

# 2019 Healthy Hike & Run

## 健康遠足及跑步賽

Healthy Hike & Run - 19k - 10-Mar-2019



Rankings			Participant Info				Timing Point CP1			Timing Point CP2			Timing Point CP Finish			
Overall	Category	Gender	Name	Gender	Category	Status	BIB	Rank	Race Time	Split	Rank	Race Time	Split	Rank	Race Time	Split
1	1	1	Jamie McLaren	M	Men 16-39	FINISHER	194	1	00:37:40	00:37:40	1	01:20:35	00:42:55	1	01:37:30	00:16:55
2	2	2	Bryan Crane	M	Men 16-39	FINISHER	277	2	00:38:28	00:38:28	2	01:23:22	00:44:54	2	01:40:48	00:17:26
3	3	3	Hector Chan	M	Men 16-39	FINISHER	292	5	00:40:53	00:40:53	3	01:26:25	00:45:32	3	01:43:05	00:16:40
4	4	4	Fuk Cheung Tsang	M	Men 16-39	FINISHER	234	4	00:40:50	00:40:50	4	01:26:54	00:46:04	4	01:43:16	00:16:22
5	5	5	Chin Lung Chan	M	Men 16-39	FINISHER	77	6	00:41:13	00:41:13	5	01:27:11	00:45:58	5	01:43:51	00:16:40
6	6	6	Igor Gal	M	Men 16-39	FINISHER	300	7	00:41:57	00:41:57	7	01:29:13	00:47:16	6	01:46:35	00:17:22
7	7	7	James Bowen	M	Men 16-39	FINISHER	238	3	00:40:48	00:40:48	6	01:27:44	00:46:56	7	01:47:11	00:19:27
8	8	8	Hung Fat Cheung	M	Men 16-39	FINISHER	189	9	00:42:54	00:42:54	8	01:29:20	00:46:26	8	01:47:34	00:18:14
9	1	9	Chun Yin Lee	M	Men 40-49	FINISHER	169	8	00:42:07	00:42:07	9	01:30:46	00:48:39	9	01:48:23	00:17:37
10	9	10	Billy Pugh	M	Men 16-39	FINISHER	284	13	00:44:11	00:44:11	10	01:33:50	00:49:39	10	01:52:57	00:19:07
11	2	11	Siu Cheong Fong	M	Men 40-49	FINISHER	50	10	00:43:02	00:43:02	11	01:34:07	00:51:05	11	01:54:26	00:20:19
12	3	12	Lam Kwok Wut	M	Men 40-49	FINISHER	33	14	00:45:25	00:45:25	13	01:35:17	00:49:52	12	01:54:41	00:19:24
13	4	13	Alan Lau	M	Men 40-49	FINISHER	24	11	00:43:19	00:43:19	12	01:34:47	00:51:28	13	01:55:06	00:20:19
14	5	14	Mourad Tahiri	M	Men 40-49	FINISHER	178	16	00:46:15	00:46:15	15	01:37:23	00:51:08	14	01:56:54	00:19:31
15	1	15	Eric To	M	Men 50+	FINISHER	253	15	00:46:08	00:46:08	16	01:37:28	00:51:20	15	01:56:57	00:19:29
16	2	16	Martin Williams	M	Men 50+	FINISHER	249	12	00:43:31	00:43:31	14	01:37:04	00:53:33	16	01:59:09	00:22:05
17	3	17	Richard Roper	M	Men 50+	FINISHER	244	22	00:47:08	00:47:08	18	01:40:08	00:53:00	17	01:59:19	00:19:11
18	4	18	Maang Tung Kwok	M	Men 50+	FINISHER	47	17	00:46:28	00:46:28	17	01:39:02	00:52:34	18	01:59:44	00:20:42
19	10	19	Jason Jia	M	Men 16-39	FINISHER	4	87	00:57:34	00:57:34	29	01:44:00	00:46:26	19	02:01:04	00:17:04
20	5	20	Stefan Lecher	M	Men 50+	FINISHER	258	19	00:46:54	00:46:54	20	01:41:24	00:54:30	20	02:01:12	00:19:48
21	11	21	Brieuc Poiwet	M	Men 16-39	FINISHER	274	58	00:53:03	00:53:03	24	01:43:01	00:49:58	21	02:01:25	00:18:24
22	12	22	Vincent Ricard	M	Men 16-39	FINISHER	203	23	00:48:15	00:48:15	22	01:42:56	00:54:41	22	02:02:06	00:19:10
23	6	23	Ian Greenfield	M	Men 40-49	FINISHER	163	18	00:46:45	00:46:45	19	01:41:18	00:54:33	23	02:02:10	00:20:52
24	1	1	Sonia Massot	F	Women 16-39	FINISHER	159	43	00:51:24	00:51:24	30	01:44:08	00:52:44	24	02:02:12	00:18:04
25	13	24	Yerzhan Kurmanbay	M	Men 16-39	FINISHER	281	20	00:46:59	00:46:59	21	01:41:51	00:54:52	25	02:02:32	00:20:41
26	14	25	Adrien De Courval	M	Men 16-39	FINISHER	296	44	00:51:28	00:51:28	25	01:43:15	00:51:47	26	02:02:39	00:19:24
27	15	26	Kwok Shing Leung	M	Men 16-39	FINISHER	115	46	00:51:50	00:51:50	37	01:46:26	00:54:36	27	02:03:44	00:17:18
28	16	27	Chun Ming Wong	M	Men 16-39	FINISHER	19	29	00:48:53	00:48:53	28	01:43:39	00:54:46	28	02:04:16	00:20:37
29	17	28	Peter Broome	M	Men 16-39	FINISHER	67	26	00:48:30	00:48:30	23	01:43:00	00:54:30	29	02:04:42	00:21:42
30	18	29	Denis Tenchurin	M	Men 16-39	FINISHER	290	30	00:48:57	00:48:57	27	01:43:28	00:54:31	30	02:05:16	00:21:48
31	7	30	Yin Chun Chan	M	Men 40-49	FINISHER	201	27	00:48:36	00:48:36	32	01:44:44	00:56:08	31	02:05:32	00:20:48
32	19	31	Man Kin Hui	M	Men 16-39	FINISHER	198	33	00:49:18	00:49:18	31	01:44:11	00:54:53	32	02:05:46	00:21:35
33	8	32	Kc Chik	M	Men 40-49	FINISHER	32	35	00:49:39	00:49:39	33	01:44:50	00:55:11	33	02:06:20	00:21:30
34	2	2	Mia Bennett	F	Women 16-39	FINISHER	263	21	00:47:00	00:47:00	26	01:43:18	00:56:18	34	02:06:32	00:23:14
35	9	33	Rodney Geres	M	Men 40-49	FINISHER	179	34	00:49:31	00:49:31	39	01:47:00	00:57:29	35	02:07:04	00:20:04
36	10	34	Thomas Jullien	M	Men 40-49	FINISHER	266	39	00:50:59	00:50:59	36	01:46:20	00:55:21	36	02:08:18	00:21:58
37	20	35	Juan Fernando Rodriguez Castro	M	Men 16-39	FINISHER	99	38	00:50:50	00:50:50	35	01:46:08	00:55:18	37	02:08:20	00:22:12
38	11	36	Yuk Tong Yuen	M	Men 40-49	FINISHER	283	28	00:48:50	00:48:50	34	01:45:53	00:57:03	38	02:10:07	00:24:14
39	21	37	Chi Wah Wong	M	Men 16-39	FINISHER	190	24	00:48:21	00:48:21	38	01:46:34	00:58:13	39	02:11:37	00:25:03
40	22	38	Kwan Lok Lau	M	Men 16-39	FINISHER	304	37	00:50:45	00:50:45	43	01:49:18	00:58:33	40	02:12:27	00:23:09
41	6	39	Geoffrey Lim	M	Men 50+	FINISHER	180	52	00:52:41	00:52:41	44	01:50:31	00:57:50	41	02:12:33	00:22:02
42	12	40	Paul Lo	M	Men 40-49	FINISHER	57	25	00:48:22	00:48:22	40	01:47:05	00:58:43	42	02:12:41	00:25:36
43	13	41	Haywood Hung	M	Men 40-49	FINISHER	280	31	00:49:02	00:49:02	41	01:48:59	00:59:57	43	02:12:48	00:23:49
44	23	42	Tsz Wun Hung	M	Men 16-39	FINISHER	254	32	00:49:05	00:49:05	42	01:49:01	00:59:56	44	02:13:40	00:24:39
45	24	43	Youssef El Bahari	M	Men 16-39	FINISHER	302	42	00:51:19	00:51:19	45	01:51:20	01:00:01	45	02:13:49	00:22:29
46	14	44	Jim Crockford	M	Men 40-49	FINISHER	2	51	00:52:20	00:52:20	48	01:51:55	00:59:35	46	02:14:13	00:22:18
47	15	45	Stanley Ng	M	Men 40-49	FINISHER	86	40	00:51:15	00:51:15	46	01:51:32	01:00:17	47	02:14:31	00:22:59
48	7	46	Bill Simos	M	Men 50+	FINISHER	187	54	00:52:47	00:52:47	53	01:53:26	01:00:39	48	02:15:23	00:21:57
49	3	3	Olivia Brocklehurst	F	Women 16-39	FINISHER	44	48	00:52:03	00:52:03	54	01:53:38	01:01:35	49	02:15:48	00:22:10
50	25	47	Siu Shun Tse	M	Men 16-39	FINISHER	216	55	00:52:54	00:52:54	56	01:54:00	01:01:06	50	02:16:04	00:22:04
51	4	4	Eleanor Gould	F	Women 16-39	FINISHER	89	56	00:52:59	00:52:59	57	01:54:14	01:01:15	51	02:16:23	00:22:09
52	8	48	Ron Seidel	M	Men 50+	FINISHER	106	45	00:51:33	00:51:33	47	01:51:53	01:00:20	52	02:16:27	00:24:34
53	26	49	Victor Pak	M	Men 16-39	FINISHER	38	47	00:51:51	00:51:51	50	01:52:39	01:00:48	53	02:16:31	00:23:52
54	27	50	Nirmal Kumar Rai	M	Men 16-39	FINISHER	289	36	00:50:06	00:50:06	51	01:52:45	01:02:39	54	02:16:48	00:24:03
55	28	51	Dricus De Rooij	M	Men 16-39	FINISHER	231	40	00:51:15	00:51:15	52	01:53:06	01:01:51	55	02:16:52	00:23:46
56	1	5	Fe Valtekens	F	Women 40-49	FINISHER	293	60	00:53:30	00:53:30	55	01:53:57	01:00:27	56	02:16:58	00:23:01
57	16	52	Likka Tao	M	Men 40-49	FINISHER	40	50	00:52:09	00:52:09	49	01:51:57	00:59:48	57	02:17:02	00:25:05
58	5	6	Camilla Stewart	F	Women 16-39	FINISHER	105	79	00:56:12	00:56:12	63	01:56:30	01:00:18	58	02:17:27	00:20:57
59	6	7	Jo Criddle	F	Women 16-39	FINISHER	125	59	00:53:05	00:53:05	59	01:55:14	01:02:09	59	02:17:57	00:22:43
60	29	53	Yan Chun Li	M	Men 16-39	FINISHER	270	61	00:53:49	00:53:49	58	01:55:00	01:01:11	60	02:18:48	00:23:48
61	17	54	Cheng Hung On	M	Men 40-49	FINISHER	43	70	00:55:14	00:55:14	60	01:55:39	01:00:25	61	02:18:50	00:23:11
62	9	55	Paul Garwood	M	Men 50+	FINISHER	273	75	00:55:37	00:55:37	62	01:56:28	01:00:51	62	02:18:56	00:22:28
63	7	8	Georgina Manuel	F	Women 16-39	FINISHER	256	81	00:57:04	00:57:04	65	01:57:09	01:00:05	63	02:19:55	00:22:46
64	18	56	Frederic Mary	M	Men 40-49	FINISHER	204	86	00:57:32	00:57:32	67	01:57:46	01:00:14	64	02:21:08	00:23:22
65	30	57	Joakim Gallay	M	Men 16-39	FINISHER	111	53	00:52:43	00:52:43	64	01:56:35	01:03:52	65	02:21:34	00:24:59
66	31	58	Ruud Nijland	M	Men 16-39	FINISHER	228	49	00:52:05	00:52:05	61	01:55:42	01:03:37	66	02:22:10	00:26:28
67	19	59	Tze Wai Kwok	M	Men 40-49	FINISHER	215	73	00:55:31	00:55:31	68	01:57:54	01:02:23	67	02:22:30	00:24:36
68	32	60	Guillaume Boucaut	M	Men 16-39	FINISHER	267	67	00:54:56	00:54:56	66	01:57:12	01:02:16	68	02:22:35	00:25:23
69	20	61	Lap Kai Cheung	M	Men 40-49	FINISHER	81	71	00:55:17	00:55:17	71	01:58:54	01:03:37	69	02:23:08	00:24:14
70	10	62	Chu Wah Cheung	M	Men 50+	FINISHER	110	68	00:55:00	00:55:00	70	01:59:20	01:04:20	70	02:23:24	00:24:04
71	21	63	Yeong Wah Tho	M	Men 40-49	FINISHER	158	64	00:54:16	00:54:16	74	01:58:42	01:04:26	71	02:23:51	00:25:09
72	22	64	Rob Weider	M	Men 40-49	FINISHER	83	72	00:55:21	00:55:21	72	01:58:58	01:03:37	72	02:23:57	00:24:59
73	11	65	Wai Keung Yeung	M	Men 50+	FINISHER	131	73	00:55:31	00:55:31	78	01:59:48	01:04:17	7		

Overall	Category	Gender	Name	Gender	Category	Status	BIB	Rank	Race Time	Split	Rank	Race Time	Split	Rank	Race Time	Split
86	24	74	Raman Viswanath	M	Men 40-49	FINISHER	298	69	00:55:10	00:55:10	79	02:00:53	01:05:43	86	02:28:49	00:27:56
87	17	75	Anping Wang	M	Men 50+	FINISHER	55	78	00:56:00	00:56:00	80	02:01:16	01:05:16	87	02:28:57	00:27:41
88	11	13	Angela Donald	F	Women 16-39	FINISHER	60	76	00:55:49	00:55:49	86	02:01:48	01:05:59	88	02:29:07	00:27:19
89	35	76	Gareth Ingham	M	Men 16-39	FINISHER	245	94	00:58:28	00:58:28	94	02:05:36	01:07:08	89	02:29:34	00:23:58
90	18	77	Joe Ng	M	Men 50+	FINISHER	188	56	00:52:59	00:52:59	89	02:03:29	01:10:30	90	02:29:41	00:26:12
91	12	14	Arisa Shibayama	F	Women 16-39	FINISHER	236	80	00:56:52	00:56:52	87	02:03:01	01:06:09	91	02:30:11	00:27:10
92	3	15	Hoi Sze Kwok	F	Women 40-49	FINISHER	46	82	00:57:19	00:57:19	90	02:04:20	01:07:01	92	02:30:16	00:25:56
93	13	16	Courtney Link	F	Women 16-39	FINISHER	241	105	01:00:18	01:00:18	93	02:05:33	01:05:15	93	02:30:34	00:25:01
94	25	78	Conor O'Neill	M	Men 40-49	FINISHER	243	98	00:59:42	00:59:42	96	02:07:06	01:07:24	94	02:32:59	00:25:53
95	36	79	Tsang Chu	M	Men 16-39	FINISHER	145	96	00:59:29	00:59:29	95	02:07:02	01:07:33	95	02:34:07	00:27:05
96	26	80	Fai Tsoi	M	Men 40-49	FINISHER	230	108	01:01:09	01:01:09	97	02:07:54	01:06:45	96	02:34:11	00:26:17
97	37	81	Hok Lun Lam	M	Men 16-39	FINISHER	208	88	00:58:05	00:58:05	91	02:04:22	01:06:17	97	02:34:45	00:30:23
98	19	82	Forhad Ullah	M	Men 50+	FINISHER	205	97	00:59:37	00:59:37	99	02:08:44	01:09:07	98	02:34:59	00:26:15
99	38	83	Chun Ho Lee	M	Men 16-39	FINISHER	79	112	01:01:45	01:01:45	101	02:09:55	01:08:10	99	02:35:07	00:25:12
100	39	84	Ling Ka Chun	M	Men 16-39	FINISHER	226	115	01:02:41	01:02:41	102	02:10:25	01:07:44	100	02:35:29	00:25:04
101	27	85	Dennis Philipse	M	Men 40-49	FINISHER	8	141	01:06:03	01:06:03	107	02:12:41	01:06:38	101	02:37:44	00:25:03
102	40	86	Kevin Brown	M	Men 16-39	FINISHER	286	138	01:05:45	01:05:45	108	02:12:44	01:06:59	102	02:37:48	00:25:04
103	20	87	Simon Ho	M	Men 50+	FINISHER	264	102	01:00:07	01:00:07	104	02:11:09	01:11:02	103	02:39:13	00:28:04
104	21	88	Chak Wa Lam	M	Men 50+	FINISHER	233	95	00:59:06	00:59:06	98	02:08:00	01:08:54	104	02:39:15	00:31:15
105	41	89	Chi Sing Ng	M	Men 16-39	FINISHER	120	92	00:58:22	00:58:22	100	02:09:53	01:11:31	105	02:39:33	00:29:40
106	14	17	Amy Challoner	F	Women 16-39	FINISHER	14	100	00:59:59	00:59:59	106	02:12:28	01:12:29	106	02:39:39	00:27:11
107	22	90	Terence Tao	M	Men 50+	FINISHER	217	118	01:02:50	01:02:50	109	02:12:45	01:09:55	107	02:40:34	00:27:49
108	23	91	Bing Leung Wan	M	Men 50+	FINISHER	250	91	00:58:17	00:58:17	103	02:10:32	01:12:15	108	02:42:12	00:31:40
109	42	92	Simon Abbott	M	Men 16-39	FINISHER	192	103	01:00:10	01:00:10	112	02:14:45	01:14:35	109	02:42:16	00:27:31
110	24	93	Kevin Tsang	M	Men 50+	FINISHER	80	134	01:04:58	01:04:58	113	02:15:04	01:10:06	110	02:42:23	00:27:19
111	25	94	Man Chiu Chiang	M	Men 50+	FINISHER	261	113	01:02:06	01:02:06	110	02:12:51	01:10:45	111	02:43:30	00:30:39
112	43	95	Chung Lam	M	Men 16-39	FINISHER	82	99	00:59:46	00:59:46	111	02:13:18	01:13:32	112	02:43:41	00:30:23
113	4	18	Hidelisa Reyes	F	Women 40-49	FINISHER	62	122	01:03:27	01:03:27	116	02:15:47	01:12:20	113	02:44:10	00:28:23
114	26	96	Jee Chun Leung	M	Men 50+	FINISHER	118	101	01:00:04	01:00:04	105	02:11:14	01:11:10	114	02:44:16	00:33:02
115	27	97	Chi Wing Lam	M	Men 50+	FINISHER	119	121	01:03:14	01:03:14	118	02:15:56	01:12:42	115	02:44:28	00:28:32
116	44	98	Chi Wing Choi	M	Men 16-39	FINISHER	229	116	01:02:43	01:02:43	115	02:15:43	01:13:00	116	02:44:31	00:28:48
117	15	19	Jean Mopherson	F	Women 16-39	FINISHER	282	125	01:03:38	01:03:38	119	02:16:40	01:13:02	117	02:44:35	00:27:55
118	45	99	Chun Ning Chong	M	Men 16-39	FINISHER	227	117	01:02:47	01:02:47	114	02:15:40	01:12:53	118	02:44:38	00:28:58
119	1	20	Cindy Chong	F	Women 50+	FINISHER	139	104	01:00:16	01:00:16	116	02:15:47	01:15:31	119	02:44:58	00:29:11
120	5	21	Phatcharin Hengpsait	F	Women 40-49	FINISHER	207	114	01:02:09	01:02:09	120	02:16:59	01:14:50	120	02:46:28	00:29:29
121	28	100	David Blumson	M	Men 50+	FINISHER	136	110	01:01:18	01:01:18	122	02:19:42	01:18:24	121	02:46:45	00:27:03
122	28	101	Yiu Chung Lau	M	Men 40-49	FINISHER	122	124	01:03:37	01:03:37	123	02:20:11	01:16:34	122	02:46:49	00:26:38
123	6	22	Yan Qin	F	Women 40-49	FINISHER	70	142	01:06:18	01:06:18	125	02:20:56	01:14:38	123	02:48:32	00:27:36
124	29	102	Shum Wai Kwong Calvin	M	Men 50+	FINISHER	87	118	01:02:50	01:02:50	121	02:17:57	01:15:07	124	02:49:15	00:31:18
124	16	23	Courtney- Anne Van Zyl	F	Women 16-39	FINISHER	186	162	01:09:49	01:09:49	129	02:21:59	01:12:10	124	02:49:15	00:27:16
126	46	103	Qing Gong	M	Men 16-39	FINISHER	140	150	01:07:59	01:07:59	132	02:22:13	01:14:14	126	02:51:37	00:29:24
127	47	104	Wong Peco	M	Men 16-39	FINISHER	183	129	01:04:25	01:04:25	133	02:23:18	01:18:53	127	02:51:48	00:28:30
128	17	24	Wing Man Li	F	Women 16-39	FINISHER	182	130	01:04:29	01:04:29	134	02:23:19	01:18:50	128	02:51:49	00:28:30
129	48	105	Wai Yin Tang	M	Men 16-39	FINISHER	185	128	01:04:14	01:04:14	126	02:21:53	01:17:39	129	02:51:58	00:30:05
130	49	106	Kin Chung Chan	M	Men 16-39	FINISHER	197	123	01:03:33	01:03:33	127	02:21:55	01:18:22	130	02:52:19	00:30:24
131	50	107	Ngou Lun Chung	M	Men 16-39	FINISHER	202	126	01:03:40	01:03:40	128	02:21:57	01:18:17	131	02:52:20	00:30:23
132	7	25	Eva Leung	F	Women 40-49	FINISHER	112	136	01:05:24	01:05:24	135	02:23:31	01:18:07	132	02:52:32	00:29:01
133	51	108	Kelvin Chen	M	Men 16-39	FINISHER	272	127	01:03:53	01:03:53	124	02:20:32	01:16:39	133	02:53:54	00:33:22
134	30	109	Wai Keung Tommy Wong	M	Men 50+	FINISHER	151	133	01:04:55	01:04:55	130	02:22:07	01:17:12	134	02:54:47	00:32:40
135	18	26	Dulcie Chan	F	Women 16-39	FINISHER	10	108	01:01:09	01:01:09	143	02:27:04	01:25:55	135	02:55:18	00:32:40
136	29	110	Koonyuen Ng	M	Men 40-49	FINISHER	171	143	01:06:21	01:06:21	131	02:22:10	01:15:49	136	02:55:51	00:33:41
137	30	111	Kin Lun Kwai	M	Men 40-49	FINISHER	141	159	01:09:29	01:09:29	150	02:28:12	01:18:43	137	02:56:14	00:28:02
138	31	112	Steve Chung	M	Men 50+	FINISHER	213	139	01:05:49	01:05:49	137	02:23:45	01:17:56	138	02:56:19	00:32:34
139	32	113	Ka Keung Low	M	Men 50+	FINISHER	211	107	01:01:00	01:01:00	146	02:27:27	01:26:27	139	02:56:39	00:29:12
140	19	27	Yvonne Chan	F	Women 16-39	FINISHER	191	154	01:08:28	01:08:28	140	02:25:53	01:17:25	140	02:56:47	00:30:54
141	31	114	Kwai Lam Li	M	Men 40-49	FINISHER	174	149	01:07:57	01:07:57	139	02:24:50	01:16:53	141	02:57:03	00:32:13
142	33	115	Lai Hin Cheung	M	Men 50+	FINISHER	7	160	01:09:45	01:09:45	142	02:26:51	01:17:06	142	02:57:42	00:30:51
143	34	116	Lam Wai	M	Men 50+	FINISHER	3	152	01:08:05	01:08:05	148	02:27:42	01:19:37	143	02:59:06	00:31:24
144	35	117	Matthew Suen	M	Men 50+	FINISHER	15	111	01:01:40	01:01:40	136	02:23:39	01:21:59	144	02:59:23	00:35:44
145	32	118	Benedict Fu	M	Men 40-49	FINISHER	42	146	01:07:20	01:07:20	149	02:27:55	01:20:35	145	02:59:25	00:31:30
146	33	119	Andy Po	M	Men 40-49	FINISHER	218	151	01:08:00	01:08:00	147	02:27:40	01:19:40	146	02:59:48	00:32:08
147	36	120	Andrew Olson	M	Men 50+	FINISHER	196	140	01:05:52	01:05:52	153	02:30:26	01:24:34	147	02:59:56	00:29:30
148	37	121	Tang Chi Chung	M	Men 50+	FINISHER	31	163	01:10:56	01:10:56	158	02:32:27	01:21:31	148	02:59:57	00:27:30
149	34	122	Yuk Wah Jason Ng	M	Men 40-49	FINISHER	90	131	01:04:38	01:04:38	151	02:28:23	01:23:45	149	03:00:59	00:32:36
150	35	123	Jacky Ding	M	Men 40-49	FINISHER	113	157	01:09:17	01:09:17	152	02:30:10	01:20:53	150	03:01:22	00:31:12
151	52	124	Ching Yeung Lau	M	Men 16-39	FINISHER	121	153	01:08:17	01:08:17	141	02:26:24	01:18:07	151	03:01:25	00:35:01
152	38	125	J Chan	M	Men 50+	FINISHER	124	161	01:09:47	01:09:47	144	02:27:11	01:17:24	152	03:01:49	00:34:38
153	36	126	Hutchison Lau	M	Men 40-49	FINISHER	214	164	01:11:40	01:11:40	159	02:32:31	01:20:51	153	03:02:54	00:30:23
154	53	127	Benson Luk	M	Men 16-39	FINISHER	287	137	01:05:30	01:05:30	145	02:27:12	01:21:42	154	03:03:00	00:35:48
155	37	130	Antonio Ferreira	M	Men 40-49	FINISHER	123	120	01:02:53	01:02:53	138	02:24:41	01:21:48	155	03:04:42	00:40:01
156	20	28	Sammie Lam	F	Women 16-39	FINISHER	237	184	01:19:55	01:19:55	165	02:38:01	01:18:06	156	03:04:51	00:26:50
157	38	131	Eric Tang	M	Men 40-49	FINISHER	259	165	01:12:37	01:12:37	162	02:33:22	01:20:45	157	03:05:03	00:31:41
158	41	132	Yat Sing Li	M	Men 50+	FINISHER	17									



