

Single Rope Speed (Basic Jump) 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Male	Age Group: 8 and under	
Place	Total	Deductions	Team	Participants	Entry #
1	246	0	Hong Kong	👤 Ho Chit Leung	82
2	226	0	Hong Kong	👤 Cheuk Wah Lee	53
3	210	0	Hong Kong	👤 Cheuk Wun Sze	43
4	208	0	Mainland China	👤 Ran Ji	391
5	207	0	Hong Kong	👤 Kin Hei Ho	63
6	200	5	Hong Kong	👤 Long Yat Lee	99
7	197	5	Hong Kong	👤 Hoi Kai Wong	14
8	189	0	Hong Kong	👤 Pun Hei Chik	18
9	183	0	Hong Kong	👤 Chung Yin Kan	49
10	169	0	Hong Kong	👤 Ho Yeung Yip	477
11	161	0	Mainland China	👤 Zi Yang Shang	401
12	160	0	Hong Kong	👤 Amen Yu	1
13	136	0	Hong Kong	👤 Kei Yau Lai	95
14	120	0	Mainland China	👤 Sheng Rui Ye	404
15	118	0	Hong Kong	👤 Tin Long Chung	66

Single Rope Speed (Basic Jump) 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Male	Age Group: 9-10	
Place	Total	Deductions	Team	Participants	Entry #
1	265	0	Hong Kong	👤 Yat Hei Leung	11
2	257	0	Hong Kong	👤 Cheuk Laam Yiu	485
3	219	0	Hong Kong	👤 Ho Hin Tam	80
4	214	0	Hong Kong	👤 Ngo Li	10
5	213	0	Hong Kong	👤 Lai Him Pang	31
6	212	0	Hong Kong	👤 Chun Yin Cheung	26
7	211	0	Hong Kong	👤 Chun Yin Tsang	64
8	209	0	Hong Kong	👤 Chin Ho Kwan	84
9	206	0	Hong Kong	👤 Ho Lam	45
10	196	0	Hong Kong	👤 Wang Kei Tsoi	24
11	195	0	Hong Kong	👤 Kin Hei Ng	51
12	191	0	Hong Kong	👤 Chun Hoi Chiu	54
13	179	0	Hong Kong	👤 Ho Leung	97
14	166	0	Hong Kong	👤 Chun Wing Lau	25
15	144	0	Mainland China	👤 Linjie Liu	396
16	137	0	Hong Kong	👤 Pak Lam Wong	58
17	109	0	Hong Kong	👤 Chun Hong Cheung	96
scratch			Hong Kong	👤 Chong Hao Huang	30
scratch			Mainland China	👤 Jie Song	402

Single Rope Speed (Basic Jump) 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Male	Age Group: 11-12	
--	--	-------------------------	--------------	------------------	--

Place	Total	Deductions	Team	Participants	Entry #
1	276	0	Hong Kong	👤 Ka Yuen Choy	78
2	272	0	Hong Kong	👤 Chun Wing Chan	13
3	236	0	Hong Kong	👤 Man Pan Leung	90
4	224	0	Hong Kong	👤 Chun Ho Leung	19
5	185	0	Mainland China	👤 Yi Ji	392
6	170	0	Mainland China	👤 Zhangyu Jiang	394
7	148	0	Hong Kong	👤 Yat Yin Chow	83
scratch			Hong Kong	👤 Kam Chung Ng	89

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Male	Age Group: 13-14		
Place	Total	Deductions	Team	Participants	Entry #	
1	284	0	Hong Kong	👤 Yu Wing Kan	76	
2	255	0	Hong Kong	👤 Tin Yui Wong	52	
3	248	0	Hong Kong	👤 Hoi Ching Wan	489	
4	232	0	Hong Kong	👤 Pak Hoi Chan	85	
5	208	0	Hong Kong	👤 Ho Yin Wong	91	

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Male	Age Group: 15-16		
Place	Total	Deductions	Team	Participants	Entry #	
1	260	0	Hong Kong	👤 Cheuk Kei Chu	74	
2	230	0	Hong Kong	👤 Tsz Chiu Hung	93	
3	229	0	Hong Kong	👤 Kwok Wing Li	20	
4	227	0	Hong Kong	👤 Ka Long Chau	57	
5	218	0	Hong Kong	👤 Chi Hin Mak	27	
6	170	5	Thailand	👤 Thanawit Chien	457	
7	167	5	Thailand	👤 Krairad Somnak	458	

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Male	Age Group: 17 and older		
Place	Total	Deductions	Team	Participants	Entry #	
1	278	0	Hong Kong	👤 Pan Hei Lau	72	
2	277	0	Hong Kong	👤 Wai Lok Ng	56	
3	276	0	Hong Kong	👤 Suet Pan Yip	46	
4	261	0	Hong Kong	👤 Yi Yu Chen	55	
5	224	0	Hong Kong	👤 Ka Ho Chu	92	
6	223	0	Hong Kong	👤 Ho Cheung Chia	88	
7	208	0	Mainland China	👤 Bao Qun Shang	400	
8	206	0	Hong Kong	👤 Chi Hung Wong	60	
9	199	0	Thailand	👤 Phithak Riangthong	455	
10	197	0	Indonesia	👤 Janu Rasby	388	
11	195	0	Hong Kong	👤 Chi Ho Chow	87	

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Male	Age Group: 17 and older	
Place	Total	Deductions	Team	Participants	Entry #
12	194	0	Mainland China	👤 Ji Zhang	405
13	184	0	Mainland China	👤 Ben Chao Lu	397
14	169	0	Mainland China	👤 Yong Hong Li	395
15	168	0	Thailand	👤 Naruep Jukping	454
16	155	0	Thailand	👤 Sithtipan Swangsangwal	456
scratch			Hong Kong	👤 Man Tik Leung	94

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Female	Age Group: 8 and under	
Place	Total	Deductions	Team	Participants	Entry #
1	235	0	Mainland China	👤 Kaiwen Cheng	389
2	232	0	Hong Kong	👤 Wing Yi Chu	44
3	212	0	Hong Kong	👤 Sum Yu Chan	81
4	186	0	Hong Kong	👤 Yan Chiu	16
5	176	0	Hong Kong	👤 Hiu Sze Wong	29
6	144	0	Hong Kong	👤 Hau Yau Lui	484
7	139	5	Hong Kong	👤 Cheuk Wing Lee	65
8	116	0	Hong Kong	👤 Kwan In To	47
scratch			Hong Kong	👤 Hei Yan Leung	61

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Female	Age Group: 9-10	
Place	Total	Deductions	Team	Participants	Entry #
1	257	0	Mainland China	👤 Xiangxiang Zhou	406
2	251	0	Taiwan	👤 Sz Ying Ho	438
3	246	0	Hong Kong	👤 Hiu Yau Chung	79
4	225	0	Hong Kong	👤 Ying Chiu	17
5	224	0	Hong Kong	👤 Hoi Ki Liang	28
6	213	0	Hong Kong	👤 Hei Yu Kan	15
7	202	0	Hong Kong	👤 Tsam Yi Ng	42
8	198	0	Taiwan	👤 Oan Zhong Honey	437
9	195	0	Hong Kong	👤 Wing Kei Chu	41
10	193	0	Hong Kong	👤 Cho Ki So	50
11	191	0	Hong Kong	👤 Isabella Ko	34
12	182	0	Hong Kong	👤 Sin Ching Wong	67
13	169	0	Hong Kong	👤 Wai Ying Lee	33
14	166	0	Hong Kong	👤 Hau Lam Lui	68
15	155	0	Hong Kong	👤 Man Ching Yung	3
16	146	0	Mainland China	👤 Keyu Ma	398
17	119	0	Mainland China	👤 Chongyu Jiang	393

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Female	Age Group: 11-12	
Place	Total	Deductions	Team	Participants	Entry #
1	271	0	Hong Kong	Tsz Lam Chan	32
2	262	0	Hong Kong	Yue Tong Wu	77
3	253	0	Hong Kong	Hoi Tung Chow	22
4	213	0	Hong Kong	Wing Si Lo	5
5	194	0	Mainland China	Anyu Fengfu	390
6	190	0	Hong Kong	Yuen Shan Chan	7
7	188	0	Hong Kong	Yi Lam Lor	2
8	187	0	Malaysia	Jie Xi Chin	430
9	181	0	Malaysia	Rou Si Chin	429
10	177	0	Taiwan	Shen Ru Xie	439
11	175	0	Hong Kong	Tsz Ching Leung	4
12	170	0	Hong Kong	Ka Ki Lai	6
13	154	0	Hong Kong	Nok Ching To	9
scratch			Hong Kong	Ka Man Ho	70

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Female	Age Group: 13-14	
Place	Total	Deductions	Team	Participants	Entry #
1	268	0	Hong Kong	Cheuk Lam Lau	75
2	228	0	Hong Kong	Tsz Wai Wong	39
3	208	0	Hong Kong	Wing Tung Chung	62
4	205	0	Hong Kong	Ho Yuet Chan	48
5	201	0	Hong Kong	Wing Yee Leung	23
6	135	0	Hong Kong	Nok Yi Fung	35
7	129	0	Hong Kong	Ho Yan Ma	86
8	117	0	Hong Kong	Sau Kin Tsin	59
scratch			Hong Kong	Ming Tung Keung	40

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results




Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Female	Age Group: 15-16	
Place	Total	Deductions	Team	Participants	Entry #
1	297	0	Hong Kong	Hiu Lam Chan	73
2	234	0	Hong Kong	Kei Laam Yiu	12
3	195	0	Hong Kong	Wing Tung Wong	38
4	190	0	Hong Kong	Cheuk Yin Chiu	36
5	165	0	Hong Kong	Kai Yee Law	37
6	154	0	Hong Kong	Nok Yiu Chow	8

Single Rope Speed (Basic Jump) 1x30

Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Speed (Basic Jump) 1x30		Division: Sport-for-all	Gender: Female	Age Group: 17 and older
--	--	-------------------------	----------------	-------------------------

Place	Total	Deductions	Team	Participants	Entry #
1	255	0	Hong Kong	 Ching Ting Hui	71
2	183	0	Hong Kong	 Yi Lui	100
3	172	0	Hong Kong	 Cheuk Yin Wong	98

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Male	Age Group: 8 and under	
Place	Total	Deductions	Team	Participants	Entry #
1	206	0	Hong Kong	👤 Ho Chit Leung	153
2	175	0	Hong Kong	👤 Kin Hei Ho	128
3	173	5	Hong Kong	👤 Pun Hei Chik	112
4	165	0	Hong Kong	👤 Cheuk Wun Sze	173
5	160	0	Hong Kong	👤 Cheuk Wah Lee	145
6	145	0	Hong Kong	👤 Hoi Kai Wong	179
7	125	0	Hong Kong	👤 Chung Yin Kan	133
8	108	5	Hong Kong	👤 Long Yat Lee	147
9	100	0	Mainland China	👤 Zi Yang Shang	410
10	68	0	Hong Kong	👤 Amen Yu	193
11	59	0	Hong Kong	👤 Ho Yeung Yip	476
12	54	0	Hong Kong	👤 Kei Yau Lai	138
scratch			Mainland China	👤 Sheng Rui Ye	411

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Male	Age Group: 9-10	
Place	Total	Deductions	Team	Participants	Entry #
1	225	0	Hong Kong	👤 Yat Hei Leung	149
2	206	0	Hong Kong	👤 Cheuk Laam Yiu	192
3	204	0	Hong Kong	👤 Ho Hin Tam	174
4	187	0	Hong Kong	👤 Lai Him Pang	171
5	178	0	Hong Kong	👤 Ho Lam	139
6	158	0	Hong Kong	👤 Wang Kei Tsoi	178
7	144	0	Hong Kong	👤 Chun Hoi Chiu	116
8	139	0	Hong Kong	👤 Ho Leung	156
9	138	0	Hong Kong	👤 Kin Hei Ng	168
10	136	0	Hong Kong	👤 Pak Lam Wong	184
11	123	0	Hong Kong	👤 Chin Ho Kwan	136
12	122	0	Hong Kong	👤 Chun Yin Tsang	176
13	118	0	Hong Kong	👤 Chun Yin Cheung	109
14	108	0	Hong Kong	👤 Chun Hong Cheung	110
15	106	0	Hong Kong	👤 Ngo Li	157
16	100	0	Hong Kong	👤 Chun Wing Lau	140






Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Male	Age Group: 11-12	
Place	Total	Deductions	Team	Participants	Entry #
1	253	0	Hong Kong	👤 Ka Yuen Choy	121
2	220	0	Hong Kong	👤 Chun Ho Leung	150
3	203	0	Hong Kong	👤 Man Pan Leung	154
4	199	0	Hong Kong	👤 Chun Wing Chan	101
5	158	0	Hong Kong	👤 Kam Chung Ng	170
6	112	0	Mainland China	👤 Chenhao Qian	492
7	91	5	Hong Kong	👤 Yat Yin Chow	119








Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Male	Age Group: 13-14	
Place	Total	Deductions	Team	Participants	Entry #
1	226	0	Hong Kong	 Tin Yui Wong	183
2	216	0	Hong Kong	 Yu Wing Kan	134
3	186	0	Hong Kong	 Pak Hoi Chan	106
4	184	0	Hong Kong	 Ho Yin Wong	187
5	176	0	Hong Kong	 Hoi Ching Wan	490


















Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Male	Age Group: 15-16	
Place	Total	Deductions	Team	Participants	Entry #
1	252	0	Hong Kong	 Cheuk Kei Chu	124
2	221	0	Hong Kong	 Ka Long Chau	107
3	203	0	Hong Kong	 Tsz Chiu Hung	131
4	185	0	Hong Kong	 Chi Hin Mak	165
5	181	0	Hong Kong	 Kwok Wing Li	158
6	132	5	Thailand	 Thanawit Chien	462
7	127	0	Thailand	 Krairad Somnak	463

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Male	Age Group: 17 and older	
Place	Total	Deductions	Team	Participants	Entry #
1	289	0	Hong Kong	 Pan Hei Lau	141
2	249	0	Hong Kong	 Suet Pan Yip	190
3	230	0	Hong Kong	 Yi Yu Chen	108
4	198	0	Mainland China	 Ji Zhang	412
5	196	0	Hong Kong	 Wai Lok Ng	169
6	191	0	Hong Kong	 Ho Cheung Chia	111
7	180	0	Hong Kong	 Ka Ho Chu	125
8	176	0	Mainland China	 Bao Qun Shang	409
9	151	0	Mainland China	 Ben Chao Lu	408
10	145	0	Hong Kong	 Chi Ho Chow	120
11	135	0	Indonesia	 Janu Rasby	386
12	102	0	Thailand	 Phithak Riangthong	460
13	101	0	Thailand	 Naruep Jukping	459
14	90	0	Thailand	 Sithtipan Swangsangwal	461
15	85	0	Hong Kong	 Chi Hung Wong	185
16	72	0	Mainland China	 Yong Hong Li	407
scratch			Hong Kong	 Man Tik Leung	155

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Female	Age Group: 8 and under	
Place	Total	Deductions	Team	Participants	Entry #

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Female	Age Group: 8 and under	
Place	Total	Deductions	Team	Participants	Entry #
1	161	0	Hong Kong	👤 Wing Yi Chu	123
2	158	0	Hong Kong	👤 Sum Yu Chan	105
3	118	0	Hong Kong	👤 Yan Chiu	113
4	111	0	Hong Kong	👤 Hiu Sze Wong	180
5	91	5	Hong Kong	👤 Cheuk Wing Lee	146
6	68	0	Hong Kong	👤 Hau Yau Lui	163
scratch			Hong Kong	👤 Hei Yan Leung	152

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Female	Age Group: 9-10	
Place	Total	Deductions	Team	Participants	Entry #
1	214	0	Hong Kong	👤 Hiu Yau Chung	127
2	213	0	Taiwan	👤 Oan Zhong Honey	440
3	192	0	Hong Kong	👤 Hei Yu Kan	132
4	186	0	Hong Kong	👤 Wing Kei Chu	122
5	184	0	Hong Kong	👤 Cho Ki So	172
6	164	0	Taiwan	👤 Sz Ying Ho	441
7	152	0	Hong Kong	👤 Man Ching Yung	194
8	148	0	Hong Kong	👤 Tsam Yi Ng	167
9	144	0	Hong Kong	👤 Wai Ying Lee	144
10	143	0	Hong Kong	👤 Isabella Ko	135
11	129	0	Mainland China	👤 Xilin Wu	493
12	128	0	Hong Kong	👤 Sin Ching Wong	186
13	126	0	Hong Kong	👤 Ying Chiu	114
14	110	0	Hong Kong	👤 Hau Lam Lui	162
15	98	0	Hong Kong	👤 Hoi Ki Liang	159

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Female	Age Group: 11-12	
Place	Total	Deductions	Team	Participants	Entry #
1	242	0	Hong Kong	👤 Tsz Lam Chan	102
2	200	0	Hong Kong	👤 Hoi Tung Chow	118
3	153	0	Taiwan	👤 Shen Ru Xie	442
4	144	0	Hong Kong	👤 Nok Ching To	175
5	142	0	Malaysia	👤 Rou Si Chin	431
6	138	0	Hong Kong	👤 Wing Si Lo	161
7	136	0	Hong Kong	👤 Yue Tong Wu	189
8	131	0	Hong Kong	👤 Tsz Ching Leung	148
9	117	0	Hong Kong	👤 Ka Ki Lai	137
10	84	0	Malaysia	👤 Jie Xi Chin	432
scratch			Hong Kong	👤 Ka Man Ho	129
scratch			Hong Kong	👤 Yi Lam Lor	160

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Female	Age Group: 13-14	
Place	Total	Deductions	Team	Participants	Entry #
1	261	0	Hong Kong	Cheuk Lam Lau	142
2	186	0	Hong Kong	Ho Yuet Chan	103
3	179	0	Hong Kong	Wing Tung Chung	126
4	145	0	Hong Kong	Tsz Wai Wong	182
5	123	0	Hong Kong	Wing Yee Leung	151
6 T	106	0	Hong Kong	Ho Yan Ma	166
6 T	106	0	Hong Kong	Sau Kin Tsin	177

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Female	Age Group: 15-16	
Place	Total	Deductions	Team	Participants	Entry #
1	246	0	Hong Kong	Hiu Lam Chan	104
2	215	0	Hong Kong	Kei Laam Yiu	191
3	175	0	Hong Kong	Wing Tung Wong	181
4	167	0	Hong Kong	Nok Yiu Chow	117
5	155	0	Hong Kong	Kai Yee Law	143
6	110	0	Hong Kong	Cheuk Yin Chiu	115

Single Rope Crosses 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Crosses 1x30		Division: Sport-for-all	Gender: Female	Age Group: 17 and older	
Place	Total	Deductions	Team	Participants	Entry #
1	261	0	Hong Kong	Ching Ting Hui	130
2	208	0	Hong Kong	Cheuk Yin Wong	188
3	153	0	Hong Kong	Yi Lui	164

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Male	Age Group: 8 and under	
Place	Total	Deductions	Team	Participants	Entry #
1	44	0	Hong Kong	Ho Chit Leung	239
2	42	0	Hong Kong	Long Yat Lee	236
3	37	5	Hong Kong	Kin Hei Ho	220
4	31	5	Hong Kong	Pun Hei Chik	205
5	24	10	Hong Kong	Chung Yin Kan	226
6	14	20	Hong Kong	Ho Yeung Yip	475
7	12	0	Mainland China	Zi Yang Shang	416
8	10	15	Hong Kong	Kei Yau Lai	229
9	9	5	Mainland China	Sheng Rui Ye	417

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Male	Age Group: 9-10	
Place	Total	Deductions	Team	Participants	Entry #
1	50	0	Hong Kong	Ho Hin Tam	253
2	38	0	Hong Kong	Yat Hei Leung	237
3	34	0	Hong Kong	Ho Lam	230
4 T	32	0	Hong Kong	Chun Yin Cheung	203
4 T	32	0	Hong Kong	Kin Hei Ng	248
5	30	0	Hong Kong	Ho Leung	242
6	29	5	Hong Kong	Chun Wing Lau	231
7	25	0	Hong Kong	Chun Hoi Chiu	207
8 T	21	5	Hong Kong	Wang Kei Tsoi	256
8 T	21	10	Hong Kong	Pak Lam Wong	260
9	20	0	Hong Kong	Cheuk Laam Yiu	268
scratch			Hong Kong	Chong Hao Huang	222
scratch			Hong Kong	Lai Him Pang	251

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Male	Age Group: 11-12	
Place	Total	Deductions	Team	Participants	Entry #
1	51	5	Hong Kong	Ka Yuen Choy	212
2	42	0	Hong Kong	Chun Wing Chan	195
3	37	0	Hong Kong	Yat Yin Chow	210
4	36	15	Hong Kong	Man Pan Leung	240
5	34	0	Hong Kong	Chun Ho Leung	238
6	31	5	Hong Kong	Kam Chung Ng	250

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Male	Age Group: 13-14	
Place	Total	Deductions	Team	Participants	Entry #
1	52	0	Hong Kong	Ho Yin Wong	263
2	50	0	Hong Kong	Hoi Ching Wan	491
3	46	0	Hong Kong	Tin Yui Wong	259

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Male	Age Group: 13-14	
Place	Total	Deductions	Team	Participants	Entry #
4	38	0	Hong Kong	Pak Hoi Chan	200
scratch			Hong Kong	Yu Wing Kan	227

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Male	Age Group: 15-16	
Place	Total	Deductions	Team	Participants	Entry #
1	52	0	Hong Kong	Tsz Chiu Hung	224
2	45	0	Hong Kong	Ka Long Chau	201
3	41	0	Thailand	Thanawit Chien	464
4	38	0	Hong Kong	Cheuk Kei Chu	215
5	33	0	Thailand	Krairad Somnak	466

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Male	Age Group: 17 and older	
Place	Total	Deductions	Team	Participants	Entry #
1	59	0	Hong Kong	Ho Cheung Chia	204
2	50	0	Hong Kong	Yi Yu Chen	202
3	49	0	Hong Kong	Suet Pan Yip	266
4	48	0	Mainland China	Yong Hong Li	413
5	46	0	Hong Kong	Pan Hei Lau	232
6	45	0	Hong Kong	Chi Hung Wong	261
7	42	0	Hong Kong	Wai Lok Ng	249
8	38	0	Indonesia	Janu Rasby	385
9	37	0	Mainland China	Ji Zhang	418
10	36	0	Mainland China	Ben Chao Lu	414
11	35	5	Thailand	Phithak Riangthong	465
12	34	0	Mainland China	Bao Qun Shang	415
13	28	20	Hong Kong	Ka Ho Chu	216
14	27	0	Hong Kong	Chi Ho Chow	211
scratch			Hong Kong	Man Tik Leung	241

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Female	Age Group: 8 and under	
Place	Total	Deductions	Team	Participants	Entry #
1	30	0	Hong Kong	Wing Yi Chu	214
2	26	0	Hong Kong	Sum Yu Chan	199
3	25	0	Hong Kong	Hau Yau Lui	245

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Female	Age Group: 9-10	
Place	Total	Deductions	Team	Participants	Entry #

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Female	Age Group: 9-10	
Place	Total	Deductions	Team	Participants	Entry #
1	54	0	Taiwan	👤 Oan Zhong Honey	443
2	43	0	Hong Kong	👤 Hiu Yau Chung	218
3	42	0	Hong Kong	👤 Cho Ki So	252
4	40	0	Hong Kong	👤 Isabella Ko	228
5	39	0	Taiwan	👤 Sz Ying Ho	444
6	38	0	Hong Kong	👤 Hei Yu Kan	225
7	36	0	Hong Kong	👤 Wing Kei Chu	213
8	32	0	Hong Kong	👤 Hau Lam Lui	244
9	30	0	Hong Kong	👤 Hoi Ki Liang	243
10 T	28	0	Hong Kong	👤 Wai Ying Lee	235
10 T	28	0	Hong Kong	👤 Sin Ching Wong	262
11	26	0	Hong Kong	👤 Ying Chiu	206
12	23	5	Hong Kong	👤 Man Ching Yung	269

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Female	Age Group: 11-12	
Place	Total	Deductions	Team	Participants	Entry #
1	48	0	Hong Kong	👤 Yuen Shan Chan	486
2	39	0	Hong Kong	👤 Nok Ching To	254
3	38	0	Hong Kong	👤 Hoi Tung Chow	209
4 T	36	0	Hong Kong	👤 Tsz Lam Chan	196
4 T	36	0	Malaysia	👤 Jie Xi Chin	434
5 T	32	0	Hong Kong	👤 Yue Tong Wu	265
5 T	32	0	Malaysia	👤 Rou Si Chin	433
6	4	0	Taiwan	👤 Shen Ru Xie	445
scratch			Hong Kong	👤 Ka Man Ho	221

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Female	Age Group: 13-14	
Place	Total	Deductions	Team	Participants	Entry #
1	42	0	Hong Kong	👤 Cheuk Lam Lau	233
2	38	0	Hong Kong	👤 Wing Tung Chung	217
3	36	0	Hong Kong	👤 Nok Yi Fung	219
4 T	34	0	Hong Kong	👤 Ho Yan Ma	247
4 T	34	0	Hong Kong	👤 Tsz Wai Wong	258
5	30	0	Hong Kong	👤 Ho Yuet Chan	197
6	22	0	Hong Kong	👤 Sau Kin Tsin	255

Single Rope Burpees 1x30 Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Female	Age Group: 15-16	
Place	Total	Deductions	Team	Participants	Entry #
1	50	0	Hong Kong	👤 Hiu Lam Chan	198
2	36	0	Hong Kong	👤 Kei Laam Yiu	267
3	32	0	Hong Kong	👤 Nok Yiu Chow	208

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Female	Age Group: 15-16	
Place	Total	Deductions	Team	Participants	Entry #
4	31	5	Hong Kong	👤 Wing Tung Wong	257
5	28	0	Hong Kong	👤 Kai Yee Law	234

Single Rope Burpees 1x30

Verified Results

Arnold Classic Asia 2016 **Results**

Event: Single Rope Burpees 1x30		Division: Sport-for-all	Gender: Female	Age Group: 17 and older	
Place	Total	Deductions	Team	Participants	Entry #
1	50	0	Hong Kong	👤 Ching Ting Hui	223
2	42	0	Hong Kong	👤 Yi Lui	246
3	30	0	Hong Kong	👤 Cheuk Yin Wong	264

Single Rope Speed 1x30 **Verified Results**






Arnold Classic Asia 2016 Results

Event: Single Rope Speed 1x30		Division: Elite	Gender: Male	Age Group: 15 and younger	
Place	Total	Deductions	Team	Participants	Entry #
1	175	0	Hong Kong	👤 Kuk Wai Lam	289
2	174	0	Hong Kong	👤 Shan Lam	288
3	166	0	Hong Kong	👤 Yat Hei Leung	292
4	162	0	Hong Kong	👤 Cheuk Laam Yiu	311
5	160	0	Hong Kong	👤 Man Tik Fong	278
6	159	0	Hong Kong	👤 Lok Yiu Law	291
7	157	0	Hong Kong	👤 Chun Wing Chan	270
8	153	0	Hong Kong	👤 Pak Hoi Chan	271
9 T	150	0	Hong Kong	👤 Pang Yeung Cheung	274
9 T	150	0	Hong Kong	👤 Wei Huang	280
10	144	0	Hong Kong	👤 Tsz Chiu Hung	282
11	143	0	Hong Kong	👤 Ngo Chai Fung	279
12	142	0	Hong Kong	👤 Wai Shun Wong	307
13	129	0	Hong Kong	👤 Hon Huen Wong	306
14	128	0	Hong Kong	👤 Ka Nok Yu	312
15 T	127	0	Hong Kong	👤 Ho Yin Wong	305
15 T	127	0	Hong Kong	👤 Ho Fung Yuen	313
16	126	0	Hong Kong	👤 Ho Lam	287
17	122	0	India	👤 Uday Kiran Anigula Ganganna Bhaskar	370
18	119	5	Hong Kong	👤 Hoi Kai Wong	302
19	115	0	India	👤 Shashank Murtennavar	368
20	61	0	India	👤 Kumaresh Hiremath	365
scratch			Hong Kong	👤 Nok Fung Wong	304

Single Rope Speed 1x30 **Verified Results**

Arnold Classic Asia 2016 Results

Event: Single Rope Speed 1x30		Division: Elite	Gender: Female	Age Group: 15 and younger	
Place	Total	Deductions	Team	Participants	Entry #
1	166	0	Hong Kong	👤 Oi Sze Low	295
2	164	0	Hong Kong	👤 Wing Yee So	297
3	160	0	Hong Kong	👤 Cheuk Nam Wong	308
4 T	158	0	Hong Kong	👤 Ching Tung Wong	301
4 T	158	0	Hong Kong	👤 Kei Laam Yiu	310
5	156	0	Hong Kong	👤 Hoi Tung Chow	276
6	148	0	Hong Kong	👤 Hei Yu Kan	283
7	146	0	India	👤 Tarushi Jain	369
8	145	0	Hong Kong	👤 Cho Ki So	298
9	144	0	Hong Kong	👤 Ching Nam Yeung	309
10 T	130	0	Taiwan	👤 Chleh Fang Chang	446
10 T	130	0	Taiwan	👤 Ching Chien Chang	447
11	122	0	Hong Kong	👤 Hoi Ying Cheung	273
12	120	0	India	👤 Diya Jain	366

Event: Single Rope Speed 1x30		Division: Elite	Gender: Female	Age Group: 15 and younger	
Place	Total	Deductions	Team	Participants	Entry #
13	116	0	Hong Kong	 Ching Kan	284
14	103	0	Hong Kong	 Tsz Ching Lau	290
15	84	0	Hong Kong	 Isabella Ko	487
16	83	0	India	 Jeevika Nalatwad	367
17	82	0	India	 Divyani Gulhane	364

Single Rope Speed 1x30 **Verified Results**

Arnold Classic Asia 2016 Results

Event: Single Rope Speed 1x30		Division: Elite	Gender: Male	Age Group: 16 and older	
Place	Total	Deductions	Team	Participants	Entry #
1	202	0	USA	👤 Stewart Isaacs	482
2	169	0	Thailand	👤 Thanawit Chien	470
3	165	5	India	👤 Utkarsh Bhardwaj	371
4	158	0	Hong Kong	👤 Yee Tak Kwok	285
5	154	0	USA	👤 Nick Woodard	483
6	141	0	Mainland China	👤 Zhao Lin Lan	419
7	134	0	France	👤 Ilyes Debbah	357
8 T	132	0	Hong Kong	👤 Kin Lok Leung	293
8 T	132	0	Mainland China	👤 Ben Chao Lu	421
9	131	0	Hong Kong	👤 Kui Fai Lai	286
10	129	0	Mainland China	👤 Bao Qun Shang	422
11	126	0	France	👤 Stevens Teddy Fairn	356
12	124	0	Mainland China	👤 Yong Hong Li	420
13	120	0	Hong Kong	👤 Chi Ho Chow	277
14	118	0	India	👤 Ayush Atul Mankar	361
15	112	0	Thailand	👤 Krairad Somnak	471
16	104	0	Thailand	👤 Naruep Jukping	467
17	102	0	Mainland China	👤 Ji Zhang	423
18	85	0	India	👤 Jagadish Basavant Hulageri	363
19	83	0	India	👤 Hinshu Joshi	362
20 T	82	0	Indonesia	👤 Janu Rasby	384
20 T	82	0	Thailand	👤 Phithak Riangthong	468
21	77	0	Thailand	👤 Sithtipan Swangsangwal	469
22	2	0	India	👤 Thungunoori Balaraju	360

Single Rope Speed 1x30 **Verified Results**

Arnold Classic Asia 2016 Results

Event: Single Rope Speed 1x30		Division: Elite	Gender: Female	Age Group: 16 and older	
Place	Total	Deductions	Team	Participants	Entry #
1	203	0	USA	👤 Tori Boggs	481
2	166	0	Singapore	👤 Ariel Yue	436
3	160	0	Hong Kong	👤 Ka Hei Hui	281
4	150	0	Hong Kong	👤 Yuk Jing Wong	300
5	126	0	Hong Kong	👤 Hei Man Lin	294
6	119	0	Hong Kong	👤 Nok Yiu Chow	275
7	107	0	Hong Kong	👤 Yi Lui	296
8	105	0	Hong Kong	👤 Wing Tung Wong	303
scratch			Hong Kong	👤 Sze Nam Chan	272

Single Rope Freestyle **Verified Results**

Arnold Classic Asia 2016 Results

Event: Single Rope Freestyle		Division: Elite		Gender: Male		Age Group: 15 and younger		
Place	Total	Cont	Pres	Gen D	Acc D	Team	Participants	Entry #
1	6.34	3.2	3.34	0.2	0.4	Hong Kong	👤 Wai Shun Wong	350
2	5.96	2.7	3.46	0.2	0	Hong Kong	👤 Kuk Wai Lam	333
3	5.7	2.57	3.33	0.2	0.2	Hong Kong	👤 Tsz Chiu Hung	326
4	5.7	3.13	2.97	0.4	0.4	Hong Kong	👤 Shan Lam	332
5	5.57	2.5	3.07	0	0.2	Hong Kong	👤 Ho Yin Wong	348
6	5.43	2.76	2.87	0.2	0.6	Hong Kong	👤 Lok Yiu Law	335
7	5.4	2.53	3.07	0.2	0.2	Hong Kong	👤 Pak Hoi Chan	315
8	5.37	3	2.57	0.2	0.2	Hong Kong	👤 Wei Huang	324
9	5.36	2.63	2.93	0.2	0.4	Hong Kong	👤 Chun Wing Chan	314
10	5.34	2.67	2.87	0.2	0.4	Hong Kong	👤 Ho Fung Yuen	355
11	5	2.46	2.54	0	0.4	Hong Kong	👤 Ka Nok Yu	354
12	4.9	2.2	2.7	0	0.4	Hong Kong	👤 Yat Hei Leung	336
13	4.8	2.2	2.8	0.2	0.4	Hong Kong	👤 Hon Huen Wong	349
14	4.53	2.36	2.17	0	0.6	Hong Kong	👤 Ngo Chai Fung	323
15	4.5	2.3	2.4	0.2	0.4	Hong Kong	👤 Cheuk Laam Yiu	353
16	4.3	2.4	1.9	0	0.8	Hong Kong	👤 Ho Lam	331
17	3.97	2.77	1.4	0.2	0.8	Hong Kong	👤 Man Tik Fong	322
18	3.97	2.24	1.93	0.2	0.8	Hong Kong	👤 Pang Yeung Cheung	318
19	3.04	1.64	1.6	0.2	0.2	India	👤 Shashank Murtennavar	380
20	2.98	1.84	1.34	0.2	0.4	India	👤 Uday Kiran Anigula Ganganna Bhaskar	382
21	2.36	1.5	0.86	0	0.2	India	👤 Kumaresh Hiremath	377
scratch						Hong Kong	👤 Nok Fung Wong	347

Single Rope Freestyle **Verified Results**

Arnold Classic Asia 2016 Results

Event: Single Rope Freestyle		Division: Elite		Gender: Male		Age Group: 16 and older		
Place	Total	Cont	Pres	Gen D	Acc D	Team	Participants	Entry #
1	7.6	3.83	3.77	0	0.2	USA	👤 Nick Woodard	480

Event: Single Rope Freestyle		Division: Elite		Gender: Male		Age Group: 16 and older			
Place	Total	Cont	Pres	Gen D	Acc D	Team	Participants	Entry #	
2	7.5	3.8	3.9	0.2	0	USA	👤 Stewart Isaacs	479	
3	7.1	3.4	3.7	0	0.2	Hong Kong	👤 Yee Tak Kwok	329	
4	7.07	3.5	3.77	0.2	0.2	France	👤 Stevens Teddy Fairn	358	
5	6.64	2.9	3.74	0	0.2	Hong Kong	👤 Kin Lok Leung	337	
6	6.5	3.1	3.4	0	0.4	France	👤 Ilyes Debbah	359	
7	6.23	2.93	3.3	0	0	Taiwan	👤 Tian Yi Xu	453	
8	6.1	3.13	2.97	0	0.2	Mainland China	👤 Ji Zhang	428	
9	5.84	3	2.84	0	0.2	Mainland China	👤 Zhao Lin Lan	424	
10	5.6	2.96	2.64	0	0.2	Taiwan	👤 Tzu Hsiang Chien	450	
11	5.47	2.77	2.9	0.2	0.4	Taiwan	👤 Kuo Hsuan Tseng	452	
12	5.07	2.47	2.6	0	0.4	Hong Kong	👤 Kui Fai Lai	330	
13	4.99	2.56	2.43	0	0.2	Hong Kong	👤 Chi Ho Chow	321	
14	4.81	2.47	2.54	0.2	0.4	Taiwan	👤 Yu Kai Lim	451	
15	4.7	2.17	2.53	0	0.2	Thailand	👤 Krairad Somnak	474	
16	4.68	2.54	2.14	0	0	India	👤 Utkarsh Bhardwaj	383	
17	3.97	2.37	1.8	0.2	0.4	India	👤 Ayush Atul Mankar	373	
18	3.93	1.8	2.33	0.2	0.2	Thailand	👤 Thanawit Chien	472	
19	3.7	2.27	1.63	0.2	0.4	Mainland China	👤 Ben Chao Lu	426	
20	3.63	2.27	1.56	0.2	0.4	Mainland China	👤 Bao Qun Shang	427	
21	3.24	1.77	1.67	0.2	0	Indonesia	👤 Janu Rasby	387	
22	2.93	1.63	1.5	0.2	0.4	Thailand	👤 Phithak Riangthong	473	
23	2.87	1.8	1.27	0.2	0.4	India	👤 Hinshu Joshi	374	
24	2.87	2.1	0.97	0.2	0.6	Mainland China	👤 Yong Hong Li	425	
25	2.47	1.43	1.04	0	0.2	India	👤 Thungunoori Balaraju	372	
26	2.23	1.33	0.9	0	0.4	India	👤 Jagadish Basavant Hulageri	375	

Single Rope Freestyle Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Freestyle		Division: Elite		Gender: Female		Age Group: 15 and younger			
Place	Total	Cont	Pres	Gen D	Acc D	Team	Participants	Entry #	
1	5.76	2.86	3.1	0.2	0.4	Hong Kong	👤 Wing Yee So	342	

Event: Single Rope Freestyle		Division: Elite	Gender: Female	Age Group: 15 and younger				
Place	Total	Cont	Pres	Gen D	Acc D	Team	Participants	Entry #
2	5.41	2.07	3.54	0.2	0	Hong Kong	👤 Ching Tung Wong	345
3	5.26	2.53	2.73	0	0.4	Hong Kong	👤 Ching Kan	328
4	5.1	2.77	2.53	0.2	0.8	Hong Kong	👤 Hoi Tung Chow	320
5	4.96	2.33	2.83	0.2	0	Hong Kong	👤 Hei Yu Kan	327
6	4.8	2.4	2.4	0	0.4	Hong Kong	👤 Cho Ki So	341
7	4.67	2.43	2.44	0.2	0.6	Hong Kong	👤 Kei Laam Yiu	352
8	4.53	2.3	2.43	0.2	0.2	Hong Kong	👤 Hoi Ying Cheung	317
9	4.51	2.34	2.37	0.2	0.2	Taiwan	👤 Chleh Fang Chang	448
10	4.49	2.46	2.03	0	0.4	Taiwan	👤 Ching Chien Chang	449
11	4.33	2	2.53	0.2	0	Hong Kong	👤 Cheuk Nam Wong	351
12	4.27	2.07	2.4	0.2	0.6	Hong Kong	👤 Ching Nam Yeung	494
13	4.13	2.43	1.7	0	0.6	Hong Kong	👤 Oi Sze Low	339
14	3.79	1.93	1.86	0	0.2	Hong Kong	👤 Isabella Ko	488
15	3.33	2	1.33	0	0.4	Hong Kong	👤 Tsz Ching Lau	334
16	2.9	1.9	1.2	0.2	0.2	India	👤 Jeevika Nalatwad	379
17	1.86	1.43	0.63	0.2	0.2	India	👤 Divyani Gulhane	376
18	1.86	1.23	0.83	0.2	0.6	India	👤 Tarushi Jain	381
19	1.76	1.43	0.93	0.6	0	India	👤 Diya Jain	378

Single Rope Freestyle Verified Results

Arnold Classic Asia 2016 Results

Event: Single Rope Freestyle		Division: Elite	Gender: Female	Age Group: 16 and older				
Place	Total	Cont	Pres	Gen D	Acc D	Team	Participants	Entry #
1	7.64	3.7	3.94	0	0	USA	👤 Tori Boggs	478
2	6.57	3.6	3.17	0.2	0.2	Hong Kong	👤 Ka Hei Hui	325
3	6.22	2.96	3.26	0	0.2	Hong Kong	👤 Nok Yiu Chow	319
4	6.14	2.97	3.17	0	0.4	Singapore	👤 Ariel Yue	435
5	5.43	3.03	2.4	0	0.4	Hong Kong	👤 Hei Man Lin	338
6	5.27	2.84	2.63	0.2	0.4	Hong Kong	👤 Yuk Jing Wong	344
7	4.9	2.5	2.6	0.2	0.2	Hong Kong	👤 Wing Tung Wong	346
8	4.6	2.13	2.67	0.2	0.2	Hong Kong	👤 Yi Lui	340
scratch						Hong Kong	👤 Sze Nam Chan	316