



Goodman Healthy Hike Run
March 10, 2024
5km Individual Overall Timing



Overall Ranking	Race #	Last Name	First Name	Nationality	Team / Sponsor	Finish Time	Cat Position	Category
1	879	Tsang	Silas, Pui Yeung	Hong Kong SAR	--	00:28:59	1	Open Men
2	887	陳	泊言	Hong Kong SAR	TSWMC	00:29:00	2	Open Men
3	1045	Leclercq	Louis	France	CYU	00:30:08	3	Open Men
4	1046	Leclercq	Cyril	France	CYU	00:30:12	4	Open Men
5	896	梁	禮謙	Hong Kong SAR	TSWMC	00:30:58	5	Open Men
6	827	Lau	Ellman	Hong Kong SAR	Lava	00:31:45	6	Open Men
7	828	Lau	Damon	Hong Kong SAR	Lava	00:31:45	7	Open Men
8	839	Jarrett	Nicholas	United Kingdom	OutRunners HK	00:32:24	8	Open Men
9	805	Chan	Cwensuela Danielle Cheuk Lam	Australia	Chan Clan	00:33:37	1	Open Women
10	845	Lassoued	Ahmed Fedi	Other...	--	00:33:54	9	Open Men
11	807	Chan	Charlotte Dakota Yi Lam	Australia	Chan Clan	00:34:19	2	Open Women
12	892	鄧	梓灝	Hong Kong SAR	TSWMC	00:34:44	10	Open Men
13	867	Fung	Sui Ming	China	--	00:35:32	11	Open Men
14	1025	Champion	Jessie	France	the champs	00:35:53	3	Open Women
15	810	Da Rosa	Carlos	Hong Kong SAR	KASOPA	00:36:05	12	Open Men
16	808	Lai	David	Hong Kong SAR	--	00:36:06	13	Open Men
17	1039	Pidgeon	Julian	Australia	Pidgeon Boys	00:36:13	14	Open Men
18	950	Kam	Cheuk Nam	HKSAR	--	00:36:32	15	Open Men
19	947	Kam	Wing Chi	HKSAR	--	00:36:32	16	Open Men
20	878	Woo	Kenny	Hong Kong SAR	GOODMAN	00:36:54	17	Open Men
21	895	陳	浩然	Hong Kong SAR	TSWMC	00:36:59	18	Open Men
22	1026	Champion	Eric	France	the champs	00:37:00	19	Open Men
23	894	虞	景喬	Hong Kong SAR	TSWMC	00:37:00	20	Open Men



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24	812	Macapundag	Nurmie	Philippines	None	00:37:42	4	Open Women
25	1040	Pidgeon	Tristan	Australia	Pidgeon Boys	00:37:49	21	Open Men
26	1038	Pidgeon	Andrew	Australia	Pidgeon Boys	00:37:49	22	Open Men
27	824	Li	Sheena	Hong Kong SAR	--	00:38:06	5	Open Women
28	806	Chan	Christopher	United States	Chan Clan	00:38:15	23	Open Men
29	1023	Champion	Kyle	France	the champs	00:38:25	24	Open Men
30	1024	Champion	Kelvin	France	the champs	00:38:25	25	Open Men
31	888	張	晉菲	Hong Kong SAR	TSWMC	00:38:37	26	Open Men
32	910	Wong	Cheelam	Hong Kong SAR	TSWMC	00:38:37	27	Open Men
33	890	林	洛彤	Hong Kong SAR	TSWMC	00:38:38	6	Open Women
34	823	Oliva	Lailanie	Philippines	--	00:38:38	7	Open Women
35	1036	Treier	Alessandro	Switzerland	The Treiers	00:39:01	28	Open Men
36	809	Da Rosa	David	Hong Kong SAR	KASOPA	00:39:09	29	Open Men
37	843	Ah Kong	Tracy	United Kingdom	--	00:39:10	8	Open Women
38	842	Opaco	Lina	Philippines	None	00:39:33	9	Open Women
39	804	Morais	Pilar Danielle	Australia	Chan Clan	00:39:38	10	Open Women
40	907	Sibayan	Jifsy May	Philippines	--	00:39:52	11	Open Women



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41	891	趙	欣陶	Hong Kong SAR	TSWMC	00:39:57	12	Open Women
42	1035	Treier	Sandro	Switzerland	The Treiers	00:40:21	30	Open Men
43	818	Corpuz	Maureen	Philippines	--	00:40:58	13	Open Women
44	900	Hernandez	Annalyn	Philippines	HSGH	00:41:08	14	Open Women
45	881	Tsang	Sivan	Hong Kong SAR	Father Son	00:41:11	31	Open Men
46	880	Tsang	Stone, Siu Keung	Hong Kong SAR	The Noth Face	00:41:12	32	Open Men
47	872	Hong	Yu Han	China	Crystal Alan	00:41:23	15	Open Women
48	871	Hung	Wai Lun	Hong Kong SAR	Crystal Alan	00:41:24	33	Open Men
49	856	Choi	Sum	Hong Kong SAR	Father & Son	00:41:24	34	Open Men
50	855	Choi	Ho Chong	Hong Kong SAR	Father & Son	00:41:25	35	Open Men
51	846	Yeung	Kin Ting	Hong Kong SAR	--	00:42:22	36	Open Men
52	912	Lam	Vivian	Australia	--	00:42:32	16	Open Women
53	861	Lee	Chun Nin	Hong Kong SAR	Father and Son	00:42:55	37	Open Men
54	862	Lee	Yiu Ki	Hong Kong SAR	Father and Son	00:42:56	38	Open Men
55	840	Conato	Mailyn	Philippines	Kings pillow hikers	00:42:56	17	Open Women
56	911	冼	頌倫	Hong Kong SAR	TSWMC	00:42:56	39	Open Men
57	913	Pargin	Giles	Australia	--	00:43:07	40	Open Men
58	893	尹	思齊	Hong Kong SAR	TSWMC	00:43:24	41	Open Men
59	902	Ahsan	Syed Muhammad	Pakistan	--	00:43:24	42	Open Men
60	834	Gussow	Elisabeth	Canada	--	00:43:36	18	Open Women



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61	835	Lam	Jak Shing	United Kingdom	--	00:43:37	43	Open Men
62	859	Fujii	Yudai	Japan	Team Fujii	00:44:59	44	Open Men
63	948	Chiu	Yardan	HKSAR	--	00:45:55	45	Open Men
64	897	Yim	Kaikong	Hong Kong SAR	--	00:46:03	46	Open Men
65	953	Lam	Cherrie	Hong Kong SAR	--	00:46:26	19	Open Women
66	954	Lee	Ariel	Hong Kong SAR	--	00:46:51	20	Open Women
67	820	Babon	Joylyn	Philippines	--	00:46:56	21	Open Women
68	858	Fujii	Rina	Japan	Team Fujii	00:47:03	22	Open Women
69	854	Chervyakova	Evgeniia	Russia	Vladimir Chervyakov	00:47:31	23	Open Women
70	1041	Solodiuk	Vira	Germany	Women4Women Club Hong Kong	00:47:32	24	Open Women
71	945	Gaela	Yolanda	Phillipines	HSGH	00:48:03	25	Open Women
72	903	Prapnawati	Nikeayu	Indonesia	Happy family	00:48:48	26	Open Women
73	904	Chan	Elvis	Hong Kong SAR	Happy family	00:48:49	47	Open Men
74	1034	Chan	Emily Hiu Fung	Hong Kong SAR	The Treiers	00:48:56	27	Open Women
75	1037	Treier	Alessia	Switzerland	The Treiers	00:48:57	28	Open Women
76	870	Chan	Catherine	Hong Kong SAR	--	00:49:20	29	Open Women
77	921	Yuen	Hok Wa	Hong Kong SAR	CBRE	00:49:25	30	Open Women
78	860	Leung	Jess	Hong Kong SAR	Oxyone	00:49:33	31	Open Women
79	832	Tong	Wilson	Hong Kong SAR	Matthew Go Fast	00:50:15	48	Open Men
80	833	Tong	Matthew	Hong Kong SAR	Matthew Go Fast	00:50:16	49	Open Men
81	819	Elarmo	Melisa	Philippines	--	00:51:17	32	Open Women
82	821	Campollo	Sheryl	Philippines	--	00:51:33	33	Open Women
83	901	De Leon	Qurell	Philippines	HSGH	00:52:34	34	Open Women
84	922	Abular	Maricel	Philippines	HSGH	00:52:35	35	Open Women



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85	873	Lau	Patrick	Hong Kong SAR	Call Lau Yeah	00:52:59	50	Open Men
86	874	Wu	Gloria	Hong Kong SAR	Call Lau Yeah	00:53:00	36	Open Women
87	877	Chow	Yan Ho	Hong Kong SAR	CHOW	00:53:09	51	Open Men
88	876	Chow	Hoi Yuen	Hong Kong SAR	CHOW	00:53:09	52	Open Men
89	875	Lau	Ani	Hong Kong SAR	Call Lau Yeah	00:54:29	37	Open Women
90	1032	Qin	Xiaoxiao	Hong Kong SAR	>_<	00:55:46	38	Open Women
91	844	Mohungoo	Amreen	Other...	--	00:57:19	39	Open Women
92	811	Da Rosa	Afonso	Hong Kong SAR	--	00:57:35	53	Open Men
93	956	Caranto	Sheryll	-	--	00:58:13	40	Open Women
94	822	Legaspi	Analyn	Philippines	Philippines	00:59:38	41	Open Women
95	884	Szymczyk	Fanny	France	Alliance française de Hong Kong	00:59:38	42	Open Women
96	841	Sena	Irene	Philippines	None	01:00:24	43	Open Women
97	836	Zhong	Miao	Hong Kong SAR	--	01:00:39	44	Open Women
98	898	Fong	Tsz Chung	China	--	01:00:46	54	Open Men
99	1029	Kumar	Navya	India	Kumar's	01:01:13	45	Open Women
100	1027	Kumar	Pramod	India	Kumar's	01:01:14	55	Open Men



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101	937	Cho	Colette	China	--	01:02:20	46	Open Women
102	1031	Zhang	Bing	Hong Kong SAR	>_<	01:02:53	56	Open Men
103	1033	Zhang	Anzuo	Hong Kong SAR	>_<	01:02:57	47	Open Women
104	899	Mak	Siu Yin	China	--	01:03:38	48	Open Women
105	1042	Buil	Jonna	Germany	--	01:06:25	49	Open Women
106	1044	Buil	Axel	Germany	--	01:06:26	57	Open Men
107	1043	Buil	Mika	Germany	--	01:06:30	58	Open Men
108	863	Cheung	Wendy	Hong Kong SAR	--	01:06:38	50	Open Women
109	864	Chan	Anthony	Hong Kong SAR	--	01:06:39	59	Open Men
110	868	Lai	Jerry	Hong Kong SAR	--	01:06:39	60	Open Men
111	813	Nguyen	Thuy Mo	Netherlands	The Running Cult	01:08:57	51	Open Women
112	814	Gill	Gursharan Kaur	New Zealand	The Running Cult	01:09:01	52	Open Women
113	869	Hsu	Tanya S	Hong Kong SAR	--	01:09:03	53	Open Women
114	905	Taberdo	Analyn	Philippines	philippinesw	01:09:41	54	Open Women
115	1028	Kumar	Rajitha	India	Kumar's	01:09:52	55	Open Women
116	1030	Kumar	Arjun	India	Kumar's	01:09:52	61	Open Men
117	1005	Ooi	Soon Tiang	Malaysia	The Book Huggers	01:15:06	62	Open Men
118	1006	Yap	Mary	Malaysia	The Book Huggers	01:15:06	56	Open Women
119	1007	Ooi	Allison	Malaysia	The Book Huggers	01:15:07	57	Open Women
120	1011	Favila	Meeshel Rose	Philippines	Team Miles	01:15:51	58	Open Women



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121	1010	Favila	Miles	Philippines	Team Miles	01:16:01	63	Open Men
122	918	Poon	Chi Chiu	Hong Kong SAR	--	01:16:19	64	Open Men
123	919	Cassandra	Millon	France	--	01:16:27	59	Open Women
124	917	Yu	Jie	Hong Kong SAR	--	01:16:28	60	Open Women
125	1008	Basilio	Lea	Philippines	Team Miles	01:16:28	61	Open Women
126	1009	Favila	Michael Philip	Philippines	Team Miles	01:16:32	65	Open Men
127	908	Cheng	Karson	Hong Kong SAR	--	01:16:41	66	Open Men
128	909	Chung	Pui Yan	Hong Kong SAR	CBRE	01:17:13	62	Open Women
129	916	Chan	Tsz Ching	Hong Kong SAR	CBRE	01:17:14	63	Open Women
130	951	Luo	Xingyi	China	--	01:17:15	64	Open Women
131	906	Chan	Kelvin	Hong Kong SAR	CBRE	01:17:23	67	Open Men
132	946	Kam	Cheuk Hei	HKSAR	--	01:17:37	68	Open Men
133	914	Leung	Chester	Hong Kong SAR	LHC	01:18:12	69	Open Men
134	915	Leung	Nicole	Hong Kong SAR	LHC	01:18:12	65	Open Women
135	803	He	Xuerong	China	--	01:21:07	66	Open Women
136	802	Chen	Zimo	China	Daddy Girl	01:21:08	67	Open Women
137	801	Chen	Jiahua	China	Daddy Girl	01:21:09	70	Open Men
138	957	Greene	Zachary	Philippines	--	01:21:21	71	Open Men
139	1020	Chan	Wing Yam Eugenia	Hong Kong SAR	Run Fairies	01:21:28	68	Open Women
140	1021	Cheung	Tsz Ching Katrina	Hong Kong SAR	Run Fairies	01:21:46	69	Open Women



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141	1022	Pun	Donna	Hong Kong SAR	Run Fairies	01:22:28	70	Open Women
142	938	Cho	Trisha	China	--	01:22:32	71	Open Women
143	936	Cho	Marck	China	--	01:22:53	72	Open Men
144	932	Villet	Thibault	Hong Kong SAR	--	01:23:20	73	Open Men
145	939	Chou	Chole	Hong Kong SAR	--	01:23:21	72	Open Women
146	924	Chong	Kevin	Hong Kong SAR	--	01:23:30	74	Open Men
147	815	Gao	Vincent	Hong Kong SAR	--	-	DNS	Open Men
148	816	Gao	Nicholas	Hong Kong SAR	--	-	DNS	Open Men
149	817	Gao	Dominic	Hong Kong SAR	--	-	DNS	Open Men
150	825	Fung	Hiu Tung	Hong Kong SAR	--	-	DNS	Open Women
151	826	Loewe	Melissa	United States	--	-	DNS	Open Women
152	829	Johnson	Eve	United States	--	-	DNS	Open Women
153	830	Kong	Rachel	Hong Kong SAR	--	-	DNS	Open Women
154	831	Lui	Terence	Hong Kong SAR	--	-	DNS	Open Men
155	837	Lai	Pui Chee	Hong Kong SAR	--	-	DNS	Open Women
156	838	Leung	Hing Yiu Slanki	Hong Kong SAR	--	-	DNS	Open Women
157	847	Chan	Daphne	Hong Kong SAR	--	-	DNS	Open Women
158	848	Lo	Aidan	Hong Kong SAR	--	-	DNS	Open Men
159	849	Chan	Vicky	Hong Kong SAR	--	-	DNS	Open Women
160	850	Poon	Kathleen	Australia	--	-	DNS	Open Women



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161	851	Au	Ka Yi	Hong Kong SAR	--	-	DNS	Open Women
162	852	Ng	Chun Yip Timothy	Hong Kong SAR	--	-	DNS	Open Men
163	853	熊	佳煊	Hong Kong SAR	--	-	DNS	Open Men
164	857	Eling	Joanna	United Kingdom	--	-	DNS	Open Women
165	865	Cheung	Patrick	Hong Kong SAR	--	-	DNS	Open Men
166	866	Marcelino	Shirly	Philippines	None	-	DNS	Open Women
167	882	Gorres	Angelo Jeremy Venago	Philippines	--	-	DNS	Open Men
168	883	Binas	Julie Ann	Philippines	None	-	DNS	Open Women
169	885	吳	澤威	Hong Kong SAR	TSWMC	-	DNS	Open Men
170	889	Cheung	Chu Yuen	Hong Kong SAR	TSWMC	-	DNS	Open Men
171	920	Fung	Ada	Hong Kong SAR	CBRE	-	DNS	Open Women
172	923	Chowdhary	Shilpi	Singapore	--	-	DNS	Open Men
173	925	Chow	Alton	Hong Kong SAR	--	-	DNS	Open Men
174	926	Chan	David	China	--	-	DNS	Open Men
175	927	Chen	Jen	China	--	-	DNS	Open Women
176	928	Seah	Jonathan	Hong Kong SAR	--	-	DNS	Open Men
177	929	Seah	Yulia	Hong Kong SAR	--	-	DNS	Open Women
178	930	Seah	Stas	Hong Kong SAR	--	-	DNS	Open Men
179	931	Lai	Michael	Hong Kong SAR	--	-	DNS	Open Men
180	933	Villet	Anne	Hong Kong SAR	--	-	DNS	Open Women



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181	934	Gravet	David	Hong Kong SAR	--	-	DNS	Open Men
182	935	Narain	Raghu	Hong Kong SAR	--	-	DNS	Open Men
183	940	Chawla	Sonal	Hong Kong SAR	--	-	DNS	Open Women
184	941	Madduri	Anand	Hong Kong SAR	--	-	DNS	Open Men
185	942	Madduri	Pooja	Hong Kong SAR	--	-	DNS	Open Women
186	943	Huang	Eric	Hong Kong SAR	--	-	DNS	Open Men
187	944	Boiko	Aleksandra	Russia	--	-	DNS	Open Women
188	949	Chong	Ting Piu	HKSAR	--	-	DNS	Open Men
189	952	Cheung	Wai Ching	United Kingdom	--	-	DNS	Open Men
190	955	Olleres	Lourdito	-	--	-	DNS	Open Men
191	1001	Silvera	Javier	Panama	Mama's boys	-	DNS	Open Men
192	1002	Lanas De Silvera	Heidi	Panama	Mama's boys	-	DNS	Open Women
193	1003	Silvera	Diego	Panama	Mama's boys	-	DNS	Open Men
194	1004	Silvera	Lucas	Panama	Mama's boys	-	DNS	Open Men
195	1012	Constant	Mizuho	Japan	Constant	-	DNS	Open Women
196	1013	Constant	Simon	United Kingdom	Constant	-	DNS	Open Men
197	1014	Constant	Aila	Japan	Constant	-	DNS	Open Women
198	1015	Constant	Maaya	Japan	Constant	-	DNS	Open Women
199	1016	Ferguson	Mark	United Kingdom	Fergies Flyers	-	DNS	Open Men
200	1017	An	Erin	Republic of Korea	Fergies Flyers	-	DNS	Open Women



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201	1018	Ferguson	Corson	United Kingdom	Fergies Flyers	-	DNS	Open Men
202	1019	Ferguson	Callan	United Kingdom	Fergies Flyers	-	DNS	Open Men
203	1019	Ferguson	Callan	United Kingdom	Fergies Flyers	-	DNS	Open Men