

Hong Kong Sports Association for the Mentally Handicapped Indoor Rowing Personal Best Record

1000M indoor rowing (men)

	Team	Name	Gender	Result	Date	Event
1	A	司徒東峻	M	03:18.00	10/3/2012	Hong Kong Open Indoor Rowing Championships and Charity Rowathon 2012
2	A	蔡家銘	M	03:25.70	11/4/2012	Time Trial (unofficial)
3	A	周子朗	M	03:26.40	11/4/2012	Time Trial (unofficial)
4	B	莊耀鋒	M	03:28.00	11/4/2012	Time Trial (unofficial)
5	B	鄭竣元	M	03:29.10	11/4/2012	Time Trial (unofficial)
6	B	梁文滔	M	03:36.10	11/4/2012	Time Trial (unofficial)
7	C	余炳宏	M	03:38.90	15/2/2012	Time Trial (unofficial)
8	A	何雋彥	M	03:39.60	11/4/2012	Time Trial (unofficial)
9	C	何嘉歡	M	03:41.30	11/4/2012	Time Trial (unofficial)
10	A	呂繼偉	M	03:48.60	11/4/2012	Time Trial (unofficial)
11	B	李中傑	M	03:50.00	15/2/2012	Time Trial (unofficial)
12	B	周啟基	M	04:01.20	15/2/2012	Time Trial (unofficial)
13	C	丘進文	M	04:03.30	15/2/2012	Time Trial (unofficial)
14	C	林家民	M	04:05.70	11/4/2012	Time Trial (unofficial)
15	C	黃裕滔	M	04:11.20	10/3/2012	Hong Kong Open Indoor Rowing Championships and Charity Rowathon 2012
16	C	李嘉寶	M	04:18.80	15/2/2012	Time Trial (unofficial)
17	C	譚卓銘	M	04:20.20	10/3/2012	Hong Kong Open Indoor Rowing Championships and Charity Rowathon 2012
18	C	張皓維	M	04:23.30	11/4/2012	Time Trial (unofficial)
19	C	鄒偉峻	M	04:47.30	10/3/2012	Hong Kong Open Indoor Rowing Championships and Charity Rowathon 2012
20	C	區展鴻	M	04:56.20	11/4/2012	Time Trial (unofficial)
21	C	譚子樂	M	05:00.90	11/4/2012	Time Trial (unofficial)
22	C	吳景棠	M	05:01.90	20/12/2011	Time Trial (unofficial)
23	C	葉勉欣	M	05:24.70	11/4/2012	Time Trial (unofficial)

INAS Men 1000M World Record: **03:19.80**

1000M indoor rowing (women)

	Team	Name	Gender	Result	Date	Event
1	B	李惠宜	F	03:58.40	11/4/2012	Time Trial (unofficial)
2	A	林景珊	F	03:59.80	11/4/2012	Time Trial (unofficial)
3	A	廖宏倩	F	03:59.80	11/4/2012	Time Trial (unofficial)
4	C	李秋萍	F	04:29.00	15/2/2012	Time Trial (unofficial)
5	B	周梓華	F	04:40.00	15/2/2012	Time Trial (unofficial)
6	C	梁睿珊	F	04:51.70	16/12/2011	Time Trial (unofficial)
7	C	黃如巧	F	05:10.60	10/3/2012	Hong Kong Open Indoor Rowing Championships and Charity Rowathon 2012
8	C	何懿銘	F	05:21.30	10/3/2012	Hong Kong Open Indoor Rowing Championships and Charity Rowathon 2012
9	C	鄭詠怡	F	05:25.70	11/4/2012	Time Trial (unofficial)
10	C	梁彩霞	F	05:43.90	16/12/2011	Time Trial (unofficial)

INAS Women 1000M World Record: **03:45.03**

As at 4/5/2012