



## Goodman Healthy Hike & Run (19km Solo Men & Women) March 4, 2023

### Overall Top 5 Men

Rankings								Timing
Overall	Category	BIB	First Name	Last Name	Category	Nationality	Team / Sponsor	Race Time
1	1	191	Ho Chung 浩聰	Wong 黃	Men 14-39	HKG	The North Face Adventure Team	01:29:09
2	2	194	Rex 樂賢	Lo 羅	Men 14-39	HKG	TPH	01:29:48
3	3	162	Chun kit 進傑	Tsang 曾	Men 14-39	HKG	-	01:30:28
4	4	156	Matthew	Carey	Men 14-39	UK	KipMovin'	01:33:24
5	5	311	Plato 卓廷	Luk 陸	Men 14-39	HKG	-	01:33:40

### Overall Top 5 Women

Rankings								Timing
Overall	Category	BIB	First Name	Last Name	Category	Nationality	Team / Sponsor	Race Time
26	1	333	Shirley Cornelia 雪如	Hung 熊	Women 14-39	HKG	-	01:57:30
29	2	328	Sophie	Hedou	Women 14-39	France	-	01:58:03
46	1	316	Dolly	Vargas	Women 40-49	Philippines	-	02:07:13
47	2	183	Sofie	Jacobs	Women 40-49	Belgium	Southsode OCR	02:07:20
58	3	190	Charlotte	Mulliner	Women 14-39	UK	-	02:12:01