



Goodman Healthy Hike & Run (13km Solo Men & Women) March 4, 2023



Overall Ranking	Race #	First Name	Last Name	Nationality	Team / Sponsor	CP2	Split	Finish Time	Cat Position	Category
1	663	Chun Yin	Lo	HKG	RRAC	00:49:01	00:15:05	01:04:06	1	Men 14-39
2	579	Kwong Hang	Leung	HKG	BIX HK	00:49:04	00:15:33	01:04:37	1	Men 40-49
3	670	Louis	Montfort	France	-	00:49:03	00:16:02	01:05:05	2	Men 14-39
4	512	Creighton	Connolly	Canada	Gone Runners	00:49:52	00:16:26	01:06:18	3	Men 14-39
5	564	Jan	Souleyman	UK	-	00:50:50	00:17:03	01:07:53	1	Men 50+
6	568	Lawrence Ka Ho	Wong	HKG	BIX HK	00:52:30	00:16:58	01:09:28	4	Men 14-39
7	662	Wai Lun	Ng	HKG	-	00:52:18	00:17:27	01:09:45	2	Men 40-49
8	574	Aurelien	Lagrange	France	-	00:54:16	00:18:20	01:12:36	5	Men 14-39
9	569	Yiu Hang	Kwok	HKG	-	00:55:04	00:18:04	01:13:08	3	Men 40-49
10	678	Kam Chuen	Kwok	HKG	-	00:55:18	00:18:15	01:13:33	4	Men 40-49
11	589	Siu Fai	Hung	HKG	-	00:57:15	00:19:03	01:16:18	6	Men 14-39
12	588	Ringo	Chan	HKG	Zero Beyond	00:59:39	00:18:26	01:18:05	7	Men 14-39
13	601	Chi Ming	POON	HKG	-	01:00:25	00:19:34	01:19:59	2	Men 50+
14	611	Kimberlee	Isom	US	-	01:00:36	00:20:05	01:20:41	1	Women 40-49
15	617	Nia	Cooper	UK	-	01:00:56	00:20:03	01:20:59	2	Women 40-49
16	572	YAT CHEE	WONG	HKG	-	01:02:02	00:18:57	01:20:59	3	Men 50+
17	634	Antoine	Demeure	France	-	01:02:08	00:21:23	01:23:31	5	Men 40-49
18	638	Laetitia	Montfort	France	-	01:03:01	00:21:48	01:24:49	1	Women 14-39
19	631	Thibaut	Salvador	France	Pars vite et reviens tard	01:03:10	00:22:04	01:25:14	8	Men 14-39
20	627	Phoebe	Mak	HKG	-	01:04:20	00:21:00	01:25:20	2	Women 14-39
21	521	Yuen	Ming Chu	HKG	-	01:04:29	00:21:09	01:25:38	3	Women 14-39
22	523	Steen Guldborg	Olsen	Denmark	-	01:04:28	00:21:17	01:25:45	4	Men 50+
23	676	Kentaro	Matsumoto	Japan	-	01:03:57	00:22:03	01:26:00	6	Men 40-49
24	520	Max	Wan	Vietnam	-	01:04:19	00:22:30	01:26:49	9	Men 14-39
25	633	Valentin	Beasse	France	-	01:06:01	00:20:57	01:26:58	10	Men 14-39
27	668	Rohan	Blackman	UK	-	01:05:12	00:22:05	01:27:17	7	Men 40-49
26	546	Jay	Liao	Taiwan	-	01:04:35	00:23:01	01:27:36	11	Men 14-39
28	677	Tomokazu	Hatada	Japan	-	01:04:55	00:22:57	01:27:52	12	Men 14-39



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29	664	Nga Yi	Chan	HKG	-	01:06:02	00:22:01	01:28:03	4	Women 14-39
30	596	Chi Chung, Isaac	Wong	HKG	-	01:06:38	00:21:40	01:28:18	5	Men 50+
31	551	Becca	Hood	Canada	-	01:06:54	00:22:10	01:29:04	5	Women 14-39
32	628	Sid	Yang	UK	-	01:06:13	00:23:17	01:29:30	13	Men 14-39
33	584	Chi Ying	Wong	China	-	01:06:59	00:22:37	01:29:36	3	Women 40-49
34	573	Chun Wai Raymond	Lau	HKG	Cousins & Friends	01:06:46	00:23:01	01:29:47	6	Men 50+
35	597	Peter	Leung	HKG	-	01:08:25	00:22:29	01:30:54	14	Men 14-39
36	624	Hoi Sze	Kwok	HKG	-	01:08:05	00:22:51	01:30:56	4	Women 40-49
37	600	羅	智豪	HKG	-	01:09:25	00:21:41	01:31:06	15	Men 14-39
38	602	Lai Shan	YUEN	HKG	-	01:09:20	00:23:24	01:32:44	6	Women 14-39
39	553	Julia	Nakano	Germany	-	01:09:30	00:24:18	01:33:48	5	Women 40-49
40	673	Michal	Sienicki	Poland	-	01:11:50	00:22:23	01:34:13	7	Men 50+
41	667	Ka Lai	Liu	HKG	-	01:10:38	00:23:44	01:34:22	6	Women 40-49
42	635	Andrea	Cheung	HKG	-	01:10:18	00:24:12	01:34:30	7	Women 14-39
43	526	Yuk Ki	Leung	HKG	-	01:11:40	00:23:42	01:35:22	8	Men 40-49
44	571	YU LUI	Tin Yan	HKG	Run2pb(Australia)	01:11:39	00:24:20	01:35:59	8	Women 14-39
45	545	May	Liao	Taiwan	-	01:11:48	00:24:18	01:36:06	9	Women 14-39
46	510	Ka Wai	Wong	HKG	-	01:13:27	00:23:06	01:36:33	8	Men 50+
47	660	Neil	McCallum	UK	-	01:13:28	00:24:49	01:38:17	9	Men 50+
48	614	Dave	Nicholson	UK	-	01:16:25	00:22:22	01:38:47	16	Men 14-39
49	653	Blake	Thornycroft	South Africa	-	01:05:17	00:33:38	01:38:55	17	Men 14-39
50	504	Da	Wang	China	-	01:13:58	00:24:58	01:38:56	18	Men 14-39
51	506	Derek	Li	HKG	-	01:14:11	00:24:57	01:39:08	9	Men 40-49
52	560	Yi Lam	Ng	HKG	追夢行動	01:14:53	00:24:30	01:39:23	10	Women 14-39
53	595	Dom	Rana	Nepal	-	01:15:09	00:24:50	01:39:59	10	Men 50+
54	567	Alan	Tsang	HKG	-	01:13:28	00:26:48	01:40:16	10	Men 40-49
55	622	NG	Suet man	HKG	-	01:17:22	00:23:28	01:40:50	11	Women 14-39
56	518	KS	Koh	HKG	-	01:16:24	00:25:25	01:41:49	11	Men 50+



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57	650	James	Parsons	UK	-	01:17:23	00:25:39	01:43:02	12	Men 50+
58	647	Hing Yuen	Tsang	HKG	-	01:17:58	00:25:51	01:43:49	19	Men 14-39
59	513	Jeff	Sayed	UK	-	01:15:57	00:28:06	01:44:03	11	Men 40-49
60	539	Conor	O'Neill	Ireland	-	01:17:21	00:27:05	01:44:26	13	Men 50+
61	538	Claire	O'Neill	Ireland	DB Dad Bods	01:17:22	00:27:04	01:44:26	1	Women 50+
62	654	Guillaume	Brousliche	France	-	01:17:20	00:27:29	01:44:49	12	Men 40-49
63	516	Pedro	Acien	Spain	-	01:17:20	00:28:28	01:45:48	13	Men 40-49
64	666	Mikael Kristofer	Soderqvist	Sweden	-	01:20:56	00:24:54	01:45:50	14	Men 40-49
65	558	Wai-lun	Chan	HKG	-	01:21:45	00:24:10	01:45:55	15	Men 40-49
66	608	Ben	Spannaus	US	-	01:16:23	00:29:37	01:46:00	16	Men 40-49
67	536	Meng	Jin	China	-	01:19:16	00:26:58	01:46:14	12	Women 14-39
68	590	Shum	Wai Kwong Calvin	HKG	-	01:19:09	00:27:09	01:46:18	14	Men 50+
69	603	LAI YIN	HO	HKG	-	01:19:50	00:26:45	01:46:35	7	Women 40-49
70	562	Samuel	Chan	HKG	-	01:20:19	00:26:22	01:46:41	20	Men 14-39
71	552	Yat Yu	Tsang	HKG	-	01:20:16	00:26:47	01:47:03	2	Women 50+
72	525	JoJo	Shek	HKG	-	01:21:45	00:25:22	01:47:07	8	Women 40-49
73	501	Yuen Yan Josephine	Chan	UK	-	01:20:08	00:27:05	01:47:13	13	Women 14-39
74	586	Bonnie	Liu	HKG	-	01:21:16	00:26:14	01:47:30	14	Women 14-39
75	672	Man Ting	Tse	HKG	-	01:18:50	00:28:52	01:47:42	9	Women 40-49
76	592	Cheuk Hing Kary	Leung	HKG	-	01:20:36	00:27:37	01:48:13	15	Women 14-39
77	659	German	Cham	HKG	-	01:22:22	00:26:06	01:48:28	16	Women 14-39
78	594	Tsan Wing	Cheung	HKG	-	01:24:22	00:25:25	01:49:47	17	Men 40-49
79	652	KP	Tang	HKG	-	01:21:02	00:28:51	01:49:53	21	Men 14-39
80	623	Hon Leung	CHUI	HKG	-	01:20:23	00:29:37	01:50:00	22	Men 14-39
81	619	Ilane	Doculan	Philippines	-	01:20:49	00:29:18	01:50:07	10	Women 40-49
82	610	Sarah	Guinon	US	Fearless Finn	01:20:18	00:30:32	01:50:50	17	Women 14-39
83	612	Philippa	Ho	HKG	Merdogs	01:20:18	00:30:32	01:50:50	18	Women 14-39
84	651	Melanie	Cameron	South Africa	-	01:21:16	00:30:21	01:51:37	11	Women 40-49



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85	658	Lauren	Dorsey	Canada	-	01:24:07	00:27:57	01:52:04	19	Women 14-39
86	578	Jen	Harbottle	Australia	-	01:23:35	00:28:42	01:52:17	3	Women 50+
87	655	Frances	Lee	HKG	-	01:24:06	00:28:17	01:52:23	12	Women 40-49
88	649	Vivian	Yam	HKG	-	01:24:06	00:29:28	01:53:34	20	Women 14-39
89	524	Christine	Wu	HKG	-	01:23:20	00:29:18	01:52:38	4	Women 50+
90	557	Pui mei	Lee	HKG	-	01:23:21	00:29:19	01:52:40	13	Women 40-49
91	517	Stephen	Hui	HKG	-	01:22:10	00:31:02	01:53:12	18	Men 40-49
92	530	Kwok Fu	Leung	HKG	Focus	01:23:03	00:30:14	01:53:17	15	Men 50+
93	555	Man Him Anson	Liao	HKG	-	01:26:30	00:27:00	01:53:30	19	Men 40-49
94	674	Setsu	Nakai	Japan	-	01:24:30	00:29:25	01:53:55	5	Women 50+
95	519	Karen Tung Lam	Koh	HKG	-	01:26:49	00:27:19	01:54:08	21	Women 14-39
96	575	Kim Hung	Lee	HKG	-	01:23:36	00:30:51	01:54:27	23	Men 14-39
97	561	Tsz Wan	Ng	HKG	-	01:26:23	00:28:29	01:54:52	22	Women 14-39
98	522	Rhys	Thomas	UK	-	01:24:58	00:31:12	01:56:10	16	Men 50+
99	621	Charry	Espano	Philippines	-	01:26:43	00:29:45	01:56:28	23	Women 14-39
100	548	Helen	Champion	UK	-	01:27:22	00:29:07	01:56:29	14	Women 40-49
101	547	Sophie	Lindsay	UK	-	01:27:10	00:29:19	01:56:29	15	Women 40-49
102	581	Cathy	Cheng	China	-	01:26:25	00:30:25	01:56:50	24	Women 14-39
103	556	Reeves	Yan	HKG	-	01:26:17	00:30:36	01:56:53	24	Men 14-39
104	527	Ivan	Young	New Zealand	-	01:27:39	00:30:41	01:58:20	17	Men 50+
105	644	Serena	Zaetta	Italy	-	01:27:04	00:31:22	01:58:26	16	Women 40-49
106	630	Flora	Lo	HKG	-	01:28:02	00:31:03	01:59:05	25	Women 14-39
107	604	Terry	Ng	HKG	-	01:29:11	00:30:10	01:59:21	18	Men 50+
108	528	Yiu Wing	Ha	HKG	Focus	01:26:40	00:33:35	02:00:15	19	Men 50+
109	675	Maarten Jan	Koster	Netherlands	-	01:29:19	00:30:58	02:00:17	20	Men 40-49
110	549	Shu Min	Wong	HKG	-	01:31:56	00:28:44	02:00:40	26	Women 14-39
111	587	Chi Man	Chan	China	-	01:30:52	00:30:26	02:01:18	20	Men 50+
112	508	ANGELA	CAPONE	Australia	-	01:29:34	00:31:57	02:01:31	17	Women 40-49



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113	529	Hing Wing	Tsang	HKG	Focus	01:28:39	00:32:59	02:01:38	21	Men 50+
114	576	Chun Yip	Cho	HKG	-	01:27:46	00:34:24	02:02:10	25	Men 14-39
115	669	Kit Fong	Tang	HKG	-	01:30:30	00:34:44	02:05:14	6	Women 50+
116	585	William	Liu	HKG	-	01:29:07	00:36:40	02:05:47	21	Men 40-49
117	642	Kam Hung	Chan	HKG	CKH	01:34:30	00:31:52	02:06:22	22	Men 40-49
118	643	Yuen Ying	Leung	HKG	-	01:34:36	00:31:46	02:06:22	18	Women 40-49
119	641	Alona	Tercepona	Philippines	-	01:34:50	00:31:44	02:06:34	27	Women 14-39
120	533	Ling Chi	Hung	HKG	Focus	01:32:18	00:34:23	02:06:41	22	Men 50+
121	618	Nico	Lai	HKG	-	01:33:48	00:33:49	02:07:37	28	Women 14-39
122	640	Man	Chau	HKG	-	11:34:52	---	02:08:15	7	Women 50+
123	607	Ray	Chau	HKG	-	01:40:21	00:31:05	02:11:26	23	Men 50+
124	532	Kam Chan	Au	HKG	Focus	01:35:50	00:36:28	02:12:18	24	Men 50+
125	645	Martha	Eling	Sweden	Ramso Runners	01:36:29	00:36:17	02:12:46	29	Women 14-39
126	646	Jonas	Eling	Sweden	Ramso Runners	01:36:30	00:36:16	02:12:46	25	Men 50+
127	626	Sow	Kah puay	Singapore	-	01:36:50	00:36:31	02:13:21	26	Men 50+
128	671	Clare	Allum	UK	-	01:40:38	00:32:54	02:13:32	8	Women 50+
129	593	Anita	Schneider-de Vries	HKG	-	01:42:12	00:32:30	02:14:42	30	Women 14-39
130	580	jonathan	veel	UK	-	01:40:13	00:36:13	02:16:26	27	Men 50+
131	679	Chau Sing	Wu	HKG	-	01:43:31	00:34:31	02:18:02	28	Men 50+
132	648	Yukki	Tung	HKG	-	01:43:30	00:37:06	02:20:36	31	Women 14-39
133	591	Siu Lan	Wong	HKG	-	01:46:20	00:34:35	02:20:55	9	Women 50+
134	606	Yvonne	Chau	HKG	-	01:41:02	00:40:14	02:21:16	19	Women 40-49
135	577	Chun Kit	Cho	HKG	-	01:45:46	00:38:29	02:24:15	23	Men 40-49
136	583	Hau Ling	Chan	HKG	-	01:45:54	00:38:25	02:24:19	32	Women 14-39
137	582	RENEE	VAN DE BULT	Netherlands	-	01:50:45	00:38:17	02:29:02	10	Women 50+
138	620	Brenda	Villar	Philippines	-	01:48:24	00:41:08	02:29:32	11	Women 50+
139	537	Mei Sim	Lam	China	-	01:52:51	00:41:46	02:34:37	12	Women 50+
140	609	To Lung	Ng	HKG	-	01:49:22	00:49:21	02:38:43	29	Men 50+



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141	657	Mylene F	Bautista	Philippines	-	02:04:56	00:36:38	02:41:34	33	Women 14-39
142	505	Shirley	Wu	HKG	-	02:00:39	00:44:42	02:45:21	13	Women 50+
143	515	Johanna	Hueng	UK	Lawrence Tsang	02:00:07	00:47:20	02:47:27	14	Women 50+
144	514	Lawrence	Tsang	HKG	-	01:59:59	00:47:30	02:47:29	30	Men 50+
145	543	Rene	Forster	Switzerland	-	02:02:05	00:47:01	02:49:06	31	Men 50+
146	665	Dalinda Isabel Sanchez	Vidana	Mexico	-	02:07:10	00:46:40	02:53:50	20	Women 40-49
147	535	寶華	潘	HKG	-	02:28:06	00:41:07	03:09:13	32	Men 50+
148	599	Gerald	Yung	UK	-	02:34:43	00:43:25	03:18:08	33	Men 50+
149	598	Stephen	Lee	HKG	-	02:34:33	00:43:35	03:18:08	24	Men 40-49
150	570	Junwei	WU	China	-	-	-	00:40:23	DNF	Men 14-39
151	502	Richard	Hartwig	Germany	-	-	-	-	DNS	Men 14-39
152	503	Ben	Dyer	China	-	-	-	-	DNS	Men 14-39
153	507	Nerida	Kiprotich	Australia	-	-	-	-	DNS	Women 40-49
154	509	David Michael	cartwright	HKG	-	-	-	-	DNS	Men 50+
155	511	Michael	Watson	UK	-	-	-	-	DNS	Men 50+
156	531	Justin Horace	Tsang	HKG	Focus	-	-	-	DNS	Men 14-39
157	534	Paul	Hsu	HKG	-	-	-	-	DNS	Men 50+
158	540	David	Pearce	UK	-	-	-	-	DNS	Men 14-39
159	544	Martha	Ledger	UK	-	-	-	-	DNS	Women 14-39
160	550	hoi ling	chu	HKG	-	-	-	-	DNS	Women 14-39
161	554	Masahiro	Nakano	Japan	-	-	-	-	DNS	Men 40-49
162	559	Chee Wai	Cheung	HKG	-	-	-	-	DNS	Men 40-49
163	563	Jon	Abel	UK	-	-	-	-	DNS	Men 14-39
164	565	Wan Kai	WU	HKG	-	-	-	-	DNS	Men 14-39
165	566	Ching Ching Kit	Lam	HKG	-	-	-	-	DNS	Women 50+
166	605	Kit Ying	Yim	HKG	-	-	-	-	DNS	Women 40-49
167	613	Kwok Leung Adam	Chan	HKG	-	-	-	-	DNS	Men 50+
168	615	TL	Cheung	HKG	-	-	-	-	DNS	Men 14-39



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169	616	King Him Louis	Chiu	HKG	Champion Runner	-	-	-	DNS	Men 14-39
170	625	mei ho	chan	HKG	-	-	-	-	DNS	Women 50+
171	629	Sin Ting	Ko	HKG	-	-	-	-	DNS	Women 14-39
172	632	kin kwan	kwok	HKG	-	-	-	-	DNS	Men 14-39
173	636	Jacky	Au	HKG	-	-	-	-	DNS	Men 14-39
174	637	Donna	Choi	UK	-	-	-	-	DNS	Women 14-39
175	639	Adrian	Stearn	UK	-	-	-	-	DNS	Men 40-49
176	656	Chau Sing	Wu	HKG	-	-	-	-	DNS	Men 50+