	1337	Marilyn Khoo Khee Hwee	0:35:46	0:59:06	1:34:10	1:34:51	128	2	0	2	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
105	1336	Iris Lee Meng Choo	0:35:45	0:59:06	1:34:10	1:34:51	127	3	0	3	
106	1113	Eunice Tan	0:44:31	0:50:26	1:32:52	1:34:57	125	6	0	6	
107	1152	Liza Ho	0:44:32	0:50:36	1:33:03	1:35:07	126	5	0	5	
108	1229	Yuliana Tjokrosubandi	1:05:25	0:49:20	1:32:51	1:54:44	124	8	0	8	
109	1104	cindy chong chong	0:12:05	0:45:42	-	0:57:47	0	0	0	0	DQ - No Start Time
110	1120	Geraldine chan Chan	-	-	0:41:30	0:41:53	0	0	0	0	DQ - Incomplete Chk Pt
111	1188	Rui Jing Yong	-	-	0:35:23	0:50:43	0	0	0	0	DQ - Incomplete Chk Pt
112	1205	Sophia Sim	-	-	0:35:26	0:50:46	0	0	0	0	DQ - Incomplete Chk Pt
113	1174	Orange Ng	-	-	0:51:16	0:51:41	0	0	0	0	DQ - Incomplete Chk Pt
114	1146	Kim Tan	1:05:24	-	-	-	0	0	0	0	DNF
115	1107	Corinne Kang Pei Yuen	-	-	-	-	0	0	315	315	DNF
116	1178	PENNY KOO	-	-	-	-	0	0	114	114	DNF
117	1130	JANE LOO	-	-	-	-	0	0	156	156	DNF
118	1079	Adeline Choy	-	-	-	-	0	0	0	0	DNF
119	1080	Adrienne Low	-	-	-	-	0	0	0	0	DNF
120	1082	Airene Tan	-	-	-	-	0	0	0	0	DNF
121	1086	Anna Seah	-	-	-	-	0	0	0	0	DNF
122	1088	audrea cheang	-	-	-	-	0	0	0	0	DNF
123	1090	Audrey Lim	-	-	-	-	0	0	0	0	DNF
124	1093	Bee Yee SER	-	-	-	-	0	0	0	0	DNF
125	1095	Cassie Siua	-	-	-	-	0	0	0	0	DNF
126	1096	Chan Yoke Chan	-	-	-	-	0	0	0	0	DNF
127	1099	Cheng Hui Fen	-	-	-	-	0	0	0	0	DNF
128	1108	Corrinne Koh	-	-	-	-	0	0	0	0	DNF
129	1110	Denise Chee	-	-	-	-	0	0	0	0	DNF
130	1112	Emily Hoffman	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
131	1115	Fiona Wong	-	-	-	-	0	0	0	0	DNF
132	1118	Georgia Chua	-	-	-	-	0	0	0	0	DNF
133	1121	GLADYS ANG	-	-	-	-	0	0	0	0	DNF
134	1122	Grace Ramin	-	-	-	-	0	0	0	0	DNF
135	1129	Irene Ting Ting	-	-	-	-	0	0	0	0	DNF
136	1134	Jialin Ma	-	-	-	-	0	0	0	0	DNF
137	1136	Joanna Chua	-	-	-	-	0	0	0	0	DNF
138	1139	Joey Gu	-	-	-	-	0	0	0	0	DNF
139	1141	Judi Clemie	-	-	-	-	0	0	0	0	DNF
140	1149	Leong Danae	-	-	-	-	0	0	0	0	DNF
141	1151	Lim Hui Meng	-	-	-	-	0	0	0	0	DNF
142	1159	Meiqi Huang	-	-	-	-	0	0	0	0	DNF
143	1169	nele cornelis	-	-	-	-	0	0	0	0	DNF
144	1172	NUR NADIAH	-	-	-	-	0	0	0	0	DNF
145	1180	Poh Lin Koh	-	-	-	-	0	0	0	0	DNF
146	1182	qingling cheang	-	-	-	-	0	0	0	0	DNF
147	1186	Roxanne Gan	-	-	-	-	0	0	0	0	DNF
148	1189	Salena Zainuddin	-	-	-	-	0	0	0	0	DNF
149	1190	Sally Neo	-	-	-	-	0	0	0	0	DNF
150	1192	SEAH SWEE KHENG	-	-	-	-	0	0	0	0	DNF
151	1196	Shern Lim	-	-	-	-	0	0	0	0	DNF
152	1200	Simin Tan	-	-	-	-	0	0	0	0	DNF
153	1204	Sonya Beattie	-	-	-	-	0	0	0	0	DNF
154	1207	Sze Keed Wong	-	-	-	-	0	0	0	0	DNF
155	1208	Tan Yu Xin	-	-	-	-	0	0	0	0	DNF
156	1211	Thanaletchmi Kandiah	-	-	-	-	0	0	0	0	DNF

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Open Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
157	1219	Wong Pei Ying	-	-	-	-	0	0	0	0	DNF
158	1227	Yuk Wah Lisa Ho	-	-	-	-	0	0	0	0	DNF
159	1230	Yvette Wanda Abel	-	-	-	-	0	0	0	0	DNF
160	1338	Siti Aishah Bte Yusof	-	-	-	-	0	0	0	0	DNF

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Veteran Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	1262	MALCOLM ELLEY	0:20:32	0:22:29	0:42:57	0:43:01	12	191	0	191	
2	1251	Jon Thurlow	0:23:02	0:23:43	0:46:43	0:46:45	28	179	0	179	
3	1254	kan yuen hong kan	0:22:11	0:24:42	0:46:50	0:46:53	30	177	0	177	
4	1242	David Mason	0:23:59	0:23:54	0:47:37	0:47:53	38	171	0	171	
5	1241	Chwee Lye Low	0:23:24	0:24:35	0:47:48	0:47:58	42	167	347	514	
6	1231	David Andrew Pohly	0:24:10	0:24:49	0:48:48	0:48:59	47	163	505	668	
7	1265	Michel Beaugier	0:22:38	0:26:46	0:49:19	0:49:23	51	160	272	432	
8	1271	SEE HAK LOO	0:25:17	0:26:01	0:51:16	0:51:18	71	144	0	144	
9	1273	SHEAN CHIN CHONG	0:25:40	0:28:15	0:53:31	0:53:54	84	134	0	134	
10	1263	MC QUAIN GARY LYLE	0:26:46	0:29:00	0:55:40	0:55:45	100	121	206	327	
11	1266	Mohan Singh	0:25:43	0:30:08	0:55:44	0:55:50	101	121	130	251	
12	1257	Lek Chun Guan	0:26:14	0:29:52	0:55:58	0:56:06	103	119	232	351	
13	1276	SOH HOCK LEONG	0:26:43	0:29:42	0:56:12	0:56:24	106	117	0	117	
14	1255	KOH THONG GAN	0:27:12	0:29:23	0:56:13	0:56:35	107	116	0	116	
15	1283	Wee Pui San	0:27:44	0:28:58	0:56:22	0:56:41	108	115	0	115	
16	1238	Chee Saw Siew Chee	0:29:52	0:27:09	0:56:38	0:57:00	114	110	0	110	
17	1232	Ah Seng Neo	0:27:55	0:29:22	0:57:07	0:57:16	117	108	0	108	
18	1270	Raymond Howe	0:28:18	0:29:13	0:57:17	0:57:31	119	106	0	106	
19	1244	DEQIANG LIAN	0:28:36	0:29:48	0:58:02	0:58:24	127	100	0	100	
20	1274	SHOON WAH YUN	0:28:56	0:30:03	0:58:45	0:58:59	136	93	0	93	
21	1235	Bok Juang Yi	0:27:17	0:31:43	0:58:43	0:58:59	135	94	162	256	
22	1237	chee hwee onn	0:28:24	0:31:51	0:59:54	1:00:14	148	83	0	83	
23	1245	Donald Quah	0:28:06	0:32:10	1:00:01	1:00:16	150	82	0	82	
24	1256	Kwang Sai Foo	0:28:11	0:32:22	1:00:13	1:00:33	153	79	0	79	
25	1280	TAN LIAN SENG	0:29:57	0:31:53	1:01:34	1:01:49	160	74	0	74	
26	1279	Tan Gim Hwee	0:28:54	0:33:34	1:02:16	1:02:28	167	68	0	68	

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Veteran Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
27	1239	Chor Meng Er	0:31:04	0:31:54	1:02:42	1:02:58	172	64	0	64	
28	1258	leong jeffrey	0:30:35	0:35:52	1:06:13	1:06:26	187	52	0	52	
29	1259	Lim Teck Gwan	0:31:46	0:35:12	1:06:44	1:06:57	190	50	0	50	
30	1236	Chee Chuan Ong	0:33:00	0:34:45	1:07:17	1:07:44	194	47	0	47	
31	1260	Lim Kok Yong	0:31:32	0:36:27	1:07:38	1:07:59	197	44	0	44	
32	1249	Hock Ann YAP	0:32:40	0:35:35	1:07:26	1:08:14	195	46	0	46	
33	1326	Lim Teng Yeow	0:31:56	0:37:41	1:09:20	1:09:37	203	40	0	40	
34	1285	Yeong Heng Tan	0:32:26	0:38:16	1:10:15	1:10:41	210	34	0	34	
35	1250	Hong Heng Goh	0:32:48	0:39:36	1:12:17	1:12:23	215	30	0	30	
36	1281	Terence Wong	0:35:14	0:38:34	1:13:38	1:13:47	219	27	109	136	
37	1269	Poh Liang Tan	0:36:00	0:40:52	1:16:35	1:16:51	225	22	0	22	
38	1284	WONG SIEW FONG SIEW FONG	0:38:00	0:41:40	1:19:27	1:19:39	232	17	0	17	
39	1261	Lim Siew Cheng	0:37:55	0:43:56	1:21:38	1:21:50	236	13	0	13	
40	1268	Phua C K	0:39:26	0:45:05	1:23:59	1:24:30	240	10	0	10	
41	1278	Stanley Chua	0:27:21	0:59:27	1:26:27	1:26:47	243	8	0	8	
42	1233	Bert Chow	-	-	-	-	0	0	43	43	DNF
43	1234	Bob Mullins	-	-	-	-	0	0	0	0	DNF
44	1240	Chris Turton	-	-	-	-	0	0	175	175	DNF
45	1243	David Gledhill	-	-	-	-	0	0	0	0	DNF
46	1246	Gavin Costin	-	-	-	-	0	0	0	0	DNF
47	1247	Gerald Lim	-	-	-	-	0	0	128	128	DNF
48	1248	Henry Seah Seow Kay	-	-	-	-	0	0	367	367	DNF
49	1252	Joseph Kung	-	-	-	-	0	0	90	90	DNF
50	1253	Kai Portmann	-	-	-	-	0	0	0	0	DNF
51	1264	michael lyons	-	-	-	-	0	0	352	352	DNF
52	1267	philip jacobs	-	-	-	-	0	0	0	0	DNF

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Veteran Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
53	1272	SENG CHUAN NGOI	-	-	-	-	0	0	0	0	DNF
54	1275	Simon Simon Dale	-	-	-	-	0	0	0	0	DNF
55	1277	SOI MENG TAN	-	-	-	-	0	0	0	0	DNF
56	1282	V GYANA SAMBANDAN	-	-	-	-	0	0	0	0	DNF

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Veteran Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	1298	LIM SUSIE	0:25:23	0:27:02	0:52:16	0:52:24	9	188	0	188	
2	1286	Amy Lim Amy Lim	0:27:22	0:29:47	0:57:01	0:57:09	25	162	0	162	
3	1287	BEE HUA ANG	0:28:24	0:30:39	0:58:30	0:59:02	28	158	0	158	
4	1300	LOKE WAI KUEN	0:28:37	0:30:52	0:59:13	0:59:28	32	152	0	152	
5	1303	Sim Evon	0:28:59	0:33:56	1:02:35	1:02:54	44	133	0	133	
6	1297	Koh Celine	0:29:49	0:33:10	1:02:28	1:02:59	43	134	0	134	
7	1294	Joanna Lin	0:30:21	0:34:05	1:04:18	1:04:25	50	123	129	252	
8	1293	JIN SIN SAI	0:29:51	0:35:12	1:04:57	1:05:03	54	117	0	117	
9	1304	TAH KIM, JANET LOW	0:31:55	0:38:42	1:10:33	1:10:36	79	78	0	78	
10	1291	FOO LEA KAIN	0:32:25	0:38:15	1:10:31	1:10:40	78	80	0	80	
11	1292	Helen Siew Kiang Lim	0:32:25	0:38:17	1:10:15	1:10:41	74	86	0	86	
12	1296	Kahjee Lee	0:31:41	0:39:53	1:11:30	1:11:33	82	73	0	73	
13	1295	Juliana Chua Swee Lin	0:33:38	0:39:16	1:12:27	1:12:53	85	69	0	69	
14	1299	Lim Lay Tze	0:36:02	0:37:51	1:13:21	1:13:52	89	62	0	62	
15	1305	Tutuk Riyanti	0:33:39	0:40:57	1:14:23	1:14:35	92	58	0	58	
16	1302	Siew Wai Quan	0:34:36	0:42:15	1:16:41	1:16:50	101	44	0	44	
17	1290	ELIN LAM	0:38:35	0:43:39	1:20:40	1:22:13	110	30	0	30	
18	1301	Saw Chin Choo	0:41:39	0:44:45	1:25:51	1:26:23	117	19	0	19	
19	1288	Cassandra Choh	-	-	-	-	0	0	0	0	DNF
20	1289	DEVI SAMBANDAN	-	-	-	-	0	0	0	0	DNF
21	1306	Winnifred Mrs. Winnifred Ng Wei Li	-	-	-	-	0	0	0	0	DNF
22	1307	Yeo Ling Ling	-	-	-	-	0	0	0	0	DNF

TIMEX TRI-Run

11 July 2010, Punggol
Results (Individual 10km)



Individual 10km Junior Male

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	1312	Long Hui	0:24:42	0:24:36	0:48:51	0:49:17	48	163	0	163	
2	1308	Chong Yong-Xing	0:23:45	0:26:46	0:50:11	0:50:30	60	153	39	192	
3	1309	En Quan Teo	0:25:04	0:30:14	0:54:51	0:55:17	94	126	0	126	
4	1323	Tan Trishten	0:27:00	0:30:01	0:56:23	0:57:01	109	114	0	114	
5	1318	Ng Jonathon	0:29:51	0:29:29	0:59:01	0:59:19	137	92	0	92	
6	1321	Jai Kavish	0:32:35	0:36:05	1:08:22	1:08:40	199	43	0	43	
7	1310	Gabriel Lim	0:31:57	0:40:41	1:12:24	1:12:37	216	29	0	29	
8	1316	Lim Shawn	0:32:32	0:40:53	1:12:45	1:13:24	217	29	0	29	
9	1311	Jun Heng Ong	0:33:47	0:40:42	1:14:15	1:14:29	221	25	0	25	
10	1317	How Jia Hao	0:32:31	0:45:58	1:17:48	1:18:28	228	20	0	20	
11	1322	Kwang Darren	0:34:29	0:44:23	1:18:18	1:18:51	231	17	0	17	
12	1315	Rajasinghe Ryan Chris	0:38:18	0:50:28	1:28:06	1:28:45	245	6	0	6	
13	1319	Teo Louis	0:48:56	0:51:22	1:39:45	1:40:18	252	1	0	1	
14	1313	Nicholas Ang	-	-	-	-	0	0	0	0	DNF
15	1314	Ren Da Ho	-	-	-	-	0	0	0	0	DNF
16	1320	Yap Jin Kai Cedric	-	-	-	-	0	0	0	0	DNF

Individual 10km Junior Female

Pos	Bib No	Name	Lap1	Lap2	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	1325	Winona Howe	0:22:24	0:26:07	0:48:30	0:48:31	5	194	93	287	
2	1324	Sinead Lee	0:33:07	0:40:12	1:13:04	1:13:19	87	66	0	66	