





Overall Rank	Category	Gender	Name	Gender	Status	Team/Sponsor	CP	Location	Race Time	Behind Leader	Rank	Speed	Time of Day	Time N	Race Time	Split	Rank	Speed	Time of Day	Time N	Race Time	Split	Rank	Speed	Time of Day	Time N	Race Time	Split	Rank	Speed	Time of Day	Time N	Race Time	Split	Rank	Speed	Time of Day	Time N	Race Time	Split
287	59	217	Boo Wei Fong	M	Man 40-49	FINSHER	727	Hopy 50 Runners	Frish	Man Tung Road Park	08:13:00	05:11:37	293	4.4	04-Dec-2016 09:41:23 HKT	02:11:23	02:11:23	351	2.0	04-Dec-2016 12:03:41 HKT	04:33:41	02:21:19	287	3.3	04-Dec-2016 14:48:17 HKT	07:18:17	02:44:36	287	4.1	04-Dec-2016 16:43:09 HKT	08:13:09	05:54:43								
288	134	218	Chiu Chi Lok	M	Man 40-49	FINSHER	728	Hopy 50 Runners	Frish	Man Tung Road Park	08:13:00	05:12:37	312	4.2	04-Dec-2016 09:41:23 HKT	02:11:37	02:11:37	278	2.5	04-Dec-2016 12:03:41 HKT	04:31:34	02:21:47	288	3.2	04-Dec-2016 14:48:17 HKT	07:18:14	03:00:00	288	4.1	04-Dec-2016 16:43:09 HKT	08:13:47	05:54:43								
289	53	71	Sun Wong	F	Woman 18-39	FINSHER	607		Frish	Man Tung Road Park	08:13:49	05:12:26	313	4.2	04-Dec-2016 09:48:43 HKT	02:18:43	02:18:43	279	2.5	04-Dec-2016 11:40:14 HKT	04:10:18	02:15:31	289	2.9	04-Dec-2016 14:49:18 HKT	07:19:18	03:08:28	289	4.1	04-Dec-2016 16:43:09 HKT	08:13:49	05:54:33								
290	25	219	Wai Wan Cheung	M	Man 18-39	FINSHER	705		Frish	Man Tung Road Park	08:13:19	05:12:36	343	3.7	04-Dec-2016 10:07:34 HKT	02:17:34	02:17:34	324	2.4	04-Dec-2016 12:07:19 HKT	04:37:16	02:19:02	290	3.2	04-Dec-2016 15:05:19 HKT	07:25:19	02:46:20	290	4.5	04-Dec-2016 16:43:09 HKT	08:14:19	05:49:03								
291	54	72	Frankie To	F	Woman 18-39	FINSHER	613		Frish	Man Tung Road Park	08:13:49	05:13:08	318	4.1	04-Dec-2016 09:13:02 HKT	02:19:08	02:19:08	319	2.2	04-Dec-2016 11:53:11 HKT	04:43:19	02:22:11	291	3.2	04-Dec-2016 15:02:27 HKT	07:32:27	02:46:48	291	5.2	04-Dec-2016 16:45:10 HKT	08:15:08	05:43:01								
292	56	73	Laurence Parker	F	Woman 18-39	FINSHER	618		Frish	Man Tung Road Park	08:13:10	05:13:47	318	4.1	04-Dec-2016 09:47:02 HKT	02:19:02	02:19:02	328	2.0	04-Dec-2016 12:19:19 HKT	04:43:19	02:22:17	300	3.2	04-Dec-2016 15:02:09 HKT	07:32:09	02:46:50	292	5.2	04-Dec-2016 16:45:10 HKT	08:16:10	05:43:01								
293	60	220	Chi Wu Yau	M	Man 18-39	FINSHER	678		Frish	Man Tung Road Park	08:13:21	05:13:46	288	4.5	04-Dec-2016 09:38:16 HKT	02:19:46	02:19:46	283	2.8	04-Dec-2016 11:52:23 HKT	04:37:28	02:14:03	293	2.7	04-Dec-2016 14:43:04 HKT	07:13:04	03:25:43	293	3.5	04-Dec-2016 16:46:10 HKT	08:16:10	05:43:06								
294	135	221	Chan Ho He	M	Man 18-39	FINSHER	679		Frish	Man Tung Road Park	08:20:10	05:13:38	302	4.3	04-Dec-2016 09:43:15 HKT	02:19:15	02:19:15	288	2.3	04-Dec-2016 11:44:48 HKT	04:14:46	02:21:31	292	3.0	04-Dec-2016 14:43:23 HKT	07:14:23	02:46:27	294	3.4	04-Dec-2016 16:50:01 HKT	08:20:01	05:45:38								
295	136	222	Man Ho He	M	Man 18-39	FINSHER	680		Frish	Man Tung Road Park	08:20:26	05:18:43	344	3.6	04-Dec-2016 10:08:51 HKT	02:20:51	02:20:51	310	2.5	04-Dec-2016 12:02:02 HKT	04:32:35	02:15:44	294	3.2	04-Dec-2016 14:55:15 HKT	07:25:15	02:50:40	295	4.0	04-Dec-2016 16:50:00 HKT	08:20:06	05:44:51								
296	111	223	Mark Chan	M	Man 40-49	FINSHER	715	Fellowship	Frish	Man Tung Road Park	08:20:29	05:09:03	291	4.1	04-Dec-2016 09:30:58 HKT	02:20:29	02:20:29	291	2.1	04-Dec-2016 11:53:11 HKT	04:23:15	02:14:12	301	2.9	04-Dec-2016 15:02:24 HKT	07:32:24	03:00:00	296	4.6	04-Dec-2016 16:50:01 HKT	08:20:42	05:48:18								
297	82	224	Ronald Fong	M	Man 40-49	FINSHER	726		Frish	Man Tung Road Park	08:20:44	05:11:21	279	4.5	04-Dec-2016 09:30:58 HKT	02:20:44	02:20:44	300	2.1	04-Dec-2016 11:53:22 HKT	04:23:25	02:14:19	302	2.9	04-Dec-2016 15:02:28 HKT	07:32:28	02:50:07	297	4.6	04-Dec-2016 16:50:01 HKT	08:20:44	05:48:18								
298	137	225	Chi Wan Cheung	M	Man 18-39	FINSHER	646		Frish	Man Tung Road Park	08:21:32	05:20:09	325	4.0	04-Dec-2016 09:32:31 HKT	02:21:31	02:21:31	293	2.5	04-Dec-2016 11:46:11 HKT	04:15:11	02:15:40	295	2.9	04-Dec-2016 14:53:17 HKT	07:21:37	02:50:00	298	3.7	04-Dec-2016 16:50:01 HKT	08:21:32	05:49:03								
299	138	226	Man Ho He	M	Man 18-39	FINSHER	647		Frish	Man Tung Road Park	08:21:39	05:20:37	326	4.0	04-Dec-2016 09:32:31 HKT	02:21:39	02:21:39	290	2.5	04-Dec-2016 11:45:08 HKT	04:15:04	02:15:28	292	2.9	04-Dec-2016 14:53:17 HKT	07:21:37	02:50:00	299	3.7	04-Dec-2016 16:50:01 HKT	08:21:39	05:49:03								
300	139	227	Anny Au	M	Man 18-39	FINSHER	624	Woop	Frish	Man Tung Road Park	08:21:30	05:21:37	322	4.1	04-Dec-2016 09:31:31 HKT	02:21:30	02:21:30	293	2.5	04-Dec-2016 11:46:48 HKT	04:15:41	02:15:45	303	2.8	04-Dec-2016 14:53:17 HKT	07:33:12	03:17:28	300	4.5	04-Dec-2016 16:50:01 HKT	08:23:00	05:49:03								
301	137	228	Chiu Chi Lok	M	Man 18-39	FINSHER	614		Frish	Man Tung Road Park	08:20:21	05:23:58	329	3.9	04-Dec-2016 09:31:31 HKT	02:23:58	02:23:58	304	2.2	04-Dec-2016 11:52:23 HKT	04:27:58	02:19:03	302	3.0	04-Dec-2016 15:02:09 HKT	07:33:07	02:50:00	301	4.0	04-Dec-2016 16:50:01 HKT	08:23:51	05:49:03								
302	140	229	Derek Hon	M	Man 18-39	FINSHER	681		Frish	Man Tung Road Park	08:21:41	05:24:18	341	3.9	04-Dec-2016 09:38:24 HKT	02:24:18	02:24:18	286	2.7	04-Dec-2016 11:43:34 HKT	04:13:34	02:14:10	304	2.7	04-Dec-2016 15:05:27 HKT	07:35:27	03:21:53	302	4.4	04-Dec-2016 16:50:01 HKT	08:25:41	05:50:14								
303	141	230	Kai Lun Lau	M	Man 18-39	FINSHER	612		Frish	Man Tung Road Park	08:21:24	05:30:01	316	4.1	04-Dec-2016 09:38:24 HKT	02:24:25	02:24:25	286	2.2	04-Dec-2016 11:58:48 HKT	04:28:46	02:17:51	309	2.7	04-Dec-2016 15:07:22 HKT	07:47:22	03:18:36	303	5.0	04-Dec-2016 16:50:01 HKT	08:31:24	05:44:02								
304	142	231	Wong Yau	F	Woman 18-39	FINSHER	615		Frish	Man Tung Road Park	08:20:59	05:20:59	308	2.2	04-Dec-2016 09:30:58 HKT	02:20:59	02:20:59	308	2.2	04-Dec-2016 11:58:07 HKT	04:28:59	02:17:51	307	2.7	04-Dec-2016 14:53:21 HKT	07:47:21	03:18:31	304	5.0	04-Dec-2016 16:50:01 HKT	08:31:29	05:44:02								
305	142	231	Anthony Huang	M	Man 18-39	FINSHER	685		Frish	Man Tung Road Park	08:26:31	05:35:08	339	3.9	04-Dec-2016 09:37:21 HKT	02:27:21	02:27:21	305	2.1	04-Dec-2016 11:50:00 HKT	04:39:00	02:11:39	307	3.3	04-Dec-2016 14:56:05 HKT	07:26:55	02:47:35	305	3.2	04-Dec-2016 16:50:01 HKT	08:36:31	05:49:36								
306	147	232	Kai Yung Lam	F	Woman 18-39	FINSHER	677		Frish	Man Tung Road Park	08:26:33	05:35:10	338	3.9	04-Dec-2016 09:37:21 HKT	02:27:31	02:27:31	306	2.1	04-Dec-2016 12:09:00 HKT	04:39:09	02:11:46	306	3.3	04-Dec-2016 14:56:04 HKT	07:26:54	02:47:35	306	3.2	04-Dec-2016 16:50:01 HKT	08:36:33	05:49:36								
307	143	232	Chi Kai Wong	F	Woman 18-39	FINSHER	602		Frish	Man Tung Road Park	08:26:37	05:34:48	338	4.4	04-Dec-2016 09:34:14 HKT	02:27:14	02:27:14	298	2.2	04-Dec-2016 11:51:47 HKT	04:21:47	02:09:30	307	2.7	04-Dec-2016 15:11:24 HKT	07:41:26	03:19:30	307	3.7	04-Dec-2016 16:50:01 HKT	08:41:09	05:49:36								
308	148	233	Jingjun Du	F	Woman 18-39	FINSHER	650		Frish	Man Tung Road Park	08:22:20	05:40:57	321	4.4	04-Dec-2016 09:41:13 HKT	02:11:13	02:11:13	297	2.2	04-Dec-2016 11:51:52 HKT	04:11:52	02:10:30	307	2.7	04-Dec-2016 15:17:12 HKT	07:42:12	03:25:20	308	4.0	04-Dec-2016 16:50:01 HKT	08:42:20	05:50:08								
309	144	233	Man Ho He	M	Man 18-39	FINSHER	682		Frish	Man Tung Road Park	08:22:21	05:42:16	323	4.6	04-Dec-2016 09:38:24 HKT	02:24:16	02:24:16	303	2.8	04-Dec-2016 11:57:24 HKT	04:27:44	02:12:40	306	2.8	04-Dec-2016 13:53:53 HKT	07:43:53	03:16:48	308	3.8	04-Dec-2016 16:50:01 HKT	08:42:27	05:50:14								
310	145	234	Hui Fung Lam	M	Man 18-39	FINSHER	607		Frish	Man Tung Road Park	08:22:42	05:41:08	351	3.4	04-Dec-2016 09:41:13 HKT	02:22:42	02:22:42	337	4.2	04-Dec-2016 12:25:54 HKT	04:55:58	02:08:39	310	3.2	04-Dec-2016 15:18:43 HKT	07:48:43	02:52:40	310	4.1	04-Dec-2016 16:50:01 HKT	08:42:29	05:53:46								
311	146	235	Ching Ka Raymond Yau	M	Man 18-39	FINSHER	698		Frish	Man Tung Road Park	08:22:31	05:41:08	359	3.4	04-Dec-2016 10:17:22 HKT	02:22:32	02:22:32	304	2.4	04-Dec-2016 12:25:54 HKT	04:55:55	02:08:39	311	3.2	04-Dec-2016 15:18:48 HKT	07:48:46	02:52:41	311	4.1	04-Dec-2016 16:50:01 HKT	08:42:31	05:53:45								
312	143	236	Chi Ka Cheung	M	Man 18-39	FINSHER	612		Frish	Man Tung Road Park	08:22:32	05:41:08	357	4.4	04-Dec-2016 09:41:13 HKT	02:22:32	02:22:32	276	2.4	04-Dec-2016 11:38:31 HKT	04:08:31	02:16:32	312	2.5	04-Dec-2016 14:58:17 HKT	07:48:17	03:01:08	312	3.8	04-Dec-2016 16:50:01 HKT	08:42:31	05:53:45								
313	59	77	Ka Yu Li	F	Woman 18-39	FINSHER	676		Frish	Man Tung Road Park	08:48:44	05:47:21	329	4.0	04-Dec-2016 09:43:15 HKT	02:19:21	02:19:21	338	1.8	04-Dec-2016 12:27:34 HKT	04:57:39	02:04:20	318	3.0	04-Dec-2016 16:11:33 HKT	08:01:33	03:24:34	313	4.7	04-Dec-2016 16:50:01 HKT	08:42:31	05:53:45								
314	147	237	Kai Lun Lau	M	Man 18-39	FINSHER	660		Frish	Man Tung Road Park	08:48:49	05:47:26	295	4.7	04-Dec-2016 09:43:15 HKT	02:19:27	02:19:27	303	2.0	04-Dec-2016 11:57:10 HKT	04:27:10	02:24:38	313	2.7	04-Dec-2016 15:21:47 HKT	07:51:47	03:24:34	314	3.9	04-Dec-2016 16:50:01 HKT	08:48:49	05:57:07								
315	148	238	Tai Wu Chan	M	Man 18-39	FINSHER	681		Frish	Man Tung Road Park	08:49:11	05:47:48	305	4.3	04-Dec-2016 09:44:48 HKT	02:19:48	02:19:48	301	2.3	04-Dec-2016 11:44:59 HKT	04:14:59	02:00:11	314	2.5	04-Dec-2016 15:28:18 HKT	07:56:18	03:41:11	315	4.2	04-Dec-2016 16:50:01 HKT	08:49:11	05:52:55								

