

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	0538	YaoHan Melvin Wong	0:27:45	0:28:55	0:29:58	1:26:35	1:26:36	2	299	322	621	
2	0127	Richard Parkinson	0:28:45	0:30:09	0:31:02	1:29:54	1:29:55	3	299	302	601	
3	0531	Widi Susanto	0:29:11	0:30:39	0:31:15	1:31:01	1:31:03	4	298	0	298	
4	0405	Naish Navin	0:30:14	0:30:57	0:30:58	1:32:07	1:32:09	5	297	0	297	
5	0534	Wong Ken Mun	0:31:49	0:30:56	0:29:50	1:32:18	1:32:34	6	296	0	296	
6	0376	lukai lim	0:30:15	0:31:24	0:33:52	1:35:28	1:35:30	8	295	0	295	
7	0511	Todd Whittemore	0:30:07	0:32:10	0:33:54	1:36:10	1:36:11	9	294	0	294	
8	0182	Cheng Gui Lim	0:31:25	0:32:15	0:33:03	1:36:37	1:36:42	10	293	251	544	
9	0141	Ahmed Al-Awa	0:31:38	0:32:41	0:33:19	1:37:33	1:37:37	11	293	448	741	
10	0165	Banjamin Quek	0:30:20	0:31:20	0:36:40	1:38:14	1:38:19	13	291	0	291	
11	0125	Allan Norton	0:31:28	0:32:50	0:35:21	1:39:35	1:39:39	15	290	453	743	
12	0114	Oh Hee Peng	0:31:37	0:32:58	0:35:13	1:39:34	1:39:46	14	290	233	523	
13	0371	Lip Seng Pua	0:30:20	0:32:28	0:38:19	1:40:54	1:41:06	16	289	0	289	
14	0468	Siegfried Venot	0:30:00	0:34:05	0:37:10	1:41:11	1:41:13	19	287	528	815	
15	0283	Izzuddin Amiruddin	0:31:50	0:34:19	0:35:20	1:41:24	1:41:28	21	285	0	285	
16	0186	Chew Kai Wen John	0:31:48	0:33:12	0:36:30	1:41:21	1:41:29	20	286	0	286	
17	0116	Chiang Meng Chai	0:32:20	0:33:37	0:35:34	1:41:02	1:41:31	17	288	51	339	
18	0453	Sante Scartozzi	0:33:21	0:32:52	0:35:39	1:41:39	1:41:51	22	284	0	284	
19	0221	derwin kang wee kwan	0:32:13	0:34:40	0:35:12	1:41:55	1:42:04	24	283	0	283	
20	0288	jamie MEYER	0:30:37	0:33:54	0:38:12	1:42:39	1:42:42	25	282	120	402	
21	0271	hock poh peh	0:34:02	0:34:29	0:35:52	1:43:48	1:44:21	26	282	97	379	
22	0131	Aaron Sng	0:33:49	0:34:40	0:35:53	1:44:16	1:44:22	27	281	0	281	
23	0455	Seah Hong Soon	0:34:32	0:35:45	0:34:48	1:44:51	1:45:03	29	279	159	438	
24	0303	John John Paul McCann	0:33:06	0:35:09	0:37:18	1:45:27	1:45:32	31	278	483	761	
25	0415	Ng Nelson	0:34:10	0:34:19	0:37:09	1:45:26	1:45:37	30	279	177	456	
26	0478	Stephen Pennell	0:34:04	0:35:44	0:36:50	1:46:31	1:46:37	33	276	0	276	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
27	0300	Jingyao Zhang	0:34:53	0:35:28	0:36:54	1:47:02	1:47:14	34	276	0	276	
28	0378	Manimaran Sivasamy	0:34:06	0:35:49	0:37:24	1:47:12	1:47:17	35	275	58	333	
29	0521	Wai Ming Leong	0:36:36	0:36:06	0:35:41	1:48:01	1:48:22	39	272	0	272	
30	0106	Yeo Siok Huan	0:39:33	0:35:41	0:33:28	1:47:58	1:48:41	38	273	128	401	
31	0161	ANG BENG HAI	0:37:20	0:35:50	0:35:38	1:47:57	1:48:47	37	273	0	273	
32	0254	Gerald Ang	0:33:54	0:35:23	0:39:34	1:48:42	1:48:50	41	270	238	508	
33	0507	Thomas Muller	0:33:23	0:35:12	0:40:33	1:49:05	1:49:07	45	267	0	267	
34	0152	Andrew Crisp	0:33:08	0:36:30	0:39:30	1:49:04	1:49:07	44	268	0	268	
35	0108	Lim Chiew Chuan	0:39:33	0:35:40	0:33:57	1:48:26	1:49:09	40	271	207	478	
36	0448	Rouel Bert Uy	0:35:10	0:36:17	0:37:51	1:49:08	1:49:17	46	267	0	267	
37	0563	Zhong Hao Lu	0:33:31	0:37:31	0:38:19	1:48:54	1:49:20	43	269	56	325	
38	0151	Andreas Goros	0:36:09	0:36:49	0:36:33	1:49:27	1:49:30	48	265	382	647	
39	0156	Andy Ng Soon Yee	0:33:47	0:37:35	0:38:34	1:49:52	1:49:55	49	265	0	265	
40	0274	Ian Hall	0:35:09	0:35:35	0:39:33	1:50:09	1:50:16	51	263	423	686	
41	0229	Ee Chuan Kiew	0:32:22	0:37:31	0:40:26	1:50:14	1:50:18	52	262	257	519	
42	0547	Yew Hock Leong	0:35:40	0:36:50	0:38:08	1:50:32	1:50:36	54	261	0	261	
43	0558	yoan fei tee	0:36:10	0:36:43	0:38:05	1:50:53	1:50:58	56	259	0	259	
44	0447	RONALD HENG	0:33:35	0:37:20	0:40:11	1:50:59	1:51:05	57	259	0	259	
45	0215	Daryl Ang	0:33:15	0:36:05	0:42:47	1:51:38	1:52:06	61	256	247	503	
46	0564	ZHONGHAO CHEN	0:35:25	0:37:36	0:39:49	1:52:31	1:52:50	63	254	0	254	
47	0247	Frederic Lemaire	0:34:41	0:37:39	0:40:42	1:52:55	1:53:01	64	253	380	633	
48	0557	Yongqiang Luo	0:34:13	0:36:44	0:42:39	1:53:25	1:53:35	65	253	0	253	
49	0236	Eugene Tan	0:37:07	0:38:16	0:38:20	1:53:29	1:53:42	66	252	0	252	
50	0158	Ang Chek Keng	0:36:22	0:38:18	0:39:35	1:54:08	1:54:14	69	250	0	250	
51	0275	Ian Lee	0:35:03	0:37:56	0:41:30	1:54:22	1:54:28	71	248	0	248	
52	0287	james tan kim kiang	0:38:42	0:37:34	0:38:35	1:54:08	1:54:50	68	250	308	558	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
53	0539	Yasumoto Okuma	0:36:28	0:38:17	0:40:13	1:54:50	1:54:58	72	248	0	248	
54	0318	KeeWee Wong	0:38:00	0:38:40	0:38:36	1:54:54	1:55:15	73	247	0	247	
55	0433	Peng Thong Ang	0:35:28	0:37:30	0:42:27	1:55:06	1:55:24	78	243	0	243	
56	0469	siew keong Mah	0:35:55	0:38:50	0:40:49	1:54:55	1:55:33	74	246	0	246	
57	0230	Eng Koon Lim	0:39:53	0:37:53	0:37:50	1:54:57	1:55:35	75	245	131	376	
58	0357	Lee Yew	0:35:23	0:37:48	0:42:33	1:55:29	1:55:43	79	242	0	242	
59	0522	Wee Ching Lim	0:42:19	0:36:43	0:36:42	1:50:06	1:55:43	50	264	0	264	
60	0276	Ian Darric Macariola	0:38:26	0:39:32	0:37:48	1:55:31	1:55:45	80	242	0	242	
61	0284	JACKY LEE	0:36:43	0:38:41	0:40:35	1:55:35	1:55:59	82	240	0	240	
62	0273	Ian Hong	0:39:43	0:37:42	0:38:46	1:55:35	1:56:10	81	241	0	241	
63	0255	Gerald Oh	0:37:41	0:38:55	0:39:41	1:56:07	1:56:16	86	237	0	237	
64	0350	Kwek Swee Seng	0:37:23	0:38:41	0:40:15	1:55:45	1:56:18	83	239	0	239	
65	0102	Freddie Chan Zhi Yang	0:37:33	0:38:40	0:40:20	1:56:03	1:56:32	85	238	319	557	
66	0347	Kwang Chee Foon	0:37:15	0:38:38	0:40:54	1:56:29	1:56:47	87	236	0	236	
67	0550	YIP TUCK SOON	0:38:09	0:38:53	0:40:01	1:56:40	1:57:02	88	236	181	417	
68	0444	Revant Singh	0:35:07	0:39:14	0:42:49	1:57:02	1:57:09	90	234	0	234	
69	0169	Benjamin Kartono	0:35:34	0:38:29	0:43:10	1:57:04	1:57:12	91	233	0	233	
70	0540	Yen Khiong Lawrence Kwok	0:37:54	0:38:37	0:40:51	1:56:53	1:57:21	89	235	207	442	
71	0261	Goh Hiong Hong	0:40:50	0:37:36	0:38:57	1:52:00	1:57:22	62	255	0	255	
72	0121	Ong Guan Liong	0:38:06	0:39:27	0:39:59	1:57:05	1:57:32	92	233	446	679	
73	0130	Soon Yoeng Shon	0:39:20	0:39:45	0:38:35	1:57:25	1:57:39	96	230	450	680	
74	0555	yong teck tan	0:39:22	0:38:27	0:39:52	1:57:22	1:57:41	95	231	0	231	
75	0490	Tan Teck Koon	0:34:39	0:38:17	0:44:49	1:57:37	1:57:44	97	229	0	229	
76	0495	Tay Tay Kian Mong Roy	0:39:15	0:39:24	0:39:21	1:57:11	1:57:58	93	232	312	544	
77	0231	Eng Siong Yeo	0:36:14	0:38:13	0:43:36	1:57:56	1:58:01	98	228	0	228	
78	0270	Ho Kah Wai Andy	0:36:07	0:37:10	0:45:01	1:58:05	1:58:17	99	228	0	228	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
79	0413	NG ENG SENG	0:36:05	0:38:52	0:43:29	1:58:17	1:58:24	101	226	0	226	
80	0251	George Horsington	0:39:34	0:39:21	0:39:39	1:58:22	1:58:33	103	225	0	225	
81	0117	Daniel Cheng	0:38:20	0:40:09	0:40:23	1:58:18	1:58:51	102	225	238	463	
82	0145	Aloysius Wong	0:36:59	0:39:30	0:42:41	1:58:58	1:59:08	106	222	0	222	
83	0515	tony yeo	0:38:59	0:39:48	0:40:51	1:58:49	1:59:37	105	223	0	223	
84	0324	Keong Huat Sim	0:38:25	0:38:41	0:42:45	1:59:37	1:59:50	108	221	0	221	
85	0345	Koon Way Kwang	0:37:01	0:39:10	0:43:42	1:59:01	1:59:52	107	222	376	598	
86	0386	MAZLAN HASSAN	0:37:06	0:40:36	0:42:22	1:59:52	2:00:03	109	220	261	481	
87	0346	Kundan Saripalli	0:35:06	0:46:13	0:39:33	2:00:47	2:00:51	111	219	0	219	
88	0465	Shobun Goto	0:37:29	0:39:49	0:43:52	2:00:39	2:01:09	110	219	0	219	
89	0416	Nicholas Eu Wen Shuen	0:37:30	0:40:51	0:42:56	2:01:08	2:01:15	114	217	0	217	
90	0445	Robert Lee	0:39:20	0:41:03	0:41:04	2:01:19	2:01:25	118	214	0	214	
91	0473	SIMON TAN	0:38:08	0:38:02	0:45:32	2:01:01	2:01:41	113	217	0	217	
92	0153	Andrew Wong	0:37:43	0:40:28	0:43:35	2:01:16	2:01:46	117	214	0	214	
93	0457	Sebastian Tan Yong Yap Tan	0:39:11	0:39:56	0:42:46	2:00:55	2:01:51	112	218	0	218	
94	0353	Larivin Sevilleja	0:37:57	0:40:35	0:43:21	2:01:51	2:01:52	121	211	0	211	
95	0423	Nicolas Bureau	0:39:56	0:40:53	0:41:07	2:01:41	2:01:54	119	213	0	213	
96	0209	Dan Honour	0:40:37	0:40:14	0:41:15	2:01:15	2:02:05	116	215	164	379	
97	0226	Eduard Moix	0:39:59	0:41:35	0:40:33	2:01:46	2:02:07	120	212	315	527	
98	0256	Gerald Yong Khin Chuen	0:36:48	0:40:13	0:45:29	2:02:12	2:02:29	123	210	401	611	
99	0308	Joseph Wong	0:38:24	0:41:12	0:43:07	2:02:26	2:02:42	125	208	0	208	
100	0436	Philip Cheng	0:37:35	0:40:06	0:45:15	2:02:33	2:02:55	127	207	0	207	
101	0262	HAMRITPAL SINGH SIDHU	0:39:18	0:40:00	0:43:46	2:03:00	2:03:02	129	205	0	205	
102	0501	TEO TEE WEI	0:37:19	0:40:22	0:45:25	2:02:12	2:03:04	122	211	95	306	
103	0422	Nicky Nah Kah Wei	0:42:15	0:38:28	0:42:23	1:57:20	2:03:05	94	231	0	231	
104	0320	Keng Yuan Chan	0:39:18	0:42:41	0:41:11	2:02:20	2:03:09	124	209	0	209	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
105	0380	Mark Lim jian Wei	0:33:43	0:40:10	0:49:27	2:02:27	2:03:19	126	208	355	563	
106	0390	Michael Connolly	0:37:21	0:40:19	0:45:53	2:03:22	2:03:32	134	202	207	409	
107	0542	YEONG Alex	0:41:09	0:40:28	0:42:02	2:03:11	2:03:38	131	204	304	508	
108	1809	Bransby Whitton	0:36:03	0:42:34	0:45:02	2:03:14	2:03:38	133	202	0	202	
109	0414	Ng Ashley	0:38:21	0:40:03	0:45:34	2:03:25	2:03:57	135	201	0	201	
110	0134	Adrian Liew	0:43:51	0:37:01	0:43:10	2:03:04	2:04:01	130	205	0	205	
111	0384	Matthew Wong	0:38:48	0:40:48	0:44:57	2:04:29	2:04:33	142	196	0	196	
112	0432	Peng Cheng Loo	0:36:54	0:41:36	0:46:04	2:04:28	2:04:34	141	197	0	197	
113	0207	conrad yeo	0:38:48	0:40:35	0:45:18	2:04:22	2:04:40	138	199	0	199	
114	0417	nicholas gunadesa	0:42:24	0:40:19	0:42:00	2:03:41	2:04:42	136	200	0	200	
115	0334	Kok yi long	0:40:25	0:43:02	0:41:31	2:04:24	2:04:57	140	197	0	197	
116	0248	FuLai Chen	0:37:37	0:41:07	0:46:37	2:04:43	2:05:20	144	194	0	194	
117	0545	Yeow Keong Loke	0:38:37	0:41:27	0:45:34	2:05:14	2:05:37	145	194	0	194	
118	0520	Vincent Khee Chong Yeo	0:39:53	0:42:09	0:43:41	2:05:20	2:05:41	146	193	0	193	
119	0200	Chuan Chuan tan	0:40:45	0:41:41	0:43:53	2:05:57	2:06:19	148	191	0	191	
120	0549	Yiheng Hong	0:37:35	0:42:50	0:46:02	2:06:04	2:06:25	149	191	337	528	
121	0335	kok hean, christopher goh	0:45:12	0:38:38	0:42:42	2:03:13	2:06:30	132	203	0	203	
122	0199	CHUA JING ZHI	0:40:03	0:41:55	0:44:36	2:06:05	2:06:33	150	190	451	641	
123	0293	jean-philippe EMMANUEL	0:38:11	0:42:30	0:45:59	2:06:34	2:06:40	152	188	110	298	
124	0235	Eugene Poh	0:38:08	0:40:45	0:48:21	2:06:15	2:07:13	151	189	0	189	
125	0321	Kenneth Chan	0:46:33	0:39:33	0:41:44	1:58:05	2:07:49	100	227	168	395	
126	0336	Kok Leong Chua	0:37:53	0:42:54	0:47:18	2:08:00	2:08:04	157	185	0	185	
127	0238	eugene loh	0:37:51	0:42:23	0:48:19	2:08:19	2:08:32	159	183	0	183	
128	0461	Shaowei Ying	0:39:09	0:42:07	0:47:36	2:08:33	2:08:51	162	181	0	181	
129	0163	Asree 1010	0:37:40	0:42:44	0:48:29	2:08:26	2:08:52	161	182	0	182	
130	0489	Tan Kai Pang	0:42:31	0:41:58	0:44:35	2:08:23	2:09:04	160	183	0	183	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
131	0543	Yeong Phang Lim	0:39:57	0:42:31	0:47:02	2:09:07	2:09:29	166	178	0	178	
132	0487	Tan Yoong Soon	0:36:29	0:43:08	0:50:07	2:09:31	2:09:44	169	176	0	176	
133	0391	Min Yew Calvin Ng	0:41:30	0:43:02	0:45:19	2:08:55	2:09:50	165	179	0	179	
134	0122	James Robert Brodie	0:37:26	0:42:16	0:50:52	2:10:22	2:10:33	176	171	384	555	
135	0316	Kee Hong Goh	0:38:54	0:41:06	0:50:36	2:09:42	2:10:35	170	175	0	175	
136	0219	Dennis Yap	0:40:42	0:41:40	0:48:15	2:09:20	2:10:37	167	177	0	177	
137	0197	Christophe maisonnavé	0:40:16	0:44:24	0:46:12	2:09:54	2:10:51	171	174	158	332	
138	0551	Yip Thian Soh	0:38:41	0:42:10	0:50:12	2:10:28	2:11:01	177	170	370	540	
139	0484	Tan Hoe Koon	0:40:09	0:43:36	0:47:20	2:10:49	2:11:04	178	169	0	169	
140	0510	Timothy Wong	0:40:10	0:42:28	0:48:31	2:10:59	2:11:08	179	168	0	168	
141	0449	Rufus Chan	0:39:32	0:40:02	0:51:39	2:10:07	2:11:13	174	172	0	172	
142	0112	Andrew Melvyn Sim	0:37:47	0:44:22	0:49:15	2:11:15	2:11:23	181	167	74	241	
143	0206	Clement Foong	0:37:37	0:41:26	0:52:56	2:11:41	2:11:59	186	163	0	163	
144	0339	Kok Pin Tan	0:44:41	0:42:01	0:45:27	2:11:50	2:12:08	188	162	0	162	
145	0439	QI WEI FONG	0:45:27	0:41:01	0:45:43	2:08:52	2:12:10	164	180	0	180	
146	0107	Ho Le Onn	0:40:13	0:40:31	0:51:31	2:11:36	2:12:14	184	165	433	598	
147	0463	SHI KAI CHIN	0:43:42	0:41:43	0:46:53	2:11:38	2:12:17	185	164	0	164	
148	0349	Kwang Meng Chua	0:40:26	0:43:51	0:48:10	2:11:41	2:12:27	187	163	0	163	
149	0509	Timmy Ong	0:43:36	0:39:51	0:49:11	2:11:59	2:12:36	189	161	0	161	
150	0482	Tan Boon Tee	0:46:21	0:40:20	0:46:26	2:08:05	2:13:06	158	184	35	219	
151	0561	Yusry Harfuddin	0:40:43	0:40:15	0:52:23	2:12:19	2:13:20	190	160	0	160	
152	0175	Chan Yong Foo	0:44:46	0:42:40	0:46:03	2:13:00	2:13:29	193	158	0	158	
153	0472	SIM David	0:44:58	0:44:09	0:44:47	2:13:09	2:13:52	194	157	149	306	
154	0133	Adam Kamis	0:39:28	0:42:29	0:52:02	2:13:57	2:13:58	197	155	0	155	
155	0143	Alex Poon	0:42:37	0:43:48	0:47:38	2:12:21	2:14:02	191	160	48	208	
156	0374	Low Steve	0:38:57	0:43:02	0:52:49	2:14:13	2:14:48	201	152	0	152	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
157	0794	Richard Nicholas	0:40:15	0:45:36	0:49:08	2:14:44	2:14:58	206	149	0	149	
158	0421	Nick Choi	0:37:01	0:41:19	0:56:48	2:14:30	2:15:07	203	151	394	545	
159	0348	Kwang Kiang Kho	0:38:29	0:46:19	0:50:23	2:14:46	2:15:10	207	148	0	148	
160	0233	Eric Lim	0:44:44	0:44:20	0:46:13	2:09:55	2:15:16	172	174	0	174	
161	0177	Chan Chee Kiong	0:39:34	0:43:56	0:51:58	2:15:03	2:15:27	209	146	0	146	
162	0191	Chiew Kai Mok	0:44:10	0:43:57	0:47:31	2:14:31	2:15:37	204	150	0	150	
163	0389	Michael Leong	0:41:40	0:45:19	0:48:44	2:15:24	2:15:42	213	143	0	143	
164	0406	Nandula Venkata RamaJoga Rao	0:54:13	0:38:39	0:42:53	2:01:10	2:15:45	115	216	0	216	
165	0203	Chung Lum Cheong	0:46:23	0:43:14	0:46:24	2:14:58	2:15:59	208	147	0	147	
166	0294	Jen Haw Lee	0:41:50	0:45:00	0:49:13	2:15:46	2:16:02	217	140	0	140	
167	0503	Teo Wee Peng	0:47:22	0:46:06	0:42:41	2:15:04	2:16:08	210	146	0	146	
168	0408	Neil Davey	0:37:19	0:45:06	0:53:51	2:15:59	2:16:15	218	140	0	140	
169	0167	Ben Vella Ben Vella	0:47:17	0:45:47	0:43:20	2:15:33	2:16:23	214	143	109	252	
170	0410	Ng Teck Chye	0:41:05	0:43:18	0:52:02	2:15:14	2:16:23	211	145	0	145	
171	0541	YEO SWEE GUAN YEO SWEE GUAN	0:41:13	0:45:15	0:50:24	2:16:25	2:16:50	221	137	0	137	
172	0565	ZHU MIN	0:43:58	0:44:59	0:48:03	2:15:38	2:16:59	215	142	0	142	
173	0394	Mohamad Zulkifli Yahya	0:40:30	0:44:45	0:51:48	2:16:20	2:17:02	219	139	0	139	
174	0431	Pek Beng Own	0:46:19	0:43:43	0:47:16	2:14:15	2:17:17	202	151	0	151	
175	0148	Alvin Khee	0:44:08	0:46:13	0:47:14	2:17:09	2:17:35	225	134	0	134	
176	0257	Lau Chi Seong	0:42:14	0:41:45	0:53:50	2:16:54	2:17:48	223	136	0	136	
177	0544	Yeow Yong Keng	0:39:03	0:45:20	0:53:27	2:17:39	2:17:49	226	134	0	134	
178	0301	Joel Toh	0:39:23	0:43:28	0:55:06	2:16:57	2:17:56	224	135	0	135	
179	0527	Wee_Jin Ang	0:39:26	0:44:24	0:54:35	2:18:12	2:18:24	231	130	302	432	
180	0296	Jens Poehlker	0:40:39	0:42:58	0:54:54	2:18:10	2:18:31	229	132	114	246	
181	0129	Teo Chin Chye	0:40:48	0:48:25	0:49:20	2:18:13	2:18:31	232	129	202	331	
182	0176	Chan Soon Wah	0:42:23	0:45:52	0:50:41	2:18:31	2:18:56	233	129	0	129	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
183	0516	Tse Han Loong	0:42:32	0:46:16	0:50:18	2:18:50	2:19:05	234	128	0	128	
184	0337	Kok Meng Soo	0:51:31	0:38:20	0:49:33	2:02:51	2:19:23	128	206	0	206	
185	0140	Ahimsa Campos Arceiz	0:40:31	0:44:44	0:54:21	2:19:15	2:19:36	235	127	0	127	
186	0286	James Hong Kin Seng	0:42:49	0:45:40	0:51:27	2:19:44	2:19:55	240	123	233	356	
187	0399	Mohd Ridzwan Leman	0:40:11	0:47:15	0:52:33	2:19:42	2:19:58	239	124	0	124	
188	0359	Lee Yip Siew	0:40:34	0:45:27	0:53:58	2:19:46	2:19:58	241	123	0	123	
189	0418	Nicholas Koh	0:41:03	0:45:20	0:53:38	2:19:20	2:20:01	236	126	25	151	
190	0533	WILLIE CHAI	0:43:26	0:46:38	0:50:06	2:19:33	2:20:09	237	126	0	126	
191	0259	goh heng kim	0:44:47	0:44:48	0:50:49	2:19:53	2:20:23	243	121	0	121	
192	0427	Paul Cheong	0:42:22	0:45:44	0:52:18	2:19:56	2:20:23	245	120	502	622	
193	0361	Leong Wing Mun	0:42:55	0:48:02	0:49:44	2:19:49	2:20:40	242	122	0	122	
194	0369	LIM KIAM SENG	0:39:02	0:46:38	0:55:18	2:20:27	2:20:58	247	118	0	118	
195	0138	Affandi Indraj	0:46:22	0:46:44	0:48:18	2:20:35	2:21:23	248	117	0	117	
196	0440	raphael Chong	0:42:30	0:44:42	0:54:16	2:20:40	2:21:27	250	116	0	116	
197	0305	JONATHAN LEONARD PEREIRA	0:38:46	0:46:11	0:56:43	2:20:40	2:21:39	249	117	0	117	
198	0291	Jason Bush	0:38:10	0:48:03	0:56:00	2:21:53	2:22:12	254	113	57	170	
199	0476	SNG CHIN SENG	0:40:42	0:46:18	0:55:16	2:20:59	2:22:15	251	115	0	115	
200	0317	Kee Wee Tan	0:41:27	0:46:12	0:54:55	2:22:25	2:22:33	257	111	0	111	
201	0530	Weicong Lian	0:35:07	0:46:13	1:01:35	2:22:49	2:22:53	259	109	0	109	
202	0553	Yiwen Tan	0:41:21	0:39:58	1:01:35	2:22:49	2:22:54	258	110	0	110	
203	0425	Ong Tiong Wee	0:40:15	0:46:53	0:55:55	2:22:07	2:23:02	255	112	0	112	
204	0279	Isaac Loo Lip Jin	0:40:33	0:48:01	0:54:37	2:22:59	2:23:10	262	107	0	107	
205	0210	Daniel Heng	0:40:00	0:47:18	0:56:05	2:23:20	2:23:22	263	106	97	203	
206	1814	Yew Poh Siang	0:44:50	0:44:51	0:54:00	2:22:51	2:23:41	260	109	0	109	
207	0333	Koh Eu Kim Eugene	0:36:12	0:47:58	0:59:56	2:23:51	2:24:05	267	103	0	103	
208	0519	Vince Edward Banzon	0:44:03	0:46:21	0:53:56	2:23:37	2:24:19	265	105	213	318	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
209	0188	Chia Chi Yee	0:43:34	0:49:14	0:51:33	2:24:08	2:24:21	269	102	0	102	
210	0208	Courteney Wild	0:44:00	0:45:45	0:54:40	2:23:32	2:24:23	264	106	0	106	
211	0330	King Yoong Ching	0:44:30	0:49:04	0:50:58	2:23:50	2:24:30	266	104	0	104	
212	0363	Liam Mooney	0:44:29	0:48:06	0:51:57	2:24:08	2:24:31	270	101	0	101	
213	0355	Lee Keng Song	0:41:09	0:47:41	0:56:00	2:24:24	2:24:49	271	100	0	100	
214	0514	Tony Tay Yong Tong	0:40:25	0:47:23	0:57:10	2:24:28	2:24:58	272	100	0	100	
215	0517	Vijay Luiz	0:40:15	0:45:24	0:59:20	2:24:08	2:24:59	268	103	65	168	
216	0493	Tat Wee Gan	0:43:16	0:46:41	0:55:13	2:24:44	2:25:10	273	99	0	99	
217	0173	Boon Howe Chew	0:44:38	0:48:05	0:52:32	2:24:45	2:25:15	274	98	0	98	
218	0536	Wui Koon Koh	0:43:14	0:48:16	0:54:35	2:26:01	2:26:04	280	94	0	94	
219	0411	Ng Yee Tat	0:51:33	0:42:42	0:52:11	2:14:07	2:26:25	200	153	0	153	
220	0458	see wei meng	0:43:49	0:48:09	0:54:32	2:25:42	2:26:29	277	96	0	96	
221	0792	Jonathan Lim	0:38:03	0:48:35	1:00:11	2:25:46	2:26:48	278	95	0	95	
222	0485	Tan Ah Keong	0:49:21	0:46:59	0:50:31	2:26:04	2:26:50	281	93	153	246	
223	0528	Wei Chung Wee	0:46:34	0:48:17	0:52:18	2:26:23	2:27:08	284	91	0	91	
224	0214	Danny Asmara Rahman	0:43:33	0:48:18	0:55:30	2:25:48	2:27:21	279	95	11	106	
225	0132	Abdul Halim Jamail	0:43:44	0:48:19	0:55:22	2:26:51	2:27:24	286	89	0	89	
226	0351	Lai Leng See	0:51:54	0:42:21	0:53:19	2:15:15	2:27:34	212	144	0	144	
227	0224	Eben Tan	0:38:53	0:44:19	1:04:57	2:27:34	2:28:08	288	88	278	366	
228	0387	Md Shariff Abdullah	0:39:51	0:49:07	0:59:21	2:28:18	2:28:18	291	86	0	86	
229	0790	Patrick Major Lee	0:39:51	0:49:07	0:59:21	2:28:17	2:28:19	290	86	0	86	
230	0529	Wei Jie Ang	0:46:33	0:49:02	0:52:55	2:27:36	2:28:30	289	87	0	87	
231	0119	Laming, Mark Peter	0:45:02	0:49:27	0:54:53	2:28:52	2:29:21	294	83	302	385	
232	0525	Wee Kwang Ong	0:51:19	0:53:37	0:44:29	2:26:10	2:29:24	282	92	0	92	
233	0168	Benjamin Ng	0:43:47	0:45:35	1:00:03	2:28:30	2:29:24	292	85	0	85	
234	0344	Kok Yong Goh	0:47:45	0:48:16	0:53:32	2:29:12	2:29:32	295	83	0	83	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
235	0268	Ho Yong Wee Ryan	0:39:27	0:45:09	1:05:01	2:29:15	2:29:36	296	82	0	82	
236	0322	Kenneth Boey	0:50:55	0:46:37	0:52:21	2:29:36	2:29:52	300	79	0	79	
237	0323	Kenneth Tan Boon Kiat	0:45:07	0:49:36	0:55:17	2:29:29	2:29:59	299	80	93	173	
238	0331	Koh Kian Boon	0:48:17	0:48:36	0:53:20	2:29:26	2:30:12	298	81	0	81	
239	0289	Janfi Lionnet	0:43:17	0:47:18	0:59:41	2:30:11	2:30:15	303	77	0	77	
240	0562	Zheng Weiliang	0:40:24	0:51:07	0:58:46	2:29:24	2:30:16	297	81	38	119	
241	0338	Kok Peows Tan	0:46:06	0:49:24	0:54:50	2:29:55	2:30:20	302	78	0	78	
242	0172	Bo Tao Han	0:45:40	0:48:31	0:56:18	2:30:19	2:30:29	305	75	0	75	
243	0164	Bala Krish	0:43:08	0:47:04	1:00:28	2:30:31	2:30:40	306	75	0	75	
244	0258	Goh Yao Jie, Anthony	0:45:39	0:49:08	0:56:16	2:30:18	2:31:03	304	76	0	76	
245	0477	Soh SiewWing	0:43:20	0:48:21	1:00:05	2:31:09	2:31:45	308	73	0	73	
246	0508	Timmy Ong	0:42:18	0:44:02	1:05:48	2:31:30	2:32:07	311	71	0	71	
247	0450	Sai Keong Leong	0:42:18	0:44:02	1:05:48	2:31:31	2:32:07	312	70	0	70	
248	0189	Chia Ming Lee	0:46:44	0:49:17	0:56:17	2:31:29	2:32:18	309	72	11	83	
249	0377	Malcolm Harrow	0:46:27	0:46:48	0:59:06	2:31:29	2:32:19	310	72	171	243	
250	0382	Marshal Naulibasa	0:50:25	0:50:33	0:51:40	2:32:02	2:32:37	315	68	0	68	
251	0105	Andreas Dewanto	0:51:44	0:51:00	0:49:59	2:31:55	2:32:42	313	69	226	295	
252	0368	Lim Seng Chong	0:48:14	0:54:27	0:50:10	2:32:35	2:32:50	321	64	0	64	
253	0147	Alvin Seah	0:43:50	0:44:55	1:04:08	2:31:57	2:32:53	314	69	0	69	
254	0442	Raymond Koh	0:56:24	0:42:20	0:54:16	2:21:05	2:32:59	252	115	0	115	
255	0397	mohammad farid vasmin	0:40:12	0:54:44	0:58:09	2:32:22	2:33:04	317	67	0	67	
256	0266	Hing Leong Kuan	0:47:20	0:49:05	0:56:43	2:32:15	2:33:07	316	67	0	67	
257	0360	Lee Teck Khoon	0:44:06	0:49:38	0:59:27	2:32:29	2:33:09	320	64	0	64	
258	0554	Yixia Huang	0:57:46	0:44:07	0:51:32	2:20:15	2:33:24	246	119	0	119	
259	0180	Chee Wah Ng	0:45:38	0:47:55	1:00:11	2:32:50	2:33:43	323	62	0	62	
260	0225	eddie soo	0:37:16	0:44:17	1:12:15	2:32:48	2:33:47	322	63	0	63	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
261	0202	Chun Hern Tan	0:57:46	0:44:11	0:52:09	2:22:11	2:34:05	256	112	0	112	
262	0402	Muhammad Ashiq Chu	0:47:47	0:56:15	0:50:05	2:33:38	2:34:06	325	61	0	61	
263	0269	Ho Swee Huat	0:42:46	0:50:06	1:01:23	2:33:28	2:34:15	324	61	0	61	
264	0146	Aloysius Ho Boon Ching	1:04:14	0:44:54	0:45:27	2:11:16	2:34:34	182	166	191	357	
265	0154	Andrew Pereira	0:47:33	0:50:06	0:57:12	2:34:29	2:34:49	327	59	227	286	
266	0474	Simpson Wong	0:45:27	0:51:42	0:58:52	2:35:19	2:36:01	331	56	0	56	
267	0385	Matthieu Chapeleau	0:44:30	0:52:07	0:59:37	2:35:35	2:36:13	333	55	0	55	
268	0290	Jason Chen	0:36:57	1:01:46	0:58:11	2:36:50	2:36:53	336	52	0	52	
269	0475	Sivakumar Subramaniam	0:49:26	0:49:17	0:58:11	2:32:25	2:36:53	318	66	0	66	
270	0524	Wee Koon Seow Wee Koon	0:44:40	0:58:47	0:53:50	2:35:01	2:37:15	329	58	22	80	
271	0295	Jen Sun Chan	0:52:30	0:50:44	0:54:06	2:31:06	2:37:19	307	74	0	74	
272	0435	Peter Wachira	0:40:56	0:50:26	1:06:51	2:38:00	2:38:12	339	50	0	50	
273	0157	Andy Tan	0:42:05	0:48:14	1:08:19	2:38:10	2:38:37	340	50	0	50	
274	0185	Cheong Choon Huat	0:43:50	0:54:01	1:01:07	2:38:49	2:38:58	342	48	0	48	
275	0434	Peng Wee Lua	0:49:28	0:51:47	0:58:02	2:37:06	2:39:16	337	52	0	52	
276	0466	Shu Ming Seow	0:48:18	0:53:08	0:58:00	2:38:53	2:39:25	343	47	0	47	
277	0263	Han Kiong Ong	0:42:43	0:49:59	1:06:45	2:39:20	2:39:27	346	45	0	45	
278	0429	PEK BENGGAY	0:51:31	0:51:30	0:56:28	2:36:27	2:39:29	335	53	0	53	
279	0217	David Chee	0:43:24	0:54:02	1:02:10	2:39:03	2:39:34	344	47	0	47	
280	0171	Bing Hong Chua	0:44:26	0:47:23	1:08:24	2:39:16	2:40:12	345	46	0	46	
281	0220	Derrick Lim	0:46:35	0:51:54	1:01:52	2:39:55	2:40:20	348	44	0	44	
282	0240	FAZRUL AMANUR RAHMAN	0:43:49	0:56:32	1:00:36	2:40:41	2:40:56	350	42	0	42	
283	0483	Tan Thong Leng	0:50:37	0:48:30	1:02:10	2:40:45	2:41:16	351	41	0	41	
284	0299	Jiangming Fam	0:47:16	0:48:11	1:06:17	2:38:25	2:41:42	341	49	0	49	
285	0419	Nicholas Phua	0:44:34	0:56:22	1:00:51	2:41:36	2:41:46	353	40	0	40	
286	0223	E How Yeo	0:49:38	0:51:22	1:01:13	2:41:38	2:42:12	354	39	0	39	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
287	0193	Chin Hiang Tan	0:47:56	0:52:42	1:02:01	2:41:38	2:42:39	355	38	0	38	
288	0526	Wee Siang Fong	0:46:40	0:55:28	1:02:16	2:44:03	2:44:23	361	34	302	336	
289	1807	Lau Ye Shun	0:46:42	0:50:58	1:07:03	2:40:16	2:44:42	349	43	0	43	
290	0104	Alex Chue	0:42:17	0:55:26	1:07:05	2:43:58	2:44:47	360	35	120	155	
291	0488	TAN PENG KOON, BERNARD	0:44:44	0:50:30	1:09:34	2:44:15	2:44:47	362	33	0	33	
292	0535	WONG CHING SOON	0:51:04	0:52:24	1:01:27	2:43:44	2:44:54	359	35	85	120	
293	0285	Jairuz Taluban	0:45:10	0:53:41	1:06:36	2:44:43	2:45:26	365	31	0	31	
294	0277	Inn Kien Tiu	0:48:52	0:55:27	1:02:19	2:46:01	2:46:37	366	30	132	162	
295	0412	NG HONG KENG	0:48:28	0:54:40	1:03:53	2:46:13	2:47:01	367	30	0	30	
296	0392	Ming Chet Liew	0:49:08	0:56:24	1:02:36	2:47:10	2:48:07	369	28	0	28	
297	0375	Luck Choon Chew	0:50:38	0:54:09	1:03:34	2:47:40	2:48:21	371	27	0	27	
298	0234	Eric Pesik	0:49:07	0:52:55	1:06:21	2:47:26	2:48:22	370	27	377	404	
299	0237	Eugene Teo	0:50:32	0:56:07	1:02:30	2:48:07	2:49:08	372	26	0	26	
300	0513	Tong Jian Yue	0:42:52	0:54:47	1:12:00	2:49:12	2:49:38	373	25	0	25	
301	0502	Teo Jia En	0:58:41	0:50:06	1:00:58	2:37:32	2:49:43	338	51	0	51	
302	0372	Liu Wen Cai	1:01:50	0:52:37	0:55:50	2:35:40	2:50:16	334	54	0	54	
303	0342	Kok Yong Teo	0:50:38	0:56:08	1:03:48	2:49:45	2:50:32	375	24	0	24	
304	0400	Muhamad Imaduddin Abdul Karim	0:56:02	0:56:34	0:58:29	2:50:20	2:51:04	376	23	0	23	
305	0395	Mohamed Fazees	0:48:36	0:55:34	1:07:10	2:46:51	2:51:18	368	29	0	29	
306	0559	York Seng Sim	0:51:55	0:57:05	1:02:54	2:50:58	2:51:53	377	22	0	22	
307	0362	Levi Elmenzo	0:44:32	0:57:13	1:11:10	2:52:21	2:52:55	380	20	0	20	
308	0187	Chia Henry	0:49:42	0:57:57	1:05:36	2:52:20	2:53:14	379	21	0	21	
309	0242	Felix Brian Tan	0:50:39	0:58:00	1:04:37	2:52:31	2:53:14	381	19	0	19	
310	0246	Francis Palero	0:45:41	0:56:11	1:11:38	2:52:54	2:53:29	382	18	0	18	
311	0218	Dennis Song	1:02:14	0:51:43	1:00:28	2:42:28	2:54:23	356	38	0	38	
312	0500	Tedric Tham	0:50:16	0:57:18	1:07:20	2:53:49	2:54:52	384	17	0	17	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
313	0332	Koh Seow Wah	0:45:17	0:55:23	1:14:32	2:54:02	2:55:11	386	16	0	16	
314	0499	Teck Hooi Yap	0:54:14	0:56:43	1:05:19	2:51:17	2:56:16	378	21	0	21	
315	0307	Joseph Lee	1:02:16	0:52:40	1:01:29	2:44:28	2:56:24	364	32	0	32	
316	0426	Ong Hoon Kok	0:49:57	1:02:26	1:05:08	2:56:51	2:57:31	388	14	0	14	
317	0264	Han-wei Lee	0:53:47	0:54:23	1:09:32	2:53:28	2:57:41	383	18	0	18	
318	0358	Lee Kuan Hua	0:51:45	0:59:53	1:09:10	2:56:24	3:00:47	387	15	0	15	
319	0149	alwin wong	0:51:21	0:57:29	1:12:44	2:58:18	3:01:33	389	13	0	13	
320	0160	Ang Wee Peng	0:44:27	0:59:28	1:17:40	3:01:21	3:01:34	390	13	0	13	
321	0486	Tan Tiong Hua	0:49:39	0:54:32	1:21:40	3:05:21	3:05:50	393	10	0	10	
322	0341	Kok Wai Chang	1:10:08	0:55:16	1:04:19	2:41:15	3:09:42	352	41	68	109	
323	0556	Yonghui Luo	0:43:19	0:59:17	1:27:49	3:10:15	3:10:25	397	7	0	7	
324	1804	Ng Wen Jye	0:56:55	0:54:49	1:20:22	3:07:39	3:12:05	395	9	0	9	
325	1805	Lee Guan Teck	0:56:00	0:58:24	1:17:43	3:07:39	3:12:05	394	10	0	10	
326	0420	Nicholas foo	0:51:30	1:06:03	1:19:03	3:15:48	3:16:35	400	5	90	95	
327	0265	Helmi Hakim	0:52:53	1:01:30	1:23:14	3:17:30	3:17:37	401	4	0	4	
328	0438	Poon Sai Kit	0:51:49	1:00:16	1:25:59	3:12:48	3:18:03	399	6	0	6	
329	0491	Tan Eng Chong	0:59:13	1:08:53	1:11:56	3:19:02	3:20:02	402	4	0	4	
330	0430	Pek Guan Tat	0:54:43	1:09:43	1:16:51	3:20:44	3:21:16	404	2	0	2	
331	0352	Lang Chen Fei	1:08:57	1:01:48	1:12:24	3:04:51	3:23:08	392	11	0	11	
332	1806	Ivan Siow Wee Seng	0:59:24	1:05:26	1:22:25	3:22:47	3:27:14	405	1	0	1	
333	0315	KAY CHOON KU	0:51:35	1:02:37	1:33:26	3:27:25	3:27:37	406	1	0	1	
334	1810	Mok Ying Ren	0:24:44	0:24:56	0:26:03	1:15:41	1:15:41	0	0	0	0	Race Ambassador
335	0329	King Hee Tiong	0:35:40	0:36:50	0:38:07	-	1:50:35	0	0	0	0	No Start Time
336	0327	Kim Seong Yap	0:44:49	0:45:50	0:34:15	2:04:21	2:04:52	0	0	0	0	Incomplete Chk Pt
337	0267	Ho kok peng	0:47:24	0:46:08	0:43:00	2:15:27	2:16:31	0	0	0	0	Incomplete Chk Pt
338	0272	Hugh Smiddy	0:46:33	-	-	1:39:32	1:40:31	0	0	105	105	Incomplete Chk Pt

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
339	0523	WEE KIAT TAN	0:51:59	-	-	1:50:26	1:51:06	0	0	0	0	Incomplete Chk Pt
340	0548	Yi Kun Heng	0:51:58	-	-	1:51:35	1:52:15	0	0	0	0	Incomplete Chk Pt
341	0103	Desmond Goh	0:54:47	-	-	1:59:23	2:00:07	0	0	142	142	Incomplete Chk Pt
342	0379	Mar Lloyd Castillo	1:17:03	-	-	2:01:12	2:01:15	0	0	0	0	Incomplete Chk Pt
343	0280	ISHKHANDAR OMAR	1:28:30	-	-	1:05:15	2:03:41	0	0	0	0	Incomplete Chk Pt
344	0213	Danny Lau	1:29:29	-	-	1:06:28	2:04:40	0	0	161	161	Incomplete Chk Pt
345	0492	Tang Shu Seng	0:57:45	-	-	2:07:36	2:08:01	0	0	0	0	Incomplete Chk Pt
346	0518	Vikram Bansal	1:00:51	-	-	2:18:00	2:18:09	0	0	0	0	Incomplete Chk Pt
347	0192	Chin Hang Yap	1:18:13	-	-	2:07:49	2:37:16	0	0	92	92	Incomplete Chk Pt
348	0354	Lau Joseph	0:39:26	0:43:35	-	-	-	0	0	201	201	DNF
349	0441	Ray Hong	0:39:43	0:37:56	-	-	-	0	0	0	0	DNF
350	0498	Teck Chye Lim	0:44:46	0:50:12	-	-	-	0	0	0	0	DNF
351	0311	Juergen Doerr	0:32:26	-	-	-	-	0	0	299	299	DNF
352	0467	Shum Kwok Khoon	0:41:35	-	-	-	-	0	0	0	0	DNF
353	0367	Lim Chin Heng	0:50:58	-	-	-	-	0	0	0	0	DNF
354	0123	Robert Hyunjoo Kim	0:36:12	-	-	-	-	0	0	302	302	DNF
355	0204	Chye Hoe Tan	0:37:32	-	-	-	-	0	0	0	0	DNF
356	0437	phillip lee	0:44:25	-	-	-	-	0	0	0	0	DNF
357	0393	Miquel Pallares	0:46:45	-	-	-	-	0	0	0	0	DNF
358	0101	Leonard Ong Yao Jian	-	-	-	-	-	0	0	0	0	DNF
359	0109	Gabriel Ong Kah Leong	-	-	-	-	-	0	0	6	6	DNF
360	0110	Nicholas Fang	-	-	-	-	-	0	0	0	0	DNF
361	0111	Kevin Luffman	-	-	-	-	-	0	0	379	379	DNF
362	0113	Poon Chung Kiat	-	-	-	-	-	0	0	246	246	DNF
363	0115	Grant Hay	-	-	-	-	-	0	0	0	0	DNF
364	0118	Peter Wan	-	-	-	-	-	0	0	234	234	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
365	0120	Yong Wei Peng	-	-	-	-	-	0	0	142	142	DNF
366	0124	Peter Ng	-	-	-	-	-	0	0	143	143	DNF
367	0126	Paul WJ Hughes	-	-	-	-	-	0	0	0	0	DNF
368	0135	Adrian Rusu	-	-	-	-	-	0	0	0	0	DNF
369	0136	Adrian Kong	-	-	-	-	-	0	0	0	0	DNF
370	0137	Adrian Giacchi	-	-	-	-	-	0	0	0	0	DNF
371	0139	Afiq Ammarul Ezzuddin	-	-	-	-	-	0	0	0	0	DNF
372	0142	Alex Ng	-	-	-	-	-	0	0	0	0	DNF
373	0144	Alexander Dadak	-	-	-	-	-	0	0	203	203	DNF
374	0150	Anand Iyer	-	-	-	-	-	0	0	56	56	DNF
375	0155	Andrew Fallon	-	-	-	-	-	0	0	249	249	DNF
376	0159	Ang Kwang Hwee, Marcus	-	-	-	-	-	0	0	103	103	DNF
377	0162	Ashok s/o Loganathan Loganathan	-	-	-	-	-	0	0	0	0	DNF
378	0166	Barry Levett Levett	-	-	-	-	-	0	0	0	0	DNF
379	0170	Bill Gallagher	-	-	-	-	-	0	0	0	0	DNF
380	0174	Carlos Ng	-	-	-	-	-	0	0	0	0	DNF
381	0178	Chang Lim	-	-	-	-	-	0	0	92	92	DNF
382	0179	Charles Pfauwadel	-	-	-	-	-	0	0	0	0	DNF
383	0181	Chek Siang Foo	-	-	-	-	-	0	0	170	170	DNF
384	0183	Cheng Kiang Teo	-	-	-	-	-	0	0	0	0	DNF
385	0184	Chengwen Liang	-	-	-	-	-	0	0	0	0	DNF
386	0194	Choon Nghee Ng	-	-	-	-	-	0	0	0	0	DNF
387	0195	Choon Poh Pooi	-	-	-	-	-	0	0	0	0	DNF
388	0196	Chor Yin Ho	-	-	-	-	-	0	0	0	0	DNF
389	0198	Christopher Colman	-	-	-	-	-	0	0	186	186	DNF
390	0201	Chun Heng Lim	-	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
391	0205	Clement Chow	-	-	-	-	-	0	0	563	563	DNF
392	0211	Daniel Chan	-	-	-	-	-	0	0	0	0	DNF
393	0212	Daniel Yong	-	-	-	-	-	0	0	0	0	DNF
394	0216	David Wong	-	-	-	-	-	0	0	48	48	DNF
395	0222	Donald Goh	-	-	-	-	-	0	0	0	0	DNF
396	0227	Edward McCormick Blair	-	-	-	-	-	0	0	582	582	DNF
397	0228	Edwin Hu	-	-	-	-	-	0	0	0	0	DNF
398	0232	Enping Cheow	-	-	-	-	-	0	0	0	0	DNF
399	0239	Fabien Dugue	-	-	-	-	-	0	0	0	0	DNF
400	0241	felix Ng	-	-	-	-	-	0	0	0	0	DNF
401	0243	Fernell Tay	-	-	-	-	-	0	0	0	0	DNF
402	0244	FLORENT KIRCHHOFF	-	-	-	-	-	0	0	0	0	DNF
403	0245	Florian Hoppe	-	-	-	-	-	0	0	382	382	DNF
404	0249	Gan Dun Giow Henry	-	-	-	-	-	0	0	0	0	DNF
405	0250	gay desmond	-	-	-	-	-	0	0	0	0	DNF
406	0252	George Kuriakose	-	-	-	-	-	0	0	0	0	DNF
407	0253	George Attard	-	-	-	-	-	0	0	313	313	DNF
408	0260	GOH WEE BENG	-	-	-	-	-	0	0	0	0	DNF
409	0278	Irwan Haerman	-	-	-	-	-	0	0	0	0	DNF
410	0281	Israel Galan	-	-	-	-	-	0	0	91	91	DNF
411	0282	Ivan Lim	-	-	-	-	-	0	0	0	0	DNF
412	0292	Jean Dutertre	-	-	-	-	-	0	0	0	0	DNF
413	0297	JERRY WEE SOE LE	-	-	-	-	-	0	0	0	0	DNF
414	0298	Jew Pean Lim	-	-	-	-	-	0	0	0	0	DNF
415	0302	Johan Esbensen	-	-	-	-	-	0	0	0	0	DNF
416	0304	Jonathan Lim	-	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
417	0306	Jose Nicolas	-	-	-	-	-	0	0	0	0	DNF
418	0309	Joshua Guam JuHao Joshua	-	-	-	-	-	0	0	0	0	DNF
419	0310	Juan Huerta	-	-	-	-	-	0	0	171	171	DNF
420	0312	Julien Arnard	-	-	-	-	-	0	0	0	0	DNF
421	0313	Kah Seng Teng	-	-	-	-	-	0	0	0	0	DNF
422	0314	Kannathasan Jeevanantham	-	-	-	-	-	0	0	0	0	DNF
423	0319	Kelvin Phua	-	-	-	-	-	0	0	184	184	DNF
424	0325	Kevin McGregor	-	-	-	-	-	0	0	266	266	DNF
425	0326	KIA LIANG FUA	-	-	-	-	-	0	0	86	86	DNF
426	0328	Kim Soon Peh	-	-	-	-	-	0	0	0	0	DNF
427	0340	Kok Siang Ang	-	-	-	-	-	0	0	0	0	DNF
428	0343	Kok Yong Tan	-	-	-	-	-	0	0	0	0	DNF
429	0356	Lee Rivera	-	-	-	-	-	0	0	88	88	DNF
430	0364	LIFENG KWAN	-	-	-	-	-	0	0	81	81	DNF
431	0365	Lim Seng Tiong	-	-	-	-	-	0	0	0	0	DNF
432	0366	lim desmond	-	-	-	-	-	0	0	0	0	DNF
433	0373	Loo Chuan Long	-	-	-	-	-	0	0	0	0	DNF
434	0381	Mark Mark Grenville Fisher	-	-	-	-	-	0	0	0	0	DNF
435	0383	matt aldrich	-	-	-	-	-	0	0	0	0	DNF
436	0388	Michael Sua	-	-	-	-	-	0	0	0	0	DNF
437	0396	Mohamed Safik Mohamed Sadon	-	-	-	-	-	0	0	0	0	DNF
438	0398	MOHD AZHAR JAMAK	-	-	-	-	-	0	0	0	0	DNF
439	0401	Muhammad Izwan	-	-	-	-	-	0	0	0	0	DNF
440	0403	Muhammed Noraihan Othman	-	-	-	-	-	0	0	0	0	DNF
441	0404	Mun Yu Fabian Hui	-	-	-	-	-	0	0	0	0	DNF
442	0407	Ned Phillips	-	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
443	0409	Nelson Quek	-	-	-	-	-	0	0	0	0	DNF
444	0424	Ong Hock Meng	-	-	-	-	-	0	0	0	0	DNF
445	0428	Paul A. Hunt	-	-	-	-	-	0	0	0	0	DNF
446	0443	Reeta Bharudi Thevar % Ramasamy	-	-	-	-	-	0	0	0	0	DNF
447	0446	Romain Hocquigny	-	-	-	-	-	0	0	0	0	DNF
448	0451	Sajith Krishnankutty	-	-	-	-	-	0	0	0	0	DNF
449	0452	Sangram Singh	-	-	-	-	-	0	0	6	6	DNF
450	0454	Scott Larsen	-	-	-	-	-	0	0	363	363	DNF
451	0456	Sebastian Giebel	-	-	-	-	-	0	0	224	224	DNF
452	0459	SENG KIAT ONG	-	-	-	-	-	0	0	0	0	DNF
453	0460	Shahrain Mahmood	-	-	-	-	-	0	0	103	103	DNF
454	0462	Sheikh Ahmad Rifai	-	-	-	-	-	0	0	0	0	DNF
455	0464	SHI WEI NG	-	-	-	-	-	0	0	0	0	DNF
456	0470	Siew Meng Cheong	-	-	-	-	-	0	0	0	0	DNF
457	0471	Siew Weng Foong	-	-	-	-	-	0	0	0	0	DNF
458	0479	STEVEN TUCKER	-	-	-	-	-	0	0	0	0	DNF
459	0480	Stuart Mort	-	-	-	-	-	0	0	250	250	DNF
460	0481	sun qin	-	-	-	-	-	0	0	0	0	DNF
461	0494	Tatsuya Uno	-	-	-	-	-	0	0	0	0	DNF
462	0496	TECK BOON LAWRENCE Wong	-	-	-	-	-	0	0	0	0	DNF
463	0504	Terence Chen	-	-	-	-	-	0	0	127	127	DNF
464	0505	Terence Siau	-	-	-	-	-	0	0	0	0	DNF
465	0506	Terrence Koh	-	-	-	-	-	0	0	0	0	DNF
466	0512	tomoya tsuruta	-	-	-	-	-	0	0	265	265	DNF
467	0532	WILLIAM Cornish	-	-	-	-	-	0	0	0	0	DNF
468	0537	Yang Thomas	-	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
469	0546	Yew Poh Siang	-	-	-	-	-	0	0	0	0	DNF
470	0560	Yujun Lin	-	-	-	-	-	0	0	0	0	DNF
471	0787	Yap Weng Lee	-	-	-	-	-	0	0	0	0	DNF
472	0798	Johnson S/o Mutaya	-	-	-	-	-	0	0	0	0	DNF
473	1808	Lim Cheng Liang	-	-	-	-	-	0	0	0	0	DNF
474	1815	Eric Koa	-	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Female

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	0629	Miranda Heck	0:32:49	0:35:16	0:36:21	1:44:24	1:44:25	1	300	186	486	
2	0617	Lin Run'er	0:34:35	0:35:47	0:36:33	1:46:52	1:46:54	2	297	311	608	
3	0576	Anne Aho-Eagling	0:35:16	0:37:59	0:38:50	1:52:03	1:52:05	3	294	0	294	
4	0795	Masami Noro Bell	0:38:02	0:38:53	0:40:28	1:57:08	1:57:22	4	291	0	291	
5	0607	Kit Moller	0:36:35	0:39:35	0:42:09	1:58:14	1:58:18	5	288	184	472	
6	0594	Hui Ping Elaine Tee	0:38:24	0:39:29	0:41:03	1:58:21	1:58:55	6	285	0	285	
7	0582	Dr. Ami Angell	0:39:28	0:40:25	0:40:17	1:59:27	2:00:09	7	282	0	282	
8	0597	Jane Lee	0:38:25	0:40:08	0:43:23	2:01:42	2:01:55	10	273	0	273	
9	0570	A Quek	0:39:22	0:41:34	0:44:09	2:04:37	2:05:04	12	267	0	267	
10	0663	TERYN THAM	0:40:07	0:41:29	0:44:25	2:05:22	2:06:00	13	264	278	542	
11	0573	Aileen Ho	0:39:46	0:42:14	0:45:20	2:06:57	2:07:19	15	258	0	258	
12	0633	Ngiam WenYuan	0:39:23	0:42:02	0:46:01	2:06:50	2:07:24	14	261	122	383	
13	0638	oh kien keng	0:37:36	0:40:47	0:49:50	2:08:02	2:08:11	17	252	0	252	
14	0589	Foong Yi Tira Lim	0:41:43	0:42:04	0:44:40	2:07:46	2:08:25	16	255	0	255	
15	0590	GEOK PHENG TAN	0:37:17	0:42:49	0:48:58	2:08:54	2:09:03	18	248	131	379	
16	0568	Koh Ying ying	0:41:20	0:43:09	0:45:59	2:10:10	2:10:28	19	245	114	359	
17	0608	Konishi Hisako	0:43:36	0:42:10	0:45:33	2:10:22	2:11:17	20	242	0	242	
18	0569	Lina Yeo	0:38:25	0:43:47	0:49:11	2:11:11	2:11:21	21	239	320	559	
19	0577	CHERYL, SWEE CHOO NG	0:41:24	0:44:52	0:48:00	2:13:35	2:14:15	23	233	0	233	
20	0586	EVANGELINE Endaya	0:45:35	0:44:26	0:45:04	2:15:04	2:15:05	27	221	0	221	
21	0609	Ku Seow Yen	0:43:35	0:42:28	0:49:03	2:14:08	2:15:05	24	230	0	230	
22	0585	Esther Kang	0:44:17	0:44:42	0:46:40	2:14:57	2:15:38	26	224	22	246	
23	0669	Xiaoping Dilys Soh	0:41:06	0:43:17	0:52:02	2:15:15	2:16:24	28	218	0	218	
24	0660	Tan Lee Huang Molly	0:41:23	0:43:51	0:51:12	2:15:47	2:16:25	29	215	0	215	
25	0648	Serene Lee	0:41:08	0:43:56	0:51:34	2:16:03	2:16:38	31	209	177	386	
26	0785	Ong Shuyin	0:44:02	0:45:26	0:47:19	2:16:29	2:16:46	32	206	0	206	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Female

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
27	0656	Sue Peng Lim	0:43:41	0:45:46	0:47:39	2:14:55	2:17:05	25	227	0	227	
28	0641	Pei Kie Goh	0:41:35	0:45:23	0:51:06	2:17:43	2:18:03	33	203	256	459	
29	0612	LI HOONG HENG	0:44:22	0:45:47	0:49:24	2:19:12	2:19:32	35	197	0	197	
30	0635	Noelle Ong	0:47:18	0:45:55	0:46:56	2:19:08	2:20:08	34	200	0	200	
31	0658	TAN GEOK KUAN	0:38:34	0:43:43	0:58:06	2:20:09	2:20:22	36	194	0	194	
32	0621	MARJORIE CHER TAN	0:40:35	0:47:46	0:52:45	2:20:55	2:21:05	37	191	0	191	
33	0665	Tham Foong Lin	0:44:14	0:46:51	0:50:47	2:21:28	2:21:52	39	185	0	185	
34	0587	Fia Permadi	0:42:04	0:47:11	0:52:38	2:21:17	2:21:53	38	188	33	221	
35	0627	Michelle Qiu Qiu	0:43:21	0:47:31	0:52:09	2:22:53	2:23:01	41	179	0	179	
36	0596	Isabelle Khoo	0:44:47	0:46:17	0:52:12	2:22:49	2:23:15	40	182	0	182	
37	0642	Pei Ru Chiew	0:41:01	0:46:40	0:55:44	2:23:10	2:23:24	42	176	206	382	
38	0622	Masami Fukushima	0:43:59	0:45:55	0:54:30	2:23:31	2:24:23	43	173	0	173	
39	0636	Noemie Alintissar	0:44:29	0:48:14	0:51:49	2:24:08	2:24:31	44	170	0	170	
40	0667	Wai Teng Lew	0:48:52	0:47:55	0:48:42	2:24:21	2:25:28	45	167	0	167	
41	0634	Nicole Cheong	0:50:12	0:44:53	0:50:28	2:15:50	2:25:32	30	212	11	223	
42	0616	Lim Ee Lee	0:44:21	0:46:01	0:55:25	2:24:39	2:25:46	46	164	0	164	
43	0670	xue hui Tang	0:41:34	0:51:46	0:54:11	2:27:14	2:27:31	48	158	0	158	
44	0676	Yuen Pheng Lee	0:43:39	0:51:04	0:52:59	2:27:19	2:27:42	49	155	0	155	
45	0591	Gisete Tay	0:48:16	0:47:29	0:52:47	2:27:47	2:28:31	50	152	0	152	
46	0571	Ai Lin Diane Tan	0:43:47	0:50:01	0:56:25	2:30:08	2:30:12	52	145	34	179	
47	0575	Angelin Wong	0:43:24	0:54:02	0:53:15	2:30:09	2:30:40	53	142	0	142	
48	0661	Teng Jocelyn	0:45:39	0:49:08	0:56:17	2:30:18	2:31:04	55	136	0	136	
49	0793	Teng Wee Lin	0:48:18	0:48:38	0:54:29	2:30:37	2:31:23	56	133	0	133	
50	0644	Roberta Burridge	0:47:39	0:49:17	0:54:37	2:30:15	2:31:32	54	139	0	139	
51	0640	Pearly Koh	0:46:44	0:49:16	0:56:19	2:31:28	2:32:18	57	130	0	130	
52	0786	Leslie Peacock	0:44:01	0:46:35	1:02:26	2:32:44	2:33:01	58	127	0	127	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Female

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
53	0615	Lim Siok Khim	0:45:37	0:48:56	0:58:42	2:32:51	2:33:14	59	124	0	124	
54	0674	Yong Jennifer	0:46:42	0:50:59	0:57:10	2:33:52	2:34:50	60	121	0	121	
55	0639	Paulna Tan	0:49:55	0:50:13	0:54:49	2:33:57	2:34:56	61	118	0	118	
56	0574	Alexandra Lee	0:49:42	0:48:59	0:56:53	2:35:26	2:35:33	62	115	0	115	
57	0598	Jasmine LIm	0:46:54	0:52:15	0:57:36	2:36:28	2:36:44	63	112	0	112	
58	0675	YuanYan Ho	0:44:04	0:52:00	1:04:10	2:39:23	2:40:14	64	109	0	109	
59	0678	Zheng Zhijing	0:52:14	0:59:02	0:50:02	2:40:57	2:41:17	65	106	0	106	
60	0653	Sok Hoon Lim	0:47:54	0:52:49	1:00:45	2:41:11	2:41:26	66	103	0	103	
61	0613	Lily Wong	0:49:38	0:51:17	1:01:18	2:41:38	2:42:12	67	100	0	100	
62	0623	May Magpayo	0:51:57	0:53:53	0:57:56	2:42:11	2:43:46	68	97	0	97	
63	0624	Mei Kuen Thow	0:52:11	0:53:09	0:58:27	2:42:57	2:43:46	69	94	0	94	
64	0603	Karen Lee	0:50:36	0:54:06	1:01:27	2:45:29	2:46:08	70	91	0	91	
65	0593	Heen Hiang Hoh	0:46:28	0:55:16	1:05:54	2:46:55	2:47:37	71	88	111	199	
66	0584	Eliyah Osman	0:46:46	0:53:57	1:07:20	2:47:16	2:48:02	72	85	0	85	
67	0602	Joslyn Mak	0:47:46	0:56:15	1:04:22	2:47:55	2:48:22	73	82	0	82	
68	0595	Hui-xian Jo Yeo	0:52:21	0:55:57	1:01:10	2:48:43	2:49:27	75	76	0	76	
69	0600	Jennifer Lem Kay Mui	0:45:27	1:00:42	1:04:01	2:49:32	2:50:08	76	73	0	73	
70	0671	Yan Ting Yeo	0:50:08	0:57:32	1:03:22	2:50:28	2:51:01	77	70	0	70	
71	0647	Sasha Eusof	0:50:12	0:54:16	1:07:14	2:51:17	2:51:42	78	67	0	67	
72	0651	Siew Ee Chiang	0:56:53	0:56:21	0:58:56	2:48:21	2:52:10	74	79	0	79	
73	0659	Tan Cheow Chin	0:51:43	0:59:06	1:03:25	2:53:41	2:54:13	81	58	0	58	
74	0625	MELISSA CHUA	0:49:53	0:54:56	1:09:43	2:53:53	2:54:31	83	52	0	52	
75	0662	Teo Adele	0:50:16	0:57:17	1:07:20	2:53:50	2:54:52	82	55	0	55	
76	0605	kho wai leng	0:51:32	0:56:13	1:07:58	2:55:05	2:55:42	86	42	0	42	
77	0645	Rukzana Begum	0:52:01	0:58:43	1:05:28	2:55:56	2:56:11	88	36	0	36	
78	0649	Sherline Ang	0:52:03	1:00:05	1:04:20	2:55:39	2:56:27	87	39	0	39	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Female

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
79	0668	Woo Ting Fang	0:54:45	0:56:25	1:06:32	2:53:28	2:57:42	80	61	0	61	
80	0657	Sui Linn Tan	0:48:11	0:59:00	1:13:30	3:00:26	3:00:39	91	27	0	27	
81	0610	Lau Jia Qi	0:55:43	1:00:14	1:05:23	2:54:55	3:01:20	85	45	0	45	
82	0628	min er chia	0:51:19	0:57:30	1:12:45	2:58:19	3:01:33	90	30	0	30	
83	0631	Nadeema Ajihil	0:54:45	1:04:14	1:10:25	3:08:41	3:09:24	94	18	171	189	
84	0796	Siti Munira Batra	0:57:23	1:03:44	1:08:35	3:08:55	3:09:41	95	15	0	15	
85	1801	Cindy Goh Kiah Ling	0:56:55	0:57:29	1:17:42	3:07:39	3:12:06	93	21	0	21	
86	1802	Toh Geok Ting Winnie	0:56:00	0:55:44	1:20:22	3:07:39	3:12:06	92	24	0	24	
87	0654	Sok Hui Tay	0:56:48	1:05:12	1:10:26	3:11:50	3:12:26	97	9	0	9	
88	0619	Low Poh Choo, Bernadette	0:59:13	1:08:55	1:11:55	3:19:02	3:20:02	98	6	0	6	
89	1816	Nur Marlina Majid	0:59:24	1:05:27	1:22:24	3:22:48	3:27:14	99	3	0	3	
90	0791	Charlotte Teo	0:34:17	0:34:09	0:35:49	1:43:44	1:44:14	0	0	0	0	Incomplete Chk Pt
91	0673	Yiqian Li	1:18:15	-	-	1:34:22	2:09:40	0	0	0	0	Incomplete Chk Pt
92	0580	chok caroline	1:40:51	-	-	1:32:01	2:29:43	0	0	274	274	Incomplete Chk Pt
93	0652	Siok Hian Cheong	0:34:46	0:36:07	-	-	-	0	0	0	0	DNF
94	0572	Aida M	1:00:41	-	-	-	-	0	0	0	0	DNF
95	0666	Vicki Allen	0:41:15	-	-	-	-	0	0	211	211	DNF
96	0566	Lin ZhiYun	-	-	-	-	-	0	0	0	0	DNF
97	0567	Melissa Luffman	-	-	-	-	-	0	0	191	191	DNF
98	0578	Chiew Khiuk Jong	-	-	-	-	-	0	0	0	0	DNF
99	0579	Chin Lin Chee	-	-	-	-	-	0	0	0	0	DNF
100	0581	Chunhua Ou	-	-	-	-	-	0	0	177	177	DNF
101	0583	Elena Lim	-	-	-	-	-	0	0	0	0	DNF
102	0588	Florence Koh	-	-	-	-	-	0	0	0	0	DNF
103	0592	Gwen Lee	-	-	-	-	-	0	0	57	57	DNF
104	0599	Jeevika Chhatwal	-	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Open Female

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
105	0601	Jillian Lam	-	-	-	-	-	0	0	0	0	DNF
106	0604	Kelly Reed Ingham	-	-	-	-	-	0	0	464	464	DNF
107	0606	Kimberly Norman	-	-	-	-	-	0	0	0	0	DNF
108	0611	Lenia Teo	-	-	-	-	-	0	0	57	57	DNF
109	0614	LIM Regynna	-	-	-	-	-	0	0	0	0	DNF
110	0618	Low Hwee Koon	-	-	-	-	-	0	0	48	48	DNF
111	0620	Lucie Benito	-	-	-	-	-	0	0	0	0	DNF
112	0626	Michelle Tan	-	-	-	-	-	0	0	0	0	DNF
113	0630	Mu Qin Toh	-	-	-	-	-	0	0	0	0	DNF
114	0632	Ng Karen	-	-	-	-	-	0	0	0	0	DNF
115	0637	Nur Fazilah Md Kasim	-	-	-	-	-	0	0	0	0	DNF
116	0643	Poh Yan Juvian Cheah	-	-	-	-	-	0	0	0	0	DNF
117	0646	Sally Ong	-	-	-	-	-	0	0	0	0	DNF
118	0650	shirley wee	-	-	-	-	-	0	0	0	0	DNF
119	0655	Sook Wei Vivian Owyong	-	-	-	-	-	0	0	0	0	DNF
120	0664	Tham Im Mui	-	-	-	-	-	0	0	0	0	DNF
121	0672	Yi Shyuan Jee	-	-	-	-	-	0	0	0	0	DNF
122	0677	Yvonne Isabel Tan	-	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Veteran Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	0762	tony seakins	0:26:53	0:28:05	0:29:05	1:24:02	1:24:02	1	300	0	300	
2	0680	Melvin How Choon Kiat	0:30:26	0:31:24	0:32:18	1:34:04	1:34:06	7	296	122	418	
3	0769	Yoon Tak Choon	0:30:10	0:32:37	0:35:09	1:37:51	1:37:54	12	292	0	292	
4	0730	Lee Chou Hor George	0:33:56	0:33:56	0:33:36	1:41:11	1:41:27	18	287	0	287	
5	0679	Dirk Nicolay	0:32:29	0:33:33	0:35:54	1:41:45	1:41:55	23	284	0	284	
6	0706	Enrico Varella	0:33:16	0:35:22	0:36:33	1:44:44	1:45:10	28	280	0	280	
7	0735	Ng Wing Fatt, SAM	0:36:22	0:35:28	0:34:34	1:46:01	1:46:23	32	277	124	401	
8	0696	chong chung fat	0:33:20	0:34:53	0:39:15	1:47:19	1:47:28	36	274	0	274	
9	0711	Gianfranco Matteucci	0:35:40	0:37:15	0:36:01	1:48:43	1:48:56	42	270	302	572	
10	0721	Jimmy Sim	0:36:19	0:36:06	0:37:26	1:49:17	1:49:50	47	266	15	281	
11	0720	Ian Ian Tate	0:36:33	0:36:53	0:37:16	1:50:36	1:50:40	55	260	508	768	
12	0702	david Marren	0:36:17	0:37:12	0:37:27	1:50:21	1:50:56	53	262	0	262	
13	0741	Quentin Morgan	0:33:44	0:36:17	0:41:18	1:51:08	1:51:18	58	258	0	258	
14	0759	tang wai hoong wai hoong	0:33:44	0:37:54	0:39:51	1:51:24	1:51:28	60	256	0	256	
15	0766	Wee Hoe Wong	0:36:57	0:36:59	0:37:48	1:51:21	1:51:44	59	257	0	257	
16	0755	Swee Seng Chan	0:35:06	0:37:14	0:41:41	1:53:43	1:54:00	67	251	0	251	
17	0687	Ah Chai Leong	0:36:06	0:38:10	0:40:10	1:54:21	1:54:25	70	249	0	249	
18	0760	Tian Teck Chua	0:36:40	0:38:28	0:40:02	1:55:02	1:55:08	76	245	0	245	
19	0750	Sian Leng Chan	0:37:11	0:37:58	0:40:23	1:55:03	1:55:32	77	244	417	661	
20	0736	ngatimin wongso	0:37:32	0:38:39	0:42:51	1:58:43	1:59:02	104	224	0	224	
21	0705	Edward Whistler Goh	0:43:45	0:37:55	0:39:32	1:55:58	2:01:11	84	239	0	239	
22	0700	Chua Boon Kwang	0:35:58	0:42:43	0:45:50	2:04:22	2:04:29	139	198	0	198	
23	0682	Wee Peng Choon	0:41:06	0:42:21	0:41:05	2:04:06	2:04:32	137	200	193	393	
24	0743	Robert Nash	0:40:47	0:41:54	0:42:42	2:04:39	2:05:22	143	195	0	195	
25	0756	Sze Chong TOH	0:39:21	0:41:31	0:44:52	2:05:34	2:05:43	147	192	0	192	
26	0770	Yoong Fui Kwok	0:38:46	0:41:34	0:46:30	2:06:35	2:06:49	153	188	0	188	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Veteran Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
27	0726	Koh Sai Teck Christopher	0:37:59	0:40:43	0:48:41	2:07:06	2:07:22	154	187	0	187	
28	0717	Henry Tan-Gim Chuan	0:40:11	0:41:34	0:46:33	2:07:57	2:08:17	156	185	125	310	
29	0710	Freddie Tan Kia Huat	0:40:10	0:41:33	0:46:47	2:07:55	2:08:30	155	186	0	186	
30	0789	Dennis Mark	0:41:00	0:42:52	0:45:25	2:08:48	2:09:16	163	180	25	205	
31	0788	Lim Kok Quee	0:38:56	0:42:33	0:48:02	2:09:22	2:09:30	168	177	0	177	
32	0708	Franciscus Delnoij	0:41:57	0:43:32	0:44:55	2:09:59	2:10:22	173	173	0	173	
33	0746	Sang Joo Chor	0:41:27	0:42:15	0:46:59	2:10:10	2:10:40	175	171	0	171	
34	0749	shaun Shaun Boulter	0:39:52	0:44:45	0:46:44	2:11:12	2:11:19	180	168	454	622	
35	0713	Goh Seh Hing	0:42:09	0:43:28	0:46:20	2:11:36	2:11:55	183	166	0	166	
36	0764	TUCK SANG MUK	0:39:31	0:44:02	0:50:01	2:13:10	2:13:33	195	157	0	157	
37	0692	chee keong cheong	0:40:01	0:44:54	0:49:05	2:13:42	2:13:59	196	156	0	156	
38	0698	Choy Meng Khuan Choy	0:40:40	0:44:03	0:49:45	2:13:58	2:14:27	198	154	0	154	
39	0739	Phillip Choo	0:43:23	0:43:25	0:48:08	2:14:02	2:14:55	199	154	0	154	
40	0747	SANG SOON CHEW	0:40:06	0:45:15	0:49:40	2:14:40	2:14:59	205	149	0	149	
41	0771	Yutaka Kakishima	0:44:30	0:43:10	0:48:14	2:12:51	2:15:53	192	159	0	159	
42	0740	QUEK TEONG SENG	0:44:46	0:44:15	0:47:13	2:15:42	2:16:13	216	141	0	141	
43	0724	Kin Soon Teo	0:38:44	0:44:57	0:52:54	2:16:23	2:16:34	220	138	0	138	
44	0681	Kenneth Tan	0:41:51	0:44:16	0:50:59	2:16:39	2:17:05	222	137	180	317	
45	0737	Peng Fatt Lok	0:45:32	0:44:30	0:48:27	2:17:40	2:18:28	227	133	227	360	
46	0694	Chiap Heong Ang	0:43:30	0:44:21	0:50:48	2:17:54	2:18:39	228	132	0	132	
47	0729	LC Tan	0:41:36	0:47:04	0:50:03	2:18:10	2:18:41	230	131	0	131	
48	0707	FOOK CHOY LOK	0:44:18	0:44:41	0:51:20	2:19:37	2:20:18	238	125	42	167	
49	0695	Chng Chee Koon	0:41:28	0:48:12	0:51:44	2:21:11	2:21:23	253	114	63	177	
50	0757	TAN HAN SYA	0:46:50	0:47:21	0:47:17	2:19:56	2:21:27	244	120	0	120	
51	0699	Christoph Kaeser	0:37:14	0:45:18	1:00:28	2:22:58	2:22:59	261	108	212	320	
52	0723	Kai Sum Chan	0:41:54	0:48:43	0:54:47	2:25:16	2:25:23	275	98	0	98	

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Veteran Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
53	0731	Lim Kew Leong	0:44:48	0:48:44	0:52:31	2:25:32	2:26:02	276	97	0	97	
54	0752	Stephen Carr	0:39:25	0:47:27	0:59:45	2:26:29	2:26:36	285	90	357	447	
55	0751	Soh Lian Heng	0:47:47	0:46:08	0:53:16	2:26:17	2:27:10	283	92	0	92	
56	0763	Tony Chua	0:47:06	0:44:44	0:56:49	2:27:19	2:28:38	287	89	0	89	
57	0744	ronnie tan ah kow	0:42:44	0:47:30	0:59:15	2:28:51	2:29:28	293	84	34	118	
58	0732	Masaaki Kanayama	0:42:25	0:46:40	1:01:20	2:29:54	2:30:24	301	78	0	78	
59	0690	Basiruddin Siman	0:43:06	0:52:25	0:57:32	2:32:28	2:33:03	319	65	0	65	
60	0767	Yean Chee Kit	0:44:28	0:51:14	0:58:55	2:34:09	2:34:37	326	60	0	60	
61	0758	Tan Kim Lai Tan Kim Lai	0:45:23	0:52:06	0:57:47	2:34:32	2:35:16	328	58	0	58	
62	0714	GORLDEN LIEW	0:48:03	0:50:56	0:56:22	2:35:16	2:35:19	330	57	0	57	
63	0768	YEW KWAN JIMMY POH	0:46:47	0:50:05	0:59:10	2:35:29	2:36:01	332	55	0	55	
64	0761	Tick Hock Tan	0:49:26	0:51:54	0:59:14	2:39:51	2:40:34	347	44	65	109	
65	0683	Eugene Seah	0:47:13	0:52:31	1:03:43	2:43:01	2:43:26	358	36	282	318	
66	0704	Eddy Lee Yeow Kuan	0:52:11	0:53:10	0:58:26	2:42:57	2:43:46	357	37	116	153	
67	0716	Henry Lim Kian Leong	0:51:20	0:53:57	0:59:33	2:44:20	2:44:48	363	33	302	335	
68	0734	Mohanadas Kandiah	0:50:15	0:54:37	1:05:20	2:49:25	2:50:11	374	24	0	24	
69	0754	Suan Seng Tan	0:57:13	0:57:46	1:01:46	2:53:55	2:56:45	385	16	0	16	
70	0725	koh thong mui	0:54:15	1:00:27	1:09:32	3:03:06	3:04:14	391	12	0	12	
71	0728	Lau Sing Khong	0:53:43	1:05:09	1:10:50	3:09:02	3:09:40	396	8	205	213	
72	0712	GOH KENG SIONG	0:51:46	1:05:02	1:14:36	3:11:14	3:11:22	398	7	0	7	
73	0693	Cheong Eng Jiunn	0:55:47	1:05:11	1:19:08	3:19:05	3:20:05	403	3	0	3	
74	0689	Ban Lee Simon Sie Ban Lee	0:39:29	0:47:02	0:40:48	2:06:51	2:07:18	0	0	107	107	Incomplete Chk Pt
75	0697	Choon Teck Yeo	0:35:08	0:44:15	1:15:33	2:34:27	2:34:54	0	0	0	0	Incomplete Chk Pt
76	0733	Michael Frank	0:42:04	-	-	1:43:12	1:43:29	0	0	0	0	Incomplete Chk Pt
77	0688	Andrew B. Y. Ng	1:07:16	-	-	1:26:28	1:48:18	0	0	0	0	Incomplete Chk Pt
78	0753	Steven Lee Siew Meng	1:03:26	-	-	1:37:38	1:57:01	0	0	0	0	Incomplete Chk Pt

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Veteran Male

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
79	0701	David Chambers	0:39:30	0:41:36	-	-	-	0	0	196	196	DNF
80	0742	R Narendran	0:52:14	-	-	-	-	0	0	0	0	DNF
81	0709	Fred Eng	0:59:16	-	-	-	-	0	0	18	18	DNF
82	0684	Stephen Keane	-	-	-	-	-	0	0	178	178	DNF
83	0686	Graham Bancroft	-	-	-	-	-	0	0	244	244	DNF
84	0685	Ryan Colin	-	-	-	-	-	0	0	468	468	DNF
85	0727	LAM WENG POH	-	-	-	-	-	0	0	155	155	DNF
86	0691	Benjamin Heok Seng Ng	-	-	-	-	-	0	0	0	0	DNF
87	0703	Desmond Carbery	-	-	-	-	-	0	0	0	0	DNF
88	0715	Goro Tsukakoshi	-	-	-	-	-	0	0	0	0	DNF
89	0718	Hung Koon Ong	-	-	-	-	-	0	0	0	0	DNF
90	0722	Jude Ang	-	-	-	-	-	0	0	0	0	DNF
91	0738	PHILIP LAM	-	-	-	-	-	0	0	0	0	DNF
92	0745	Samuel Sim Kok Wah Samuel	-	-	-	-	-	0	0	0	0	DNF
93	0748	Seah Edmund	-	-	-	-	-	0	0	0	0	DNF
94	0765	V Manoharan V Manoharan	-	-	-	-	-	0	0	0	0	DNF

TIMEX® TRI-Run

11 July 2010, Punggol
Results (Individual 21km)



Individual 21km Veteran Female

Pos	Bib No	Name	Lap1	Lap2	Lap3	Net Finish	Gun Finish	Gen Rank	TRI-Run TF Pts	Current TF Pts	Total TF Pts	Remark
1	0784	YIM FUN	0:39:24	0:40:31	0:41:22	2:00:54	2:01:16	8	279	0	279	
2	0780	Mika Kume	0:37:46	0:40:33	0:43:14	2:01:28	2:01:31	9	276	0	276	
3	0773	Astrid Morgan	0:39:55	0:40:23	0:42:10	2:02:15	2:02:26	11	270	111	381	
4	0772	Alison Hardy	0:41:23	0:42:21	0:48:15	2:11:30	2:11:58	22	236	0	236	
5	0778	Liang Sing Low	0:43:57	0:48:42	0:53:56	2:26:20	2:26:34	47	161	0	161	
6	0774	chong evelyn	0:46:09	0:49:45	0:54:37	2:29:51	2:30:30	51	148	0	148	
7	0776	CLARA KWOK YOKE LAN	0:50:18	0:55:17	1:07:36	2:52:11	2:53:10	79	64	0	64	
8	0777	Deanna Pesik	0:49:17	1:00:30	1:05:37	2:54:28	2:55:23	84	48	0	48	
9	0783	teo sharon	0:53:46	0:59:53	1:04:12	2:56:51	2:57:51	89	33	0	33	
10	0775	Chu Kieng Goh	0:55:47	1:05:35	1:10:04	3:10:30	3:11:25	96	12	0	12	
11	0779	MASON DIVERS	-	-	-	-	-	0	0	0	0	DNF
12	0781	Nancy Tang-Wee	-	-	-	-	-	0	0	0	0	DNF
13	0782	Poh Suan Puah	-	-	-	-	-	0	0	0	0	DNF