



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



Overall Ranking	Race #	First Name	Last Name	Nationality	Team / Sponsor	CP 1	Split	CP2	Split	Finish Time	Cat Position	Category
1	191	Ho Chung	Wong	HKG	The North Face Adventure Team	00:38:14	00:37:36	01:15:50	00:13:19	01:29:09	1	Men 14-39
2	194	Rex	Lo	HKG	TPH	00:38:14	00:37:38	01:15:52	00:13:56	01:29:48	2	Men 14-39
3	162	Chun kit	Tsang	HKG	-	00:38:14	00:37:47	01:16:01	00:14:27	01:30:28	3	Men 14-39
4	156	Matthew	Carey	UK	KipMovin'	00:39:56	00:37:40	01:17:36	00:15:48	01:33:24	4	Men 14-39
5	311	Plato	Luk	HKG	-	00:38:14	00:38:53	01:17:07	00:16:33	01:33:40	5	Men 14-39
6	149	Nicolas	Meillassoux	France	-	00:40:08	00:39:30	01:19:38	00:16:02	01:35:40	1	Men 40-49
7	252	SIU PANG	LEUNG	HKG	-	00:40:39	00:40:19	01:20:58	00:16:47	01:37:45	6	Men 14-39
8	265	Jason	Kwok	HKG	Oxyone	00:41:14	00:41:13	01:22:27	00:16:13	01:38:40	7	Men 14-39
9	132	Chris	Davis	UK	-	00:41:35	00:41:21	01:22:56	00:17:12	01:40:08	2	Men 40-49
10	169	Chun Yin	Lee	HKG	-	00:43:45	00:43:38	01:27:23	00:17:31	01:44:54	3	Men 40-49
11	329	Pierre	Boisseuil	France	-	00:43:44	00:43:40	01:27:24	00:17:49	01:45:13	8	Men 14-39
12	177	Brian	Lee	HKG	-	00:45:21	00:43:52	01:29:13	00:17:35	01:46:48	9	Men 14-39
13	274	Daniel	Cole	UK	-	00:46:30	00:42:51	01:29:21	00:17:38	01:46:59	4	Men 40-49
14	174	Matthieu	Millot	France	-	00:45:16	00:45:03	01:30:19	00:17:52	01:48:11	10	Men 14-39
15	281	Ho Ting	Chui	HKG	-	00:44:25	00:48:17	01:32:42	00:15:44	01:48:26	11	Men 14-39
16	266	Ka Cheong Michael	Ng	HKG	Oxyone	00:45:57	00:45:50	01:31:47	00:18:46	01:50:33	5	Men 40-49
17	245	Thomas	Coller	Netherlands	-	00:47:25	00:45:57	01:33:22	00:17:27	01:50:49	12	Men 14-39
18	305	Ying Yeung	Wong	HKG	-	00:48:21	00:45:02	01:33:23	00:17:58	01:51:21	13	Men 14-39
19	122	Takazumi	Iwanabe	Japan	Shizuoka	00:47:07	00:46:14	01:33:21	00:19:49	01:53:10	1	Men 50+
20	168	Xavier	Coulon	France	-	00:49:21	00:44:58	01:34:19	00:18:57	01:53:16	14	Men 14-39
21	210	Chi Hang	Chan	HKG	-	00:46:50	00:46:03	01:32:53	00:20:45	01:53:38	15	Men 14-39
22	257	Benoît	BEAUFUMÉ	France	Gone Runners	00:48:09	00:47:20	01:35:29	00:19:31	01:55:00	16	Men 14-39
23	125	Jack	Yeung	HKG	-	00:48:37	00:47:49	01:36:26	00:19:48	01:56:14	17	Men 14-39
24	189	Bing Chuen	Lam	HKG	-	00:47:31	00:47:57	01:35:28	00:21:01	01:56:29	6	Men 40-49
25	216	YIU CHUNG	TSANG	HKG	-	00:49:58	00:48:17	01:38:15	00:18:44	01:56:59	7	Men 40-49
27	299	Tsz Long	Chan	HKG	-	00:49:35	00:48:07	01:37:42	00:19:39	01:57:21	18	Men 14-39
26	333	Shirley Cornelia	Hung	HKG	-	00:49:56	00:48:40	01:38:36	00:18:54	01:57:30	1	Women 14-39
28	221	Delay	Patrick	Germany	-	00:45:25	00:49:48	01:35:13	00:22:36	01:57:49	8	Men 40-49
29	328	Sophie	Hedou	France	-	00:50:44	00:47:51	01:38:35	00:19:28	01:58:03	2	Women 14-39
30	276	Sheung	Yeung	China	耐走舍	00:47:01	00:49:35	01:36:36	00:21:47	01:58:23	2	Men 50+



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31	277	Chun Wai	Lee	China	耐走舍	00:50:16	00:48:53	01:39:09	00:20:27	01:59:36	3	Men 50+
32	326	Elias Valdueza	Garcia	Spain	-	00:49:49	00:48:51	01:38:40	00:21:15	01:59:55	19	Men 14-39
33	322	Christopher	Thorn	Australia	-	00:52:56	00:47:59	01:40:55	00:19:27	02:00:22	9	Men 40-49
34	206	FERNANDO	MAGAZ CASADO	Spain	Kipmovin	00:48:20	00:51:03	01:39:23	00:21:43	02:01:06	10	Men 40-49
35	223	MICHAEL	GAY	US	-	00:52:02	00:49:31	01:41:33	00:20:12	02:01:45	4	Men 50+
36	308	Shaun	Dorsey	Canada	-	00:51:56	00:50:45	01:42:41	00:21:23	02:04:04	11	Men 40-49
37	233	SIK LIM	LAO	HKG	-	00:51:11	00:51:18	01:42:29	00:21:53	02:04:22	20	Men 14-39
38	234	Eleazar	LEMARDELEY	France	-	00:50:55	00:50:40	01:41:35	00:22:50	02:04:25	21	Men 14-39
39	211	Piotr	Cybulski	Poland	-	00:48:04	00:54:24	01:42:28	00:22:36	02:05:04	12	Men 40-49
40	239	David	Wilcockson	Australia	-	00:51:48	00:51:57	01:43:45	00:22:16	02:06:01	13	Men 40-49
41	230	yeung	yi u kei	China	-	00:53:03	00:52:30	01:45:33	00:20:48	02:06:21	14	Men 40-49
42	301	Zhandos	Sagyntay	Kazakhstan	-	00:52:50	00:52:05	01:44:55	00:21:59	02:06:54	22	Men 14-39
43	153	WAI KEUNG	LI	HKG	-	00:52:50	00:53:26	01:46:16	00:20:43	02:06:59	5	Men 50+
44	242	Yusuke	Fujii	Japan	-	00:53:37	00:52:38	01:46:15	00:20:45	02:07:00	15	Men 40-49
45	316	Dolly	Vargas	Philippines	-	00:52:13	00:53:58	01:46:11	00:21:02	02:07:13	1	Women 40-49
46	183	Sofie	Jacobs	Belgium	Southsode OCR	00:54:18	00:52:44	01:47:02	00:20:18	02:07:20	2	Women 40-49
47	264	Zohar	Lederman	Israel	-	00:50:40	00:55:33	01:46:13	00:21:30	02:07:43	23	Men 14-39
48	302	Bho	Tang	HKG	-	00:49:08	00:59:15	01:48:23	00:19:35	02:07:58	24	Men 14-39
49	300	Jean-Remi	Lopez	Mexico	-	00:53:56	00:58:04	01:52:00	00:16:30	02:08:30	16	Men 40-49
50	227	chun kwok	lau	HKG	-	00:55:35	00:54:07	01:49:42	00:19:59	02:09:41	6	Men 50+
51	128	Hermann	Chan	HKG	-	00:52:54	00:55:07	01:48:01	00:21:50	02:09:51	7	Men 50+
52	258	etienne	baranger	France	-	00:53:38	00:54:23	01:48:01	00:21:58	02:09:59	17	Men 40-49
53	278	Tsin	Kit	HKG	-	00:58:25	00:51:54	01:50:19	00:20:06	02:10:25	8	Men 50+
54	232	julien	sciascia	France	-	00:53:46	00:54:21	01:48:07	00:22:52	02:10:59	25	Men 14-39
55	304	Maxence	Le Corre	France	-	00:58:13	00:51:40	01:49:53	00:21:53	02:11:46	18	Men 40-49
56	124	Colin	Crosby	US	-	00:54:31	00:55:16	01:49:47	00:22:11	02:11:58	9	Men 50+
57	190	Charlotte	Mulliner	UK	-	00:58:25	00:52:39	01:51:04	00:20:57	02:12:01	3	Women 14-39
58	307	Haobin	Zheng	China	-	00:53:01	00:55:39	01:48:40	00:23:36	02:12:16	26	Men 14-39
59	163	Samuel	Manisty	UK	-	00:54:19	00:55:22	01:49:41	00:22:40	02:12:21	27	Men 14-39
60	141	Sophie Shu-ling	Yeow	HKG	-	00:54:16	00:55:27	01:49:43	00:22:46	02:12:29	4	Women 14-39



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61	182	Hugh	Baggie	Australia	Goodman	00:54:34	00:56:32	01:51:06	00:21:53	02:12:59	19	Men 40-49
62	325	Pakson	Lau	HKG	-	00:51:40	00:57:12	01:48:52	00:25:34	02:14:26	28	Men 14-39
63	131	SIU LUN	CHENUG	HKG	-	00:58:46	00:52:16	01:51:02	00:23:37	02:14:39	29	Men 14-39
64	205	Jeffrey	Fok	HKG	-	00:58:46	00:52:44	01:51:30	00:23:38	02:15:08	30	Men 14-39
65	166	Leon	Ruelle	France	-	00:59:24	00:55:36	01:55:00	00:20:13	02:15:13	31	Men 14-39
66	332	Lorie	Koster	Philippines	-	00:53:52	00:58:08	01:52:00	00:23:20	02:15:20	5	Women 14-39
67	229	Brenda	Haitema	Mexico	-	00:58:35	00:55:25	01:54:00	00:21:20	02:15:20	6	Women 14-39
68	142	Alan	Fung	HKG	-	01:01:31	00:51:29	01:53:00	00:22:30	02:15:30	20	Men 40-49
69	130	Likka	Tao	HKG	-	00:58:35	00:53:25	01:52:00	00:23:40	02:15:40	21	Men 40-49
70	134	Vincent	Lee	HKG	-	00:58:44	00:55:16	01:54:00	00:22:07	02:16:07	10	Men 50+
71	309	Peter	Barker	UK	-	01:00:01	00:53:59	01:54:00	00:22:47	02:16:47	22	Men 40-49
72	260	chan	wai kit	China	-	00:58:11	00:54:49	01:53:00	00:24:08	02:17:08	23	Men 40-49
73	280	Marco	De Antoni	Italy	-	00:59:16	00:55:44	01:55:00	00:22:22	02:17:22	32	Men 14-39
74	224	Martin	Aussedat	France	-	00:57:58	00:56:02	01:54:00	00:23:43	02:17:43	33	Men 14-39
75	214	Philippe	Tisserand	France	-	00:58:09	00:53:51	01:52:00	00:25:43	02:17:43	34	Men 14-39
76	222	WING CHEONG IVAN	HO	HKG	-	00:58:40	00:56:20	01:55:00	00:22:46	02:17:46	11	Men 50+
77	231	Hon Kit	Wong	HKG	-	00:58:27	00:55:33	01:54:00	00:24:06	02:18:06	35	Men 14-39
78	135	Pong	Chan	China	-	00:58:42	00:56:18	01:55:00	00:24:20	02:19:20	24	Men 40-49
79	154	Olivia	Brocklehurst	UK	-	00:58:54	00:57:06	01:56:00	00:23:40	02:19:40	7	Women 14-39
80	186	Ka Leong	Tsang	HKG	-	00:55:33	00:59:27	01:55:00	00:25:18	02:20:18	36	Men 14-39
81	103	Chun Pong	Ho	HKG	-	00:52:07	01:00:53	01:53:00	00:27:37	02:20:37	37	Men 14-39
82	170	Julie	THOMAS	France	-	00:59:28	00:56:32	01:56:00	00:25:07	02:21:07	8	Women 14-39
83	271	Mathilde	Lefoulon	France	Decathlon	00:59:33	00:56:27	01:56:00	00:25:07	02:21:07	9	Women 14-39
84	105	Jim	Crockford	UK	-	00:59:03	00:57:57	01:57:00	00:25:30	02:22:30	25	Men 40-49
85	317	Ryan	Chen	China	-	00:59:03	00:58:57	01:58:00	00:24:39	02:22:39	38	Men 14-39
86	212	Yik Fei	Ko	UK	-	00:58:00	00:59:00	01:57:00	00:26:59	02:23:59	39	Men 14-39
87	263	Wenjun	Ruan	HKG	-	01:02:10	00:59:50	02:02:00	00:22:26	02:24:26	26	Men 40-49
88	184	Sachiyo	Asakawa	Japan	CBRE	00:59:54	00:59:06	01:59:00	00:26:39	02:25:39	3	Women 40-49
89	144	Lei	Chen	China	-	01:02:09	00:58:51	02:01:00	00:24:55	02:25:55	27	Men 40-49
90	275	Ka Yat	Keung	HKG	-	00:59:36	00:58:24	01:58:00	00:27:59	02:25:59	40	Men 14-39
91	330	Kwok Wai Lampson	Fung	HKG	-	01:00:50	00:58:10	01:59:00	00:27:10	02:26:10	28	Men 40-49



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92	188	Ping	Cheung	HKG	-	00:58:34	01:02:26	02:01:00	00:25:20	02:26:20	4	Women 40-49
93	327	Chin Keung	Ng	HKG	-	00:59:22	01:01:38	02:01:00	00:25:51	02:26:51	12	Men 50+
94	192	Jianwei	Wu	HKG	-	01:05:55	00:56:05	02:02:00	00:25:12	02:27:12	29	Men 40-49
95	256	Stephen	Pau	HKG	-	01:05:57	00:58:03	02:04:00	00:23:30	02:27:30	13	Men 50+
96	207	Lap Kei	Cheung	HKG	-	01:02:43	01:00:17	02:03:00	00:24:58	02:27:58	14	Men 50+
97	129	Chun Ho	Lee	HKG	-	01:03:10	00:59:50	02:03:00	00:25:00	02:28:00	41	Men 14-39
98	199	Dennis	Poon	China	-	00:59:45	01:01:15	02:01:00	00:27:13	02:28:13	15	Men 50+
99	237	Tae	Kang-Stewart	New Zealand	-	00:56:59	01:04:01	02:01:00	00:27:41	02:28:41	42	Men 14-39
100	225	Jack	Ma	HKG	-	01:01:16	00:59:44	02:01:00	00:27:49	02:28:49	30	Men 40-49
101	313	Calvin	Cheung	HKG	-	00:57:40	01:06:20	02:04:00	00:24:58	02:28:58	31	Men 40-49
102	167	Thibault	Bruschet	France	-	01:01:19	01:00:41	02:02:00	00:26:59	02:28:59	43	Men 14-39
103	247	Ma Aurora	Cabania	Philippines	-	01:00:40	01:02:20	02:03:00	00:16:13	02:19:13	10	Women 14-39
104	204	Matthew	Fung	HKG	-	01:06:38	01:00:22	02:07:00	00:22:50	02:29:50	44	Men 14-39
105	283	Kai Ching	Wong	HKG	-	01:00:52	01:02:08	02:03:00	00:27:14	02:30:14	32	Men 40-49
106	314	Chincia	Harvey	Australia	-	01:00:45	01:01:15	02:02:00	00:28:24	02:30:24	5	Women 40-49
107	215	Siu Lap	Chan	HKG	-	00:55:52	01:04:08	02:00:00	00:30:47	02:30:47	16	Men 50+
108	255	Helen Mary	Sloan	Ireland	-	01:03:45	01:02:15	02:06:00	00:24:54	02:30:54	6	Women 40-49
109	140	Kam man	Cheung	HKG	Team + 嘆	01:02:21	01:03:39	02:06:00	00:24:59	02:30:59	33	Men 40-49
110	270	Cheryl	Gomez	Philippines	-	01:03:14	01:02:46	02:06:00	00:25:03	02:31:03	7	Women 40-49
111	318	Simon	Ho	China	-	01:01:23	01:04:37	02:06:00	00:25:19	02:31:19	17	Men 50+
112	261	Joshua	Davies	US	-	01:01:49	01:04:11	02:06:00	00:25:28	02:31:28	34	Men 40-49
113	218	Andrew	Chui	UK	-	01:02:09	00:58:51	02:01:00	00:30:29	02:31:29	45	Men 14-39
114	173	Nacim	Ben Moussa	France	-	01:00:03	01:02:57	02:03:00	00:28:43	02:31:43	35	Men 40-49
115	196	Bo	Chow	HKG	-	00:59:14	01:02:46	02:02:00	00:30:09	02:32:09	36	Men 40-49
116	244	Yin Ling	Yuen	HKG	-	01:03:00	01:03:00	02:06:00	00:26:27	02:32:27	11	Women 14-39
117	262	Yvon	Lim	France	-	01:01:35	01:02:25	02:04:00	00:28:42	02:32:42	37	Men 40-49
118	112	Ka kui	LEE	HKG	-	00:59:47	01:02:13	02:02:00	00:30:57	02:32:57	38	Men 40-49
119	145	Prima	Ting	HKG	-	01:01:03	01:04:57	02:06:00	00:27:09	02:33:09	8	Women 40-49
120	193	Inukai	Masao	Japan	-	01:04:36	00:59:24	02:04:00	00:29:18	02:33:18	18	Men 50+
121	268	Arnel Senete	Tiosayco	Philippines	Stepanie Team Q	00:59:42	01:03:18	02:03:00	00:30:27	02:33:27	46	Men 14-39



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122	136	Mushtaq	Kapasi	US	-	01:00:03	01:03:57	02:04:00	00:29:44	02:33:44	39	Men 40-49
123	243	Benoit	Blaise	France	-	01:04:09	01:02:51	02:07:00	00:26:51	02:33:51	47	Men 14-39
124	147	Yannie	Hui	HKG	-	01:02:23	01:03:37	02:06:00	00:28:33	02:34:33	12	Women 14-39
125	273	Chi Wai	Lo	China	Life Runners	01:06:28	01:00:32	02:07:00	00:27:43	02:34:43	19	Men 50+
126	248	Brittany	Croagh	Australia	-	01:04:32	01:04:28	02:09:00	00:28:34	02:37:34	13	Women 14-39
127	235	Mark	Whitnell	UK	-	01:06:59	01:04:01	02:11:00	00:27:26	02:38:26	40	Men 40-49
128	226	Elliot	Woodruff	UK	Serpentine RC	01:00:03	01:06:57	02:07:00	00:31:45	02:38:45	20	Men 50+
129	148	Sabine Stefanie	Wolter	Germany	-	01:04:32	01:06:28	02:11:00	00:28:12	02:39:12	14	Women 14-39
130	151	Rico	Lee	HKG	-	01:01:00	01:07:00	02:08:00	00:31:43	02:39:43	41	Men 40-49
131	137	Clara	Migne	France	-	01:06:58	01:04:02	02:11:00	00:29:38	02:40:38	15	Women 14-39
132	298	Maria Norma	Abeto	Philippines	-	01:05:07	01:05:53	02:11:00	00:29:50	02:40:50	9	Women 40-49
133	107	Yu Kin	Tsang	HKG	-	01:07:21	01:05:39	02:13:00	00:27:57	02:40:57	42	Men 40-49
134	253	Ching Chun	Yip	HKG	-	01:08:05	01:04:55	02:13:00	00:29:09	02:42:09	48	Men 14-39
135	240	Mei Lan	Cheung	HKG	-	01:07:29	01:06:31	02:14:00	00:30:00	02:44:00	16	Women 14-39
136	187	YAT SING	LI	HKG	-	01:02:28	01:09:32	02:12:00	00:32:24	02:44:24	21	Men 50+
137	236	Young-sook	Stewart	Republic of Korea	-	01:09:20	01:05:40	02:15:00	00:31:18	02:46:18	10	Women 40-49
138	254	Matthew	Tong	HKG	-	01:06:28	01:08:32	02:15:00	00:31:54	02:46:54	22	Men 50+
139	312	Anna	Hudak	Other	-	01:07:46	01:09:14	02:17:00	00:30:28	02:47:28	11	Women 40-49
140	282	Ye	Wang	China	-	01:07:25	00:38:55	01:46:20	01:01:15	02:47:35	43	Men 40-49
141	178	Karen	Lau	HKG	-	01:08:43	01:09:17	02:18:00	00:29:49	02:47:49	17	Women 14-39
142	117	Kazumi	Iwase	Japan	-	01:06:00	01:05:00	02:11:00	00:37:12	02:48:12	18	Women 14-39
143	285	Jovelyn	Taghap	Philippines	-	01:09:00	01:09:00	02:18:00	00:33:14	02:51:14	19	Women 14-39
144	159	Robyn	Birchall	Australia	-	01:07:29	01:13:31	02:21:00	00:31:09	02:52:09	12	Women 40-49
145	160	Emma	Brinsford	UK	-	01:07:29	01:13:31	02:21:00	00:31:10	02:52:10	13	Women 40-49
146	185	Maurice	Humphries	UK	-	01:07:44	01:14:16	02:22:00	00:30:12	02:52:12	23	Men 50+
147	286	Merlen	Salibio	Philippines	-	01:09:38	01:11:22	02:21:00	00:33:45	02:54:45	20	Women 14-39
148	267	Catherine	Kwan	HKG	-	01:07:50	01:11:10	02:19:00	00:35:54	02:54:54	1	Women 50+
149	181	Raghavendra	Krishna murthy	India	-	01:07:27	01:14:33	02:22:00	00:33:36	02:55:36	44	Men 40-49
150	200	Felix	Chan	HKG	RFSC	01:08:13	01:12:47	02:21:00	00:34:56	02:55:56	49	Men 14-39
151	202	Ronnie	Choi	HKG	RFSC	01:08:24	01:12:36	02:21:00	00:34:56	02:55:56	50	Men 14-39



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152	110	Riza	Abella	Philippines	-	01:13:31	01:11:29	02:25:00	00:31:01	02:56:01	2	Women 50+
153	259	Jessica	Hau	HKG	-	01:09:20	01:14:40	02:24:00	00:32:19	02:56:19	14	Women 40-49
154	126	Chuen Chun	Tsoi	HKG	-	01:10:58	01:13:02	02:24:00	00:32:33	02:56:33	45	Men 40-49
155	172	Theo	LECOYER	France	-	01:12:13	01:12:47	02:25:00	00:32:09	02:57:09	51	Men 14-39
156	324	Yuan Chi	Chung	Taiwan	-	01:09:50	01:12:10	02:22:00	00:35:18	02:57:18	46	Men 40-49
157	121	Mark C	Thomsen	US	-	01:10:53	01:14:07	02:25:00	00:32:25	02:57:25	24	Men 50+
158	165	Fanny	RUBIO	France	-	01:12:13	01:15:47	02:28:00	00:29:43	02:57:43	21	Women 14-39
159	164	Ines	Galichn	France	-	01:12:13	01:15:47	02:28:00	00:29:43	02:57:43	22	Women 14-39
160	250	Nurmie	Macapundag	Philippines	-	01:12:44	01:14:16	02:27:00	00:31:31	02:58:31	3	Women 50+
161	113	Catherine	Stemp	UK	-	01:12:32	01:08:28	02:21:00	00:38:19	02:59:19	15	Women 40-49
162	175	Catherine	Chau	Canada	-	01:12:32	01:08:28	02:21:00	00:38:19	02:59:19	23	Women 14-39
163	114	Lonneke	van Zundert	Netherlands	-	01:12:32	01:08:28	02:21:00	00:38:20	02:59:20	16	Women 40-49
164	331	Hau Ming	Lee	HKG	-	01:16:23	01:15:37	02:32:00	00:30:09	03:02:09	25	Men 50+
165	197	Ka Chun	Leung	HKG	-	01:13:43	01:16:17	02:30:00	00:32:43	03:02:43	47	Men 40-49
166	297	Davan	Byrne	Ireland	-	00:59:39	01:34:21	02:34:00	00:30:04	03:04:04	52	Men 14-39
167	246	Ki Fung	Hui	HKG	-	01:13:13	01:17:47	02:31:00	00:33:10	03:04:10	53	Men 14-39
168	195	Matthew	Lee	HKG	-	01:16:15	01:15:45	02:32:00	00:32:36	03:04:36	26	Men 50+
169	251	Cleto	Ramento	Philippines	-	01:07:52	01:17:08	02:25:00	00:39:52	03:04:52	17	Women 40-49
170	213	Grzegorz	Mazur	Poland	-	01:23:49	01:06:11	02:30:00	00:35:26	03:05:26	54	Men 14-39
171	109	Mike	Kaye	UK	-	01:14:29	01:18:31	02:33:00	00:34:26	03:07:26	27	Men 50+
172	120	Jingwen	Liang	China	-	01:19:02	01:18:58	02:38:00	00:31:15	03:09:15	24	Women 14-39
173	150	Gary	Chan	HKG	-	01:16:19	01:18:41	02:35:00	00:35:24	03:10:24	28	Men 50+
174	269	Alison	Lau	HKG	-	01:24:12	01:16:48	02:41:00	00:29:50	03:10:50	25	Women 14-39
175	279	Winnie	Chan	HKG	-	01:08:36	01:27:24	02:36:00	00:35:10	03:11:10	4	Women 50+
176	241	Relyn	Gilbaliga	Philippines	None	01:22:29	01:15:31	02:38:00	00:35:13	03:13:13	26	Women 14-39
177	152	Ioanna	Pavlidou	Greece	-	01:20:48	01:20:12	02:41:00	00:32:37	03:13:37	27	Women 14-39
178	303	Raymond	Walkden	UK	-	01:21:10	01:20:50	02:42:00	00:31:47	03:13:47	29	Men 50+
179	319	Michel	Kolacki	France	-	01:26:18	01:27:42	02:54:00	00:37:11	03:31:11	48	Men 40-49
180	320	Joyce	Tam	HKG	-	01:26:19	01:27:41	02:54:00	00:37:11	03:31:11	28	Women 14-39
181	315	Chi Lung	Ting	HKG	-	01:02:51	01:46:09	02:49:00	00:45:57	03:34:57	30	Men 50+



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182	217	William	Chong	HKG	BEC	01:32:11	01:27:49	03:00:00	00:39:37	03:39:37	31	Men 50+
183	201	LEUNG	Chi Fung	HKG	-	01:08:20	01:51:40	03:00:00	00:39:37	03:39:37	49	Men 40-49
184	228	John	Leung	HKG	-	01:24:46	01:38:14	03:03:00	00:37:33	03:40:33	50	Men 40-49
185	118	Ashok	Jaiswal	India	-	01:34:32	01:29:28	03:04:00	00:36:57	03:40:57	51	Men 40-49
186	116	Girish	Mithran	India	-	01:34:30	01:29:30	03:04:00	00:36:57	03:40:57	52	Men 40-49



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Overall Ranking	Race #	First Name	Last Name	Nationality	Team / Sponsor	CP 1	Split	CP2	Split	Finish Time	Cat Position	Category
187	323	Baldeep	Singh	India	-	01:16:04	01:50:56	03:07:00	00:48:18	03:55:18	53	Men 40-49
188	310	Jay	Minns	UK	-	-	-	01:21:39	00:24:05	01:45:44	DNF	Men 14-39
189	220	Yu Tsing	Ho	HKG	-	-	-	01:35:09	00:28:24	02:03:33	DNF	Men 40-49
190	101	Mandy	Pao	China	-	-	-	-	-	-	DNS	Women 14-39
191	102	Chau Sing	Wu	HKG	-	-	-	-	-	-	DNS	Men 50+
192	104	PO KI	Sun	HKG	-	-	-	-	-	-	DNS	Women 40-49
193	106	VARUN	RAZDAN	India	-	-	-	-	-	-	DNS	Men 14-39
194	108	Yik Kee Nicholas	Low	Australia	-	-	-	-	-	-	DNS	Men 40-49
195	111	Jason	Jia	Australia	-	-	-	-	-	-	DNS	Men 40-49
196	115	Tik Sang	Cheung	HKG	-	-	-	-	-	-	DNS	Men 40-49
197	119	Pierre	Llinas	France	-	-	-	-	-	-	DNS	Men 14-39
198	123	YIU CHUN	LI	HKG	-	-	-	-	-	-	DNS	Men 40-49
199	127	Wing yin	Cheung	China	-	-	-	-	-	-	DNS	Women 14-39
200	133	Andrew	Olson	UK	-	-	-	-	-	-	DNS	Men 50+
201	138	Dimitrios	Kolaxis	Greece	-	-	-	-	-	-	DNS	Men 40-49
202	139	Rebecca	Parkes	UK	-	-	-	-	-	-	DNS	Women 14-39
203	143	WU	WAI KI	HKG	-	-	-	-	-	-	DNS	Men 50+
204	146	Wai Hung	Chan	HKG	-	-	-	-	-	-	DNS	Men 50+
205	155	Jodie	Crisp	UK	KipMovin	-	-	-	-	-	DNS	Women 14-39
206	157	Gump	Wong	HKG	Snail Sports	-	-	-	-	-	DNS	Men 40-49
207	158	Magdalena	Cvetkovic	Switzerland	-	-	-	-	-	-	DNS	Women 40-49
208	161	Simon	Parry	UK	-	-	-	-	-	-	DNS	Men 50+
209	171	tai wai	Fung	HKG	-	-	-	-	-	-	DNS	Men 50+
210	176	Hiroshi	Ikeya	Japan	-	-	-	-	-	-	DNS	Men 50+
211	179	Ka Yung, Jeffrey	Chau	HKG	-	-	-	-	-	-	DNS	Men 14-39
212	198	Robert	Johnston	UK	CBRE	-	-	-	-	-	DNS	Men 40-49
213	203	Yat Kiu	Ho	HKG	-	-	-	-	-	-	DNS	Men 14-39
214	208	Adam	Hryniewiecki	Poland	-	-	-	-	-	-	DNS	Men 40-49
215	209	Marie	Vilsange	France	-	-	-	-	-	-	DNS	Women 14-39
216	219	KAM CHUEN	KWOK	HKG	-	-	-	-	-	-	DNS	Men 40-49



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217	249	Thomas	Croagh	Australia	-	-	-	-	-	-	DNS	Men 14-39
218	321	Ross	Kay-Hards	South Africa	-	-	-	-	-	-	DNS	Men 14-39