



Goodman Healthy Hike & Run (19 km Solo Men & Women) May 22, 2022



Overall Ranking	Race #	First Name	Last Name	Name	Team / Sponsor	CP 1	Split	CP2	Split	Finish Time	Cat Position	Category	Nationality
1	141	Siu Keung	Tsang	Siu Keung Tsang	0	0:44:00	0:41:00	1:25:00	0:16:46	01:41:46	1	Men 40-49	HKSAR
2	182	Siu Pang	Leung	Siu Pang Leung	0	0:42:00	0:43:00	1:25:00	0:18:15	01:43:15	1	Men 16-39	HKSAR
3	121	Veronika	Vadovicova	Veronika Vadovicova	Slovakian Uglow / Joint Dynamics	0:44:00	0:43:00	1:27:00	0:17:50	01:44:50	1	Women 16-39	Slovakia
4	170	Matt	Leng	Matt Leng	0	0:45:00	0:42:00	1:27:00	0:17:50	01:44:50	2	Men 40-49	Cambodia
5	153	Bernard	Lee	Bernard Lee	0	0:43:00	0:44:00	1:27:00	0:18:34	01:45:34	3	Men 40-49	HKSAR
6	120	Jason	Jia	Jason Jia	0	0:45:00	0:43:00	1:28:00	0:18:25	01:46:25	4	Men 40-49	Australia
7	137	Hoi Tik	Kwong	Hoi Tik Kwong	0	0:46:00	0:45:00	1:31:00	0:18:00	01:49:00	5	Men 40-49	HKSAR
8	147	Creighton	Connolly	Creighton Connolly	0	0:45:00	0:46:00	1:31:00	0:19:43	01:50:43	2	Men 16-39	Canada
9	129	Brian	Lee	Brian Lee	0	0:45:00	0:47:00	1:32:00	0:20:29	01:52:29	3	Men 16-39	HKSAR
10	138	Yu Kwan	Hau	Yu Kwan Hau	0	0:46:00	0:47:00	1:33:00	0:19:50	01:52:50	4	Men 16-39	HKSAR
11	134	Pierre	Marconnet	Pierre Marconnet	0	0:45:00	0:49:00	1:34:00	0:21:09	01:55:09	5	Men 16-39	New Caledonia
12	155	David	Budden	David Budden	0	0:46:00	0:49:00	1:35:00	0:21:24	01:56:24	6	Men 16-39	UK
13	110	Matt	Spashett	Matt Spashett	0	0:47:00	0:49:00	1:36:00	0:21:11	01:57:11	6	Men 40-49	UK
14	173	S Kit	Cheng	S Kit Cheng	0	0:51:00	0:47:00	1:38:00	0:20:53	01:58:53	1	Men 50+	HKSAR
15	161	Antoine	Epinette	Antoine Epinette	0	0:48:00	0:50:00	1:38:00	0:23:08	02:01:08	7	Men 16-39	France
16	139	KAM CHUEN	KWOK	KAM CHUEN KWOK	0	0:49:00	0:51:00	1:40:00	0:21:46	02:01:46	7	Men 40-49	HKSAR
17	152	Jonathan	Maree	Jonathan Maree	0	0:50:00	0:50:00	1:40:00	0:21:47	02:01:47	8	Men 16-39	South Africa
18	158	Takazumi	Iwanabe	Takazumi Iwanabe	0	0:51:00	0:53:00	1:44:00	0:24:26	02:08:26	8	Men 40-49	Japan
19	123	YUEN SUEN	WANG	YUEN SUEN WANG	0	0:52:00	0:54:00	1:46:00	0:23:28	02:09:28	1	Women 40-49	HKSAR
20	156	Fabrice	Le Biller	Fabrice Le Biller	0	0:50:00	0:57:00	1:47:00	0:22:30	02:09:30	9	Men 16-39	France
21	124	Chris	Davis	Chris Davis	0	0:51:00	0:55:00	1:46:00	0:24:48	02:10:48	9	Men 40-49	UK
22	146	Kristoffer	Harvey	Kristoffer Harvey	0	0:55:00	0:56:00	1:51:00	0:22:46	02:13:46	10	Men 40-49	Australia
23	160	Sherrin	Loh	Sherrin Loh	0	0:55:00	0:56:00	1:51:00	0:23:27	02:14:27	1	Women 50+	Australia
24	119	Bing Chuen	Lam	Bing Chuen Lam	0	0:55:00	0:56:00	1:51:00	0:24:16	02:15:16	10	Men 16-39	HKSAR
25	122	Hay	Kam	Hay Kam	0	0:55:00	0:56:00	1:51:00	0:24:47	02:15:47	2	Women 40-49	HKSAR
27	150	Kenneth Wai Chi	Hui	Kenneth Wai Chi Hui	0	0:56:00	0:56:00	1:52:00	0:25:04	02:17:04	11	Men 16-39	HKSAR
26	175	Woon Ping	Leung	Woon Ping Leung	0	1:00:00	0:55:00	1:55:00	0:22:24	02:17:24	2	Women 50+	HKSAR
28	142	Yiu Man	Lau	Yiu Man Lau	0	0:56:00	0:59:00	1:55:00	0:23:44	02:18:44	11	Men 40-49	China
29	179	Paul	Ketterer	Paul Ketterer	0	0:56:00	1:01:00	1:57:00	0:24:33	02:21:33	12	Men 40-49	UK
30	157	Kwan Ling	Yuen	Kwan Ling Yuen	0	0:58:00	0:58:00	1:56:00	0:25:52	02:21:52	3	Women 40-49	HKSAR
31	177	Nick	Kearns	Nick Kearns	0	0:53:00	1:03:00	1:56:00	0:29:33	02:25:33	13	Men 40-49	US
32	145	Alex	Lam	Alex Lam	0	1:00:00	1:01:00	2:01:00	0:25:00	02:26:00	14	Men 40-49	China
33	169	Chun Kwok	Lau	Chun Kwok Lau	0	0:56:00	1:02:00	1:58:00	0:28:44	02:26:44	2	Men 50+	HKSAR
34	164	Charlie	Samonte	Charlie Samonte	0	1:03:00	0:59:00	2:02:00	0:25:40	02:27:40	12	Men 16-39	Philippines
35	183	Chitin	Choi	Chitin Choi	0	0:52:00	1:03:00	1:55:00	0:32:50	02:27:50	13	Men 16-39	China
36	149	KHADKA	GOKUL BABU	KHADKA GOKUL BABU	0	1:01:00	1:01:00	2:02:00	0:26:35	02:28:35	15	Men 40-49	Nepal
37	105	Kaman	Yau	Kaman Yau	0	1:01:00	1:00:00	2:01:00	0:28:11	02:29:11	3	Women 50+	UK



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38	108	Megan	McCreadie	Megan McCreadie	0	1:01:00	1:00:00	2:01:00	0:28:11	02:29:11	2	Women 16-39	UK
39	117	Sai	Man	Sai Man	0	1:02:00	1:01:00	2:03:00	0:26:50	02:29:50	3	Men 50+	UK
40	112	Dean	Mackenzie	Dean Mackenzie	0	1:03:00	1:00:00	2:03:00	0:29:07	02:32:07	4	Men 50+	Australia
41	143	Wai Hung	CHUI	Wai Hung CHUI	0	1:02:00	1:01:00	2:03:00	0:29:13	02:32:13	14	Men 16-39	HKSAR
42	118	Wai Hung	Bac	Wai Hung Bac	0	1:03:00	1:01:00	2:04:00	0:30:00	02:34:00	16	Men 40-49	HKSAR
43	148	Harry	Cheung	Harry Cheung	0	1:03:00	1:02:00	2:05:00	0:29:24	02:34:24	15	Men 16-39	China
44	144	HUNG TRI	NGO	HUNG TRI NGO	0	1:07:00	0:59:00	2:06:00	0:29:33	02:35:33	17	Men 40-49	Vietnam
45	135	Hermann	Chan	Hermann Chan	0	1:06:00	1:03:00	2:09:00	0:27:13	02:36:13	5	Men 50+	HKSAR
46	171	Joshua	Davies	Joshua Davies	0	1:03:00	1:07:00	2:10:00	0:26:21	02:36:21	18	Men 40-49	US
47	154	Christina	Yeung	Christina Yeung	0	1:05:00	1:04:00	2:09:00	0:27:40	02:36:40	4	Women 50+	HKSAR
48	133	Vincent	Lee	Vincent Lee	0	1:02:00	1:04:00	2:06:00	0:31:00	02:37:00	6	Men 50+	HKSAR
49	166	Tsz Wing	Leung	Tsz Wing Leung	0	1:03:00	1:05:00	2:08:00	0:29:25	02:37:25	19	Men 40-49	HKSAR
50	186	James	Parsons	James Parsons	0	1:02:00	1:06:00	2:08:00	0:29:28	02:37:28	20	Men 40-49	UK
51	176	Jean Daniel	Gatignol	Jean Daniel Gatignol	0	1:02:00	1:07:00	2:09:00	0:29:53	02:38:53	7	Men 50+	France
52	126	Po Kan	Mak	Po Kan Mak	0	1:03:00	1:06:00	2:09:00	0:30:03	02:39:03	8	Men 50+	HKSAR
53	111	Olivia	Ashton	Olivia Ashton	0	1:05:00	1:05:00	2:10:00	0:31:08	02:41:08	4	Women 40-49	Australia
54	130	Carl-Christian	Malm	Carl-Christian Malm	0	1:02:00	1:07:00	2:09:00	0:36:01	02:45:01	21	Men 40-49	Sweden
55	125	Andrew	Lam	Andrew Lam	0	1:07:00	1:10:00	2:17:00	0:29:30	02:46:30	9	Men 50+	China
56	168	Ariana	Ong	Ariana Ong	0	1:07:00	1:13:00	2:20:00	0:28:52	02:48:52	3	Women 16-39	Singapore
57	113	Kuen Fong	Tong	Kuen Fong Tong	0	1:05:00	1:11:00	2:16:00	0:33:58	02:49:58	10	Men 50+	HKSAR
58	136	Andrew	Olson	Andrew Olson	0	1:08:00	1:15:00	2:23:00	0:28:52	02:51:52	11	Men 50+	UK
59	180	Kevin	Chan	Kevin Chan	0	1:11:00	1:11:00	2:22:00	0:32:31	02:54:31	12	Men 50+	HKSAR
60	162	Benson	Luk	Benson Luk	0	1:12:00	1:14:00	2:26:00	0:32:23	02:58:23	16	Men 16-39	HKSAR
61	104	Wai Kin	Leung	Wai Kin Leung	0	1:11:00	1:15:00	2:26:00	0:33:30	02:59:30	17	Men 16-39	HKSAR
62	181	Betty	Grisoni	Betty Grisoni	0	1:14:00	1:12:00	2:26:00	0:33:59	02:59:59	13	Men 50+	France
63	163	Wenjun	Ruan	Wenjun Ruan	0	1:06:00	1:17:00	2:23:00	0:37:28	03:00:28	22	Men 40-49	HKSAR
64	140	Dennis CK	Cheung	Dennis CK Cheung	0	1:06:00	1:23:00	2:29:00	0:32:39	03:01:39	14	Men 50+	HKSAR
65	151	Kin Lun	Kwai	Kin Lun Kwai	0	1:14:00	1:21:00	2:35:00	0:31:10	03:06:10	23	Men 40-49	HKSAR
66	127	Chun Ho	Wong	Chun Ho Wong	0	1:15:00	1:23:00	2:38:00	0:34:57	03:12:57	15	Men 50+	HKSAR
67	128	Ying	Cheung	Ying Cheung	0	1:15:00	1:23:00	2:38:00	0:34:58	03:12:58	5	Women 40-49	HKSAR
68	184	Rick	Cheung	Rick Cheung	0	1:14:00	1:15:00	2:29:00	0:46:17	03:15:17	16	Men 50+	HKSAR
69	132	YAT SING	LI	YAT SING LI	0	1:14:00	1:24:00	2:38:00	0:38:34	03:16:34	17	Men 50+	HKSAR
70	165	Rudolf	Marcaida	Rudolf Marcaida	0	1:14:00	1:24:00	2:38:00	0:40:21	03:18:21	18	Men 16-39	Philippines
71	178	Chiu Wing	Lam	Chiu Wing Lam	0	1:21:00	1:29:00	2:50:00	0:37:11	03:27:11	18	Men 50+	HKSAR
72	116	Pock Man	YAU	Pock Man YAU	0	1:09:00	1:41:00	2:50:00	0:46:59	03:36:59	19	Men 16-39	HKSAR
73	172	Aniken	Chow	Aniken Chow	0	1:58:00	1:48:00	3:46:00	0:42:58	04:28:58	20	Men 16-39	HKSAR
74	174	Matthew	Chow	Matthew Chow	0	1:58:00	1:48:00	3:46:00	0:42:58	04:28:58	24	Men 40-49	HKSAR



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75	131	Rocky	Chan	Rocky Chan	0	--	--	--	--	--	DNF	Men 16-39	HKSAR
76	101	Nerida	Kiprotich	Nerida Kiprotich	0	--	--	--	--	--	DNS	Women 40-49	Australia
77	102	Randy Ching Yiu	Cheung	Randy Ching Yiu Cheung	0	--	--	--	--	--	DNS	Men 40-49	HKSAR
78	103	Helena	Paasonen	Helena Paasonen	0	--	--	--	--	--	DNS	Women 16-39	Finland
79	106	JOSZOA	VILLA	JOSZOA VILLA	0	--	--	--	--	--	DNS	Men 16-39	Philippines
80	107	Kriztja Marae	Labrador	Kriztja Marae Labrador	0	--	--	--	--	--	DNS	Women 16-39	Philippines
81	109	Louise	Cosgrove	Louise Cosgrove	0	--	--	--	--	--	DNS	Women 16-39	UK
82	114	Lonneke	van Zundert	Lonneke van Zundert	0	--	--	--	--	--	DNS	Women 40-49	Netherlands
83	115	Michael	Wong	Michael Wong	0	--	--	--	--	--	DNS	Men 50+	Canada
84	167	Ho Yin	Loi	Ho Yin Loi	0	--	--	--	--	--	DNS	Men 16-39	HKSAR
85	185	Deborah Lauren	Hanley	Deborah Lauren Hanley	0	--	--	--	--	--	DNS	Women 40-49	UK