



Goodman Healthy Hike & Run (13 km Solo Men & Women) May 22, 2022



Overall Ranking	Race #	First Name	Last Name	Name	Team / Sponsor	CP 1	Split	Finish Time	Cat Position	Category	Nationality
1	379	Max	Lau	Max Lau	0	0:48:00	0:16:33	01:04:33	1	Men 16-39	HKSAR
2	384	Ka Sing	Cheng	Ka Sing Cheng	0	0:49:00	0:16:21	01:05:21	2	Men 16-39	HKSAR
3	380	King Fung	Lau	King Fung Lau	0	0:49:00	0:16:43	01:05:43	3	Men 16-39	HKSAR
4	364	Limbu	Yamanath	Limbu Yamanath	0	0:50:00	0:17:10	01:07:10	1	Men 40-49	Nepal
5	365	Kin Wai	Yeung	Kin Wai Yeung	0	0:54:00	0:18:47	01:12:47	1	Men 50+	HKSAR
6	361	Shan Ching	Chan	Shan Ching Chan	0	0:56:00	0:18:45	01:14:45	2	Men 40-49	HKSAR
7	344	Wing Wai	Tsoi	Wing Wai Tsoi	0	0:56:00	0:19:13	01:15:13	4	Men 16-39	HKSAR
8	348	Fung Lin	Cheuk	Fung Lin Cheuk	0	0:56:00	0:19:57	01:15:57	5	Men 16-39	HKSAR
9	383	Ka Cheong Michael	Ng	Ka Cheong Michael Ng	0	0:57:00	0:20:08	01:17:08	3	Men 40-49	China
10	376	Sheung Ku	Wan	Sheung Ku Wan	0	0:57:00	0:20:36	01:17:36	6	Men 16-39	HKSAR
11	318	Kurt	Lynn	Kurt Lynn	0	0:58:00	0:20:00	01:18:00	4	Men 40-49	New Zealand
12	360	Karen	Lui	Karen Lui	0	0:59:00	0:21:19	01:20:19	1	Women 50+	HKSAR
13	327	Berger	Law	Berger Law	0	0:59:00	0:21:27	01:20:27	5	Men 40-49	HKSAR
14	322	Justine	Clark	Justine Clark	0	1:01:00	0:22:07	01:23:07	1	Women 40-49	UK
15	351	Kiu Leung	Chun	Kiu Leung Chun	0	1:03:00	0:24:07	01:27:07	7	Men 16-39	HKSAR
16	375	Wai Yin	Chiu	Wai Yin Chiu	0	1:04:00	0:23:11	01:27:11	2	Women 40-49	HKSAR
17	377	Man Sing	Hau	Man Sing Hau	0	1:05:00	0:22:47	01:27:47	2	Men 50+	UK
18	385	Richard	Lau	Richard Lau	0	1:09:00	0:20:30	01:29:30	6	Men 40-49	HKSAR
19	343	Patrick	Deloy	Patrick Deloy	0	1:04:00	0:25:51	01:29:51	7	Men 40-49	Germany
20	349	Magdalena	Cvetkovic	Magdalena Cvetkovic	0	1:09:00	0:24:31	01:33:31	1	Women 16-39	Switzerland
21	314	Ka Wai	Wong	Ka Wai Wong	0	1:09:00	0:25:32	01:34:32	3	Men 50+	HKSAR
22	317	Paul	Turner	Paul Turner	0	1:10:00	0:24:35	01:34:35	8	Men 40-49	Australia
23	301	Steen Guldberg	Olsen	Steen Guldberg Olsen	0	1:09:00	0:26:34	01:35:34	4	Men 50+	Denmark
24	359	Chi Yan Fanny	Yu	Chi Yan Fanny Yu	0	1:10:00	0:26:25	01:36:25	3	Women 40-49	HKSAR
25	337	Lo	CHI MING ERIC	Lo CHI MING ERIC	0	1:11:00	0:26:09	01:37:09	9	Men 40-49	HKSAR
27	328	Ming Sang	Li	Ming Sang Li	0	1:11:00	0:27:59	01:38:59	8	Men 16-39	HKSAR
26	366	Jim	Crockford	Jim Crockford	0	1:12:00	0:29:19	01:41:19	10	Men 40-49	UK
28	331	Sam	Tsang	Sam Tsang	0	1:15:00	0:27:27	01:42:27	9	Men 16-39	HKSAR
29	340	Yasuyuki	Ebiko	Yasuyuki Ebiko	0	1:15:00	0:28:43	01:43:43	11	Men 40-49	Japan
30	316	Miyuki	Lynn	Miyuki Lynn	0	1:18:00	0:27:07	01:45:07	2	Women 50+	Japan
31	329	Jason	Tang	Jason Tang	0	1:19:00	0:26:31	01:45:31	10	Men 16-39	HKSAR
32	381	Petur Hannes	Olafsson	Petur Hannes Olafsson	0	1:17:00	0:28:49	01:45:49	12	Men 40-49	Iceland



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33	342	Loic	Montini	Loic Montini	0	1:18:00	0:29:01	01:47:01	13	Men 40-49	France
34	346	Yuk Hei Eric	Lo	Yuk Hei Eric Lo	0	1:23:00	0:25:56	01:48:56	11	Men 16-39	HKSAR
35	378	Yin Ho	Lai	Yin Ho Lai	0	1:22:00	0:27:50	01:49:50	4	Women 40-49	HKSAR
36	341	Krishna Murthy	Raghavendra	Krishna Murthy Raghavendra	0	1:21:00	0:29:25	01:50:25	14	Men 40-49	India
37	333	Jevons	Tsoi	Jevons Tsoi	0	1:20:00	0:30:43	01:50:43	5	Men 50+	HKSAR
38	345	Hoo Fung Wilson	Chun	Hoo Fung Wilson Chun	0	1:23:00	0:30:02	01:53:02	12	Men 16-39	HKSAR
39	354	Paul Francis	Montalbo	Paul Francis Montalbo	0	1:26:00	0:28:26	01:54:26	13	Men 16-39	Philippines
40	320	Karen	Lau	Karen Lau	0	1:26:00	0:29:15	01:55:15	2	Women 16-39	HKSAR
41	371	Heron	Wong	Heron Wong	0	1:22:00	0:34:37	01:56:37	14	Men 16-39	HKSAR
42	373	Man Yee	Yu	Man Yee Yu	0	1:28:00	0:29:12	01:57:12	3	Women 16-39	HKSAR
43	334	Tat Cheong	Tong	Tat Cheong Tong	0	1:27:00	0:30:12	01:57:12	15	Men 40-49	HKSAR
44	358	Hau Yi Dora	Li	Hau Yi Dora Li	0	1:27:00	0:31:55	01:58:55	3	Women 50+	China
45	313	Nahoko	Ozawa	Nahoko Ozawa	0	1:34:00	0:30:47	02:04:47	5	Women 40-49	Japan
46	382	Chi Mei	Cheung	Chi Mei Cheung	0	1:34:00	0:31:20	02:05:20	6	Women 40-49	HKSAR
47	357	Beng Keong	Yeo	Beng Keong Yeo	0	1:33:00	0:33:42	02:06:42	6	Men 50+	Singapore
48	362	Johnson	Shui	Johnson Shui	0	1:39:00	0:27:47	02:06:47	7	Men 50+	HKSAR
49	335	Chit Hang	LEUNG	Chit Hang LEUNG	0	1:36:00	0:31:10	02:07:10	16	Men 40-49	HKSAR
50	347	Matthew	Ng	Matthew Ng	0	1:34:00	0:33:24	02:07:24	15	Men 16-39	HKSAR
51	367	Garrick	Yuen	Garrick Yuen	0	1:34:00	0:33:28	02:07:28	16	Men 16-39	China
52	323	Wing Ting	Suen	Wing Ting Suen	0	1:37:00	0:34:25	02:11:25	4	Women 16-39	HKSAR
53	326	Reuben	Chan	Reuben Chan	0	1:37:00	0:34:25	02:11:25	17	Men 16-39	Singapore
54	363	Dak Lung	Cheung	Dak Lung Cheung	0	1:39:00	0:35:55	02:14:55	8	Men 50+	HKSAR
55	336	David Michael	cartwright	David Michael cartwright	0	1:41:00	0:34:14	02:15:14	9	Men 50+	HKSAR
56	319	SING	YU	SING YU	0	1:53:00	0:37:45	02:30:45	18	Men 16-39	HKSAR
57	374	Donald	Wong	Donald Wong	0	1:55:00	0:35:57	02:30:57	10	Men 50+	HKSAR
58	330	David	Yu	David Yu	0	1:53:00	0:38:27	02:31:27	19	Men 16-39	HKSAR
59	350	Sissy	Ye	Sissy Ye	0	1:53:00	0:38:37	02:31:37	5	Women 16-39	China
60	338	CHUN CHUNG	TAI	CHUN CHUNG TAI	0	1:53:00	0:38:47	02:31:47	20	Men 16-39	HKSAR
61	386	See Wai Jennifer	Tam	See Wai Jennifer Tam	0	1:54:00	0:39:10	02:33:10	6	Women 16-39	HKSAR
62	353	Chi Wing	Poon	Chi Wing Poon	0	1:53:00	0:40:12	02:33:12	21	Men 16-39	China
63	324	Peter	Leung	Peter Leung	0	2:01:00	0:36:54	02:37:54	22	Men 16-39	HKSAR
64	332	Ranee	Ng	Ranee Ng	0	2:01:00	0:39:14	02:40:14	7	Women 16-39	HKSAR



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65	355	Nicholas	Peach	Nicholas Peach	0	--	--	--	DNF	Men 16-39	UK
66	302	Deniz	Aygül	Deniz Aygül	0	--	--	--	DNS	Men 16-39	Germany
67	303	Jovy	Robert	Jovy Robert	0	--	--	--	DNS	Women 16-39	Philippines
68	304	Christian	Pohl	Christian Pohl	0	--	--	--	DNS	Men 16-39	Germany
69	305	Meliza	Lau	Meliza Lau	0	--	--	--	DNS	Women 16-39	HKSAR
70	306	Kirsty	McCallum	Kirsty McCallum	0	--	--	--	DNS	Women 16-39	UK
71	307	Neil	McCallum	Neil McCallum	0	--	--	--	DNS	Men 50+	UK
72	308	Michael	Chan	Michael Chan	0	--	--	--	DNS	Men 16-39	HKSAR
73	309	Anson	LEUNG	Anson LEUNG	0	--	--	--	DNS	Men 40-49	China
74	310	Nicola	McInnes	Nicola McInnes	0	--	--	--	DNS	Women 16-39	UK
75	311	Ying Shan	Tsui	Ying Shan Tsui	0	--	--	--	DNS	Women 40-49	HKSAR
76	312	Mizuho	Constant	Mizuho Constant	0	--	--	--	DNS	Women 40-49	Japan
77	315	Wan Hei	Leung	Wan Hei Leung	0	--	--	--	DNS	Women 16-39	HKSAR
78	321	BENNY	LEUNG	BENNY LEUNG	0	--	--	--	DNS	Men 50+	HKSAR
79	325	Chun Kit	Lam	Chun Kit Lam	0	--	--	--	DNS	Men 16-39	HKSAR
80	339	Kristy	Wu	Kristy Wu	0	--	--	--	DNS	Women 16-39	HKSAR
81	352	0	0	0 0	0	--	--	--	DNS	0	0
82	356	WaiHung	Lam	WaiHung Lam	0	--	--	--	DNS	Men 16-39	China
83	370	Vlad	Vaganov	Vlad Vaganov	0	--	--	--	DNS	Men 40-49	UK
84	372	David	Ng	David Ng	0	--	--	--	DNS	Men 50+	HKSAR