

Shangri-La Lijiang

Action Asia 3 Day Ultra Marathon

60k/100k 2015

100k

Overall Position	Race Number	Team/ Sponsor/ Charity Name	First Name	Last Name	Category	Day 1	Day 2	Day 1 +2 Total Time	Day 3	3 Day Overall Timing	Cat Position	Category	Remarks
1	21		Lise	Harrow	100k W40-49	06:42:13	04:33:46	11:15:59	02:44:28	14:00:27	1	100k W40-49	
2	16		Ann	Cheng-Echevarria	100k W30-39	06:21:51	04:57:17	11:19:08	02:41:20	14:00:28	1	100k W30-39	
3	11		Lawrence	Chow	100k M50-59	06:32:40	05:11:22	11:44:02	02:50:41	14:34:43	1	100k M50-59	
4	19		Imola	Bond	100k W40-49	06:42:13	04:59:28	11:41:41	02:54:29	14:36:10	2	100k W40-49	
5	6		Martin	Cai	100k M40-49	07:20:38	05:09:48	12:30:26	02:37:30	15:07:56	1	100k M40-49	
6	17		Riitta	Hanninen	100k W30-39	07:17:04	05:46:40	13:03:44	03:13:28	16:17:12	2	100k W30-39	
7	7	NetApp	Chee Pheng (Sean)	Lim	100k M40-49	07:55:51	06:13:19	14:09:10	02:53:33	17:02:43	2	100k M40-49	
8	4		Iam Tong (Derek)	Wong	100k M30-39	08:34:37	06:10:54	14:45:31	03:18:19	18:03:50	1	100k M30-39	
9	26		Janine	Canham	100k W50-59	08:14:11	06:37:18	14:51:29	04:00:17	18:51:46	1	100k W50-59	
10	24		XinLei (Sissi)	Zheng	100k W40-49	08:45:56	07:08:53	15:54:49	03:58:10	19:52:59	3	100k W40-49	
11	20		Alison	Cooke	100k W40-49	08:30:09	06:37:18	15:07:27	05:08:21	20:15:48	4	100k W40-49	
12	9		Eric Yuesheng	Xin	100k M40-49	08:25:20	07:03:43	15:29:03	04:52:02	20:21:05	3	100k M40-49	
13	8		Thomas	Rechtsteiner	100k M40-49	10:02:14	07:40:02	17:42:16	03:27:02	21:09:18	4	100k M40-49	
14	14		Cherrie HB	Chung	100k W18-29	09:36:09	06:44:50	16:20:59	05:03:07	21:24:06	1	100k W18-29	
15	2		Kwok Hay	Leung	100k M30-39	09:32:04	07:38:30	17:10:34	04:18:46	21:29:20	2	100k M30-39	
16	23		Catherine Yanfeng	Sun	100k W40-49	09:43:05	07:03:43	16:46:48	04:52:02	21:38:50	5	100k W40-49	
17	5		Kin Wing	Wong	100k M30-39	09:41:30	07:42:13	17:23:43	04:22:11	21:45:54	3	100k M30-39	
18	10		Qinghong	You	100k M40-49	10:47:58	09:06:29	19:54:27	03:54:05	23:48:32	5	100k M40-49	
19	22		Yanping	Jiang	100k W40-49	10:23:42	07:56:34	18:20:16	06:12:50	24:33:06	6	100k W40-49	
20	3		Wai Yip (Henry)	Shing	100k M30-39	10:31:58	08:15:17	18:47:15	06:02:58	24:50:13	4	100k M30-39	
21	13	NetApp	Siu Wai Leo	NG	100k M50-59	11:22:01	09:38:15	21:00:16	06:14:11	27:14:27	2	100k M50-59	
	15		Vanessa	Ha	100k W18-29	08:41:18	06:35:25	15:16:43	DN:S:	N/A		100k W18-29	
	25		Wei	Zhu	100k W40-49	10:48:06	09:06:30	19:54:36	DN:F:	N/A		100k W40-49	D3: dropoff CP1
	12		Jonathan	James	100k M50-59	DN:S:	DN:S:	N/A	DN:S:	N/A		100k M50-59	