



Healthy Hike and Run

March 29, 2026

13km Individual Overall Timing



Overall Ranking	Race #	Last Name	First Name	Team / Sponsor	CP 2	Split	Finish Time	Cat Position	Category
1	513	Li	Perry	CIO WISDOM	00:53:00	00:17:59	01:10:59	1	Male 14-39
2	630	Connolly	Creighton	Gone Running / Joint Dynamics Team	00:55:23	00:18:59	01:14:22	2	Male 14-39
3	498	Chau	Nicole	--	00:56:05	00:18:27	01:14:32	1	Female 14-39
4	515	Yeung	King Ho	CIO WISDOM	00:58:05	00:19:32	01:17:37	1	Male 40-49
5	642	Baram	Derek	--	00:58:56	00:20:10	01:19:06	2	Male 40-49
6	611	Nunnemacher	Heath Armin	--	01:02:27	00:19:12	01:21:39	3	Male 14-39
7	641	Baram	Dylan	--	01:01:42	00:24:41	01:26:23	4	Male 14-39
8	619	Zheng	Yun Han	--	01:04:31	00:22:40	01:27:11	5	Male 14-39
9	635	Botes	Kei-Lisa	Village Vets	01:06:05	00:21:57	01:28:02	2	Female 14-39
10	659	Leong	Ji An	--	01:07:01	00:22:23	01:29:24	6	Male 14-39
11	638	Pearce	Dave	--	01:07:01	00:22:40	01:29:41	3	Male 40-49
12	615	Mak	Jacky	--	01:07:32	00:22:14	01:29:46	4	Male 40-49
13	527	Ho	Chi Kit	CIO WISDOM	01:07:51	00:22:18	01:30:09	1	Male 50+
14	629	Cvetkovic	Magdalena	--	01:06:41	00:23:54	01:30:35	1	Female 40-49
15	606	Ai	Apple	--	01:08:07	00:23:03	01:31:10	3	Female 14-39
16	584	Fu	Yin Wing	Tuen Mun Folk Sports Association	01:06:52	00:24:32	01:31:24	5	Male 40-49
17	620	Zheng	Rong	--	01:08:41	00:23:44	01:32:25	6	Male 40-49
18	660	Oliva	Lailanie	Running Nanay Lai	01:07:55	00:25:23	01:33:18	4	Female 14-39
19	497	Svennarpp	Sarah	--	01:12:53	00:23:59	01:36:52	5	Female 14-39
20	605	Hadley	Helen	--	01:10:51	00:26:12	01:37:03	6	Female 14-39
21	644	Ho	Kinwing	--	01:13:57	00:23:16	01:37:13	7	Male 14-39
22	505	Olsen	Steen Guldborg	--	01:12:02	00:25:19	01:37:21	2	Male 50+
23	577	Lee	John	--	01:12:21	00:25:20	01:37:41	8	Male 14-39
24	542	Steen	Elliot	--	01:12:58	00:25:32	01:38:30	9	Male 14-39
25	591	Cramond	Jenna	Dream2Story	01:14:03	00:28:32	01:42:35	2	Female 40-49



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26	499	Cheung	Celestina	Dream2Story	01:17:12	00:25:23	01:42:35	3	Female 40-49
27	537	Pepe	Raffael	--	01:12:17	00:30:39	01:42:56	3	Male 50+
28	596	Fox	Benjamin	--	01:16:51	00:26:47	01:43:38	7	Male 40-49
29	595	Fox	Callum	--	01:16:55	00:26:43	01:43:38	10	Male 14-39
30	636	Fitzgibbon	Niamh	--	01:17:37	00:26:31	01:44:08	7	Female 14-39
31	540	Sit	Gordon	CIO WISDOM	01:17:11	00:28:07	01:45:18	8	Male 40-49
32	546	Chu	Wan Yan Gloria	CIO WISDOM	01:19:16	00:27:01	01:46:17	4	Female 40-49
33	643	Chan	Kai Wing	--	01:17:31	00:29:34	01:47:05	8	Female 14-39
34	529	Lau	Andy	CIO WISDOM	01:18:31	00:29:15	01:47:46	9	Male 40-49
35	658	Cabania	Ma Aurora	--	01:20:46	00:27:28	01:48:14	5	Female 40-49
36	524	Li	Cheuk Hay	CIO WISDOM	01:20:28	00:28:09	01:48:37	11	Male 14-39
37	544	Lam	Ada	CIO WISDOM	01:19:31	00:29:22	01:48:53	6	Female 40-49
38	531	Yue	Kenny	CIO WISDOM	01:22:05	00:28:12	01:50:17	10	Male 40-49
39	593	Li	Carmen	Dream2Story	01:20:15	00:30:06	01:50:21	9	Female 14-39
40	654	Jenkins	Alex	--	01:22:28	00:28:27	01:50:55	11	Male 40-49
41	645	Leung	Hoi Yan	--	01:23:31	00:28:30	01:52:01	10	Female 14-39
42	550	Chan	Eddie	CIO WISDOM	01:24:01	00:31:25	01:55:26	4	Male 50+
43	582	Chan	Chi Fai	--	01:24:06	00:31:21	01:55:27	12	Male 40-49
44	559	Ho	Chung Yin	CIO WISDOM	01:25:17	00:31:19	01:56:36	12	Male 14-39
45	578	Lee	Dustin	CIO WISDOM	01:25:17	00:31:22	01:56:39	13	Male 14-39
46	639	Pichler	Matthias	--	01:26:45	00:30:06	01:56:51	13	Male 40-49
47	585	Li	Derek	--	01:26:23	00:30:31	01:56:54	14	Male 40-49
48	656	Chapman	Robert	--	01:33:42	00:23:45	01:57:27	14	Male 14-39
49	555	Chan	Wai Chung	CIO WISDOM	01:31:06	00:27:35	01:58:41	15	Male 14-39
50	511	Ng	Kwan Ho	CIO WISDOM	01:29:12	00:30:56	02:00:08	16	Male 14-39



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51	543	Chan	Tan Nga	CIO WISDOM	01:27:22	00:33:01	02:00:23	11	Female 14-39
52	621	Lai	Chun Hei	--	01:30:03	00:30:45	02:00:48	17	Male 14-39
53	626	Wahlstedt	Emelie	--	01:25:56	00:35:24	02:01:20	12	Female 14-39
54	523	Lai	Ravel	CIO WISDOM	01:28:09	00:33:50	02:01:59	5	Male 50+
55	625	Yeung	Tsz Ki	--	01:29:22	00:33:03	02:02:25	13	Female 14-39
56	622	Chan	Chi Ho	Dream2Story	01:27:22	00:35:22	02:02:44	6	Male 50+
57	598	Chen	Zi Hua	--	01:27:26	00:35:19	02:02:45	18	Male 14-39
58	521	Chan	Aska	CIO WISDOM	01:30:46	00:32:13	02:02:59	15	Male 40-49
59	519	Lo	Leo	CIO WISDOM	01:30:49	00:32:10	02:02:59	16	Male 40-49
60	545	Leung	Jess	CIO WISDOM	01:32:14	00:31:20	02:03:34	1	Female 50+
61	581	Lo	Chuk Shing	--	01:31:19	00:33:11	02:04:30	19	Male 14-39
62	583	Ng	Tiffany Ka Man	--	01:31:05	00:33:27	02:04:32	14	Female 14-39
63	589	Sing	Yiu Wah	Mimi & Sing	01:30:35	00:35:50	02:06:25	17	Male 40-49
64	634	Wong	Ka Ying	--	01:34:35	00:32:41	02:07:16	15	Female 14-39
65	526	Wong	Lai Yee	--	01:34:31	00:34:03	02:08:34	2	Female 50+
66	572	Chan	Yiu Nam	CIO WISDOM	01:38:23	00:31:48	02:10:11	20	Male 14-39
67	657	Chapman	Yasmin	--	01:35:35	00:36:09	02:11:44	16	Female 14-39
68	632	Ramento	Cleto	--	01:37:26	00:36:11	02:13:37	18	Male 40-49
69	501	Tsang	Lawrence	Dream2Story	01:37:15	00:38:00	02:15:15	7	Male 50+
70	649	Benito	Juliet	--	01:41:02	00:34:48	02:15:50	7	Female 40-49
71	536	Tsang	Garry	--	01:36:59	00:39:33	02:16:32	8	Male 50+
72	651	Baguioso	Cris	--	01:37:41	00:39:21	02:17:02	21	Male 14-39
73	592	Mong	Lok Yee	--	01:40:42	00:36:33	02:17:15	8	Female 40-49
74	610	Saran	Singh Gavinpreet	Dream2story	01:38:17	00:39:18	02:17:35	22	Male 14-39
75	609	Manalo	Pierre	Dream2story	01:38:11	00:39:26	02:17:37	23	Male 14-39



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76	607	Dimapilis	Aba Joys	Dream2story	01:37:11	00:40:28	02:17:39	17	Female 14-39
77	631	Syngkon	Cliffton	Dream2Story	01:38:13	00:39:27	02:17:40	19	Male 40-49
78	640	He	Juan	--	01:42:06	00:35:39	02:17:45	9	Female 40-49
79	647	Yuen	Kevin	--	01:37:58	00:40:28	02:18:26	20	Male 40-49
80	575	Chan	Tsz Lam	CIO WISDOM	01:40:05	00:40:10	02:20:15	18	Female 14-39
81	554	Conway	Niall	--	01:40:24	00:40:22	02:20:46	21	Male 40-49
82	650	Laure	Mary Grace	--	01:43:37	00:37:23	02:21:00	3	Female 50+
83	637	Weng	Matthew J	--	01:46:21	00:36:32	02:22:53	24	Male 14-39
84	601	Mohamed	Habib	--	01:43:31	00:39:51	02:23:22	25	Male 14-39
85	510	Mak	Stephanie	CIO WISDOM	01:41:42	00:42:15	02:23:57	19	Female 14-39
86	633	Ramento	Elsie	The Besties	01:46:22	00:37:48	02:24:10	10	Female 40-49
87	648	Velasco	Abegail	--	01:48:11	00:39:25	02:27:36	20	Female 14-39
88	547	Chan	Man Shan	CIO WISDOM	01:49:29	00:39:00	02:28:29	11	Female 40-49
89	549	Tong	Phoebe	CIO WISDOM	01:52:57	00:35:32	02:28:29	4	Female 50+
90	562	Ng	Pui Shan	CIO WISDOM	01:50:02	00:39:22	02:29:24	5	Female 50+
91	560	Siu	Wai Keung	CIO WISDOM	01:52:23	00:37:02	02:29:25	22	Male 40-49
92	564	Ng	Kwok Hing	CIO WISDOM	01:51:16	00:38:31	02:29:47	23	Male 40-49
93	561	Lee	Joe	CIO WISDOM	01:52:03	00:38:05	02:30:08	24	Male 40-49
94	628	Li	Mark Gah Chun	Dream2Story	02:01:32	00:33:27	02:34:59	26	Male 14-39
95	558	Lee	Dexter	CIO WISDOM	01:56:15	00:41:43	02:37:58	27	Male 14-39
96	556	Lo	Chi Yeung	CIO WISDOM	01:58:57	00:40:24	02:39:21	28	Male 14-39
97	557	Cheng	Yin Hang	CIO WISDOM	01:59:04	00:40:19	02:39:23	21	Female 14-39
98	646	Hsiao	Eve	--	02:00:39	00:40:12	02:40:51	22	Female 14-39
99	586	Ng	Eva	--	02:01:47	00:40:12	02:41:59	23	Female 14-39
100	608	Wong	Raphael	Dream2Story	02:11:45	00:32:53	02:44:38	29	Male 14-39
101	623	Lee	Cathy	--	02:04:48	00:40:39	02:45:27	12	Female 40-49
102	624	Leung	Kenric	Kenric Leung	02:04:48	00:40:40	02:45:28	25	Male 40-49



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103	567	Chan	Wai Man	CIO WISDOM	02:04:56	00:46:22	02:51:18	13	Female 40-49
104	576	Yip	Dak Yung	CIO WISDOM	02:02:06	00:49:12	02:51:18	14	Female 40-49
105	655	Yip	Isaac	--	02:13:11	00:39:03	02:52:14	9	Male 50+
106	627	Cheung	Lilian	Dream2Story	02:11:48	00:41:40	02:53:28	15	Female 40-49
107	616	Oser	Asher	--	02:07:01	00:47:43	02:54:44	26	Male 40-49
108	538	Chan	Tom	CIO WISDOM	02:14:42	00:42:08	02:56:50	10	Male 50+
109	532	Wong	Henry	CIO WISDOM	02:14:46	00:42:05	02:56:51	11	Male 50+
110	539	Leung	Monita	CIO WISDOM	02:14:51	00:42:00	02:56:51	6	Female 50+
111	533	Chow	Rainbow	CIO WISDOM	02:14:43	00:42:11	02:56:54	7	Female 50+
112	534	Chui	Frederick	CIO WISDOM	02:13:16	00:43:40	02:56:56	12	Male 50+
113	588	Cheng	Cindy	Dream2Story	02:11:53	00:48:49	03:00:42	16	Female 40-49
114	653	Wu	Xylia	--	02:23:28	00:38:37	03:02:05	24	Female 14-39
115	597	Heung	Johanna	Dream2Story	02:11:57	00:50:42	03:02:39	8	Female 50+
116	590	Ho	See Mun	Mimi & Sing	02:20:12	00:42:45	03:02:57	17	Female 40-49
117	602	Madrona Barrera	Mario	--	02:22:53	00:42:31	03:05:24	27	Male 40-49
118	604	Barrera Barrera	Pilar	--	02:22:49	00:42:35	03:05:24	9	Female 50+
119	603	Madrona Lopez	Mariano	--	02:22:52	00:42:34	03:05:26	13	Male 50+
120	652	Pinghe	Zhang	--	02:25:27	00:42:11	03:07:38	28	Male 40-49
121	504	Miao	Qiqi	Dream2Story	02:27:01	00:51:46	03:18:47	25	Female 14-39
122	613	Lui	Carina	Dream2Story	02:26:53	00:52:04	03:18:57	26	Female 14-39
123	502	莫	冰倩	DREAM2STORY	02:27:26	00:58:40	03:26:06	27	Female 14-39
124	587	Lau	Eva	--	02:27:07	00:58:59	03:26:06	10	Female 50+
125	541	Eugene	Ip	CIO WISDOM	--	--	--	DNF	Male 50+
126	573	Lam	Wa Kit	CIO WISDOM	--	--	--	DNF	Male 40-49
127	579	Yip	Chun Fung	--	--	--	--	DNF	Male 14-39
128	599	Yeung	Jervis Jack	--	--	--	--	DNF	Male 14-39
129	600	Wong	Ka Man	--	--	--	--	DNF	Female 40-49



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130	618	Oser	Mirella	--	--	--	--	DNF	Female 14-39
131	503	Smith	Robert	--	--	--	--	DNS	Male 50+
132	506	Chan	Chun Ngai	--	--	--	--	DNS	Male 14-39
133	507	Chan	Wing Lok	Crazy Horse	--	--	--	DNS	Male 50+
134	508	Tang	Kit Man	Crazy Horse	--	--	--	DNS	Female 50+
135	509	Chan	Audrey	CIO WISDOM	--	--	--	DNS	Female 14-39
136	512	Chen	Ada	CIO WISDOM	--	--	--	DNS	Female 14-39
137	514	Chu	Kwok Tsim	CIO WISDOM	--	--	--	DNS	Male 40-49
138	516	Nga Han	Chan	CIO WISDOM	--	--	--	DNS	Female 50+
139	517	Chu	Horace	CIO WISDOM	--	--	--	DNS	Male 50+
140	518	Leung	Eric	CIO WISDOM	--	--	--	DNS	Male 40-49
141	520	Wai	Yen	CIO WISDOM	--	--	--	DNS	Female 40-49
142	522	Lau	Wut Ka	CIO WISDOM	--	--	--	DNS	Female 14-39
143	525	Ho	Gary	CIO WISDOM	--	--	--	DNS	Male 40-49
144	528	Ng	Steve	CIO WISDOM	--	--	--	DNS	Male 50+
145	530	Chan	Mo Chuen	CIO WISDOM	--	--	--	DNS	Male 50+
146	535	Choi	Wai Kin	CIO WISDOM	--	--	--	DNS	Male 50+
147	548	Au	Leo	CIO WISDOM	--	--	--	DNS	Male 40-49
148	551	Lam	Chloe Ly	CIO WISDOM	--	--	--	DNS	Female 14-39
149	552	Mak	Raymond	CIO WISDOM	--	--	--	DNS	Male 40-49
150	553	Wong	Ami	--	--	--	--	DNS	Female 14-39
151	563	Khong	Edward	CIO WISDOM	--	--	--	DNS	Male 14-39
152	565	Khong	Patrick	CIO WISDOM	--	--	--	DNS	Male 40-49
153	566	Chan	Joanne	CIO WISDOM	--	--	--	DNS	Female 50+
154	568	Cheung	Max	CIO WISDOM	--	--	--	DNS	Male 14-39
155	569	Cheung	Steve	CIO WISDOM	--	--	--	DNS	Male 50+
156	570	Lam	Sheila	CIO WISDOM	--	--	--	DNS	Female 40-49



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157	571	Hon	Marshal	--	--	--	--	DNS	Male 50+
158	574	Lai	Weihua	CIO WISDOM	--	--	--	DNS	Male 40-49
159	580	Isackson	Shane	--	--	--	--	DNS	Male 40-49
160	594	Li	Miaojing	Dream2Story	--	--	--	DNS	Female 40-49
161	612	Lau	Alex	--	--	--	--	DNS	Male 14-39
162	614	Leung	Ricky	Dream2Story	--	--	--	DNS	Male 14-39
163	617	Oser	Rachel	--	--	--	--	DNS	Female 40-49
164	463	Gavin	Stephen	--	--	--	--	DNS	Male 40-49