

Category Position	Bib	Name	中文姓名	Category	OfficialTime	ChipTime
1	3104	WORTHINGTON POPPY		3KM Individual: Female aged 10-11	0:13:45	0:13:45
2	3107	HUI HIU NAAM	許曉嵐	3KM Individual: Female aged 10-11	0:13:58	0:13:58
3	3103	NG WING YIN JODI	伍穎妍	3KM Individual: Female aged 10-11	0:14:09	0:14:09
4	3105	LEE KA YIN	李珈諺	3KM Individual: Female aged 10-11	0:15:15	0:15:15
5	3108	TSANG CHING YAN	曾晴忻	3KM Individual: Female aged 10-11	0:21:17	0:21:06
6	3109	CHEN KA KEI	陳迦祺	3KM Individual: Female aged 10-11	0:22:23	0:22:20
7	3111	WAN PUI CHING	尹佩晴	3KM Individual: Female aged 10-11	0:22:33	0:22:30
1	3186	WONG HOI WAI		3KM Individual: Female aged 12-15	0:13:17	0:13:17
2	3113	WONG WEI SZE	黃蔚詩	3KM Individual: Female aged 12-15	0:29:56	0:29:53
1	3187	WONG CHING YEE	黃靜儀	3KM Individual: Female aged 16-29	0:13:53	0:13:53
2	3189	FUNG YAN YAU		3KM Individual: Female aged 16-29	0:16:01	0:15:58
3	3188	WONG MICHELLE		3KM Individual: Female aged 16-29	0:17:06	0:17:04
4	3190	KWOK SIN TUNG	郭倩彤	3KM Individual: Female aged 16-29	0:17:35	0:17:27
5	3191	LO SZE WAH		3KM Individual: Female aged 16-29	0:18:56	0:18:47
6	3115	HO LONG YIN	何朗嫻	3KM Individual: Female aged 16-29	0:19:53	0:19:46
7	3125	LUI KIT CHING	呂潔貞	3KM Individual: Female aged 16-29	0:21:17	0:21:05
8	3192	SOO HUI YAN	蘇煥欣	3KM Individual: Female aged 16-29	0:21:20	0:21:12
9	3121	LEE KIT HANG JOYCE	李杰衡	3KM Individual: Female aged 16-29	0:22:48	0:22:43
10	3122	CHEUNG CHO CHI	張楚姿	3KM Individual: Female aged 16-29	0:23:54	0:23:47
11	3117	YU HEI TUNG	余希彤	3KM Individual: Female aged 16-29	0:25:10	0:25:02
12	3119	LAM LOK YUNG		3KM Individual: Female aged 16-29	0:29:15	0:29:04
13	3116	AU TSZ CHING	區芷菁	3KM Individual: Female aged 16-29	0:29:39	0:29:29
14	3124	WONG TSZ MAN	王芷敏	3KM Individual: Female aged 16-29	0:30:23	0:30:11
1	3131	CHAN LOK MAN		3KM Individual: Female aged 30-39	0:15:54	0:15:50
2	3195	LI WAI YAN		3KM Individual: Female aged 30-39	0:16:42	0:16:38
3	3193	LAI HO WING	黎可穎	3KM Individual: Female aged 30-39	0:18:13	0:18:08
4	3126	LEE OI MAN	李靄文	3KM Individual: Female aged 30-39	0:18:33	0:18:16
5	3133	TANG MAN CHING	鄧敏晶	3KM Individual: Female aged 30-39	0:18:45	0:18:40
6	3199	CHONG FUNG PING		3KM Individual: Female aged 30-39	0:19:15	0:19:06
7	3136	MOK SIU MAN		3KM Individual: Female aged 30-39	0:19:24	0:19:20
8	3139	LI WING SHAN	李詠珊	3KM Individual: Female aged 30-39	0:20:03	0:19:58
9	3200	CHUI KIT CHING		3KM Individual: Female aged 30-39	0:20:41	0:20:27
10	3130	CHAN SZE MAN	陳思敏	3KM Individual: Female aged 30-39	0:21:03	0:20:54
11	3134	YAU KA PO	邱嘉寶	3KM Individual: Female aged 30-39	0:22:07	0:22:00
12	3142	WONG SHUK YU	黃淑茹	3KM Individual: Female aged 30-39	0:22:08	0:21:58
13	3127	WONG MEI YEE	黃美儀	3KM Individual: Female aged 30-39	0:22:18	0:22:11
14	3141	WONG SHUK LAI	黃淑麗	3KM Individual: Female aged 30-39	0:22:24	0:22:09
15	3197	MAK MEI YU		3KM Individual: Female aged 30-39	0:23:25	0:23:18
16	3132	LAI HIU WA		3KM Individual: Female aged 30-39	0:24:21	0:24:09
17	3140	LIM MEI YEE	林美怡	3KM Individual: Female aged 30-39	0:25:02	0:24:48
18	3196	GIGI MOK		3KM Individual: Female aged 30-39	0:26:07	0:26:03
19	3198	TSE FUNG NAM	謝鳳楠	3KM Individual: Female aged 30-39	0:28:40	0:28:31
1	3204	LUI SHUK HAN KAREN		3KM Individual: Female aged 40-49	0:13:55	0:13:55
2	3150	WONG HIU FAI	黃曉暉	3KM Individual: Female aged 40-49	0:14:43	0:14:43
3	3146	WONG FONG YIING	黃鳳儀	3KM Individual: Female aged 40-49	0:17:13	0:17:09
4	3147	SHEK SARINA	石少晶	3KM Individual: Female aged 40-49	0:17:26	0:17:23
5	3148	TZE PIK HA	謝碧霞	3KM Individual: Female aged 40-49	0:19:23	0:19:18
6	3145	TAI WING HAN	戴穎嫻	3KM Individual: Female aged 40-49	0:20:21	0:20:13
7	3144	CHOI MAN KI	蔡文姬	3KM Individual: Female aged 40-49	0:20:24	0:20:18
8	3205	LAU WING SHAN	劉詠珊	3KM Individual: Female aged 40-49	0:21:08	0:21:04
9	3203	CHEONG CHAI CHONG	蔣齊仲	3KM Individual: Female aged 40-49	0:23:05	0:22:58
10	3152	NG KUI FONG	吳桂芳	3KM Individual: Female aged 40-49	0:25:02	0:24:47
11	3202	HAU KA LI KERRY	侯嘉莉	3KM Individual: Female aged 40-49	0:25:59	0:25:48
12	3153	WONG WAI YEE CHRISTINA		3KM Individual: Female aged 40-49	0:26:02	0:25:53
13	3143	CHEUNG LAI CHUN	張麗珍	3KM Individual: Female aged 40-49	0:26:46	0:26:37
14	3151	NGAN HO YAN		3KM Individual: Female aged 40-49	0:28:19	0:28:16
1	3156	CHIU PIK KWAN		3KM Individual: Female aged 50 or above	0:14:07	0:14:06
2	3154	CHOW SHUK WAN	周淑雲	3KM Individual: Female aged 50 or above	0:15:43	0:15:41
3	3157	MAK CHUNG HAN WINDY		3KM Individual: Female aged 50 or above	0:17:08	0:17:05
4	3163	KWOK SUET FAN	郭雪芬	3KM Individual: Female aged 50 or above	0:18:25	0:18:25
5	3158	CHAN SUI WAH	陳瑞華	3KM Individual: Female aged 50 or above	0:20:56	0:20:54
6	3161	KWONG YUET LING	鄺月玲	3KM Individual: Female aged 50 or above	0:22:56	0:22:51
7	3162	CHENG IRENE	鄭美群	3KM Individual: Female aged 50 or above	0:24:17	0:24:09
8	3160	YIP JENNIFER		3KM Individual: Female aged 50 or above	0:24:52	0:24:37
9	3208	NG ANNY		3KM Individual: Female aged 50 or above	0:26:24	0:26:09
10	3209	LAM SUM FUEN SUSANNA	林心歡	3KM Individual: Female aged 50 or above	0:33:46	0:33:33
11	3206	LI CHI LING	李芷玲	3KM Individual: Female aged 50 or above	0:37:19	0:37:12
12	3207	KWONG YU FAN	鄺宇芬	3KM Individual: Female aged 50 or above	0:37:20	0:37:12
1	3005	HUI HIU FUNG	許曉峯	3KM Individual: Male aged 10-11	0:13:57	0:13:57
2	3002	YIP NGAI, ATLAS	葉羿	3KM Individual: Male aged 10-11	0:14:00	0:14:00
3	3003	CHEUNG COEUS	張日孳	3KM Individual: Male aged 10-11	0:15:12	0:15:12
4	3001	CHOW HO CHIT		3KM Individual: Male aged 10-11	0:16:02	0:16:00
5	3166	ARISTO WONG	黃穎楓	3KM Individual: Male aged 10-11	0:18:11	0:18:07
6	3010	WONG HO LAM	王灝霖	3KM Individual: Male aged 10-11	0:19:02	0:19:00
7	3004	LEUNG CHING HEI HERMAS	梁澄熹	3KM Individual: Male aged 10-11	0:19:35	0:19:32
8	3165	KWAN ZUBA		3KM Individual: Male aged 10-11	0:20:41	0:20:27
9	3008	WAN YAT LONG	尹逸朗	3KM Individual: Male aged 10-11	0:23:00	0:22:58
10	3013	LAU HONG YIN	劉劭延	3KM Individual: Male aged 10-11	0:23:02	0:22:59

Category	Position	Bib	Name	中文姓名	Category	OfficialTime	ChipTime
	11	3015	HUI MATTHEW YEE LOK	許爾諾	3KM Individual: Male aged 10-11	0:23:13	0:23:00
	12	3009	LIANG HON MAN	梁瀚文	3KM Individual: Male aged 10-11	0:26:35	0:26:33
	13	3012	CHIU YU CHAK	趙雨澤	3KM Individual: Male aged 10-11	0:31:05	0:31:02
	14	3006	HUANG YEUNG YEUNG	黃楊洋	3KM Individual: Male aged 10-11	0:32:09	0:31:56
	15	3014	CHOI TAK KI	蔡達祺	3KM Individual: Male aged 10-11	0:37:46	0:37:43
	1	3019	YIP WA PAN	葉華鏞	3KM Individual: Male aged 12-15	0:11:29	0:11:24
	2	3167	BHOVARAHAN VAIBHAV		3KM Individual: Male aged 12-15	0:11:42	0:11:42
	3	3029	CHAU NGAI LAM	周毅霖	3KM Individual: Male aged 12-15	0:12:19	0:12:17
	4	3024	SO TSZ HIM	蘇梓謙	3KM Individual: Male aged 12-15	0:13:06	0:13:00
	5	3022	WILLIAM'S CHUNMAN	林俊文	3KM Individual: Male aged 12-15	0:13:18	0:13:13
	6	3023	LAU CHECK WANG	劉卓弘	3KM Individual: Male aged 12-15	0:13:23	0:13:17
	7	3168	WAN CHAK LAM BOBBY		3KM Individual: Male aged 12-15	0:13:36	0:13:36
	8	3018	MOK SIU TIN	莫兆天	3KM Individual: Male aged 12-15	0:14:05	0:14:05
	9	3017	PONG POK HIM	龐博謙	3KM Individual: Male aged 12-15	0:15:09	0:15:05
	10	3020	CHAN PAK HO	陳柏豪	3KM Individual: Male aged 12-15	0:15:20	0:15:13
	11	3021	NG TSZ FUNG	吳梓峰	3KM Individual: Male aged 12-15	0:15:35	0:15:30
	12	3027	LAU CHEUK HIN	劉卓軒	3KM Individual: Male aged 12-15	0:17:58	0:17:58
	13	3016	CHAU TSZ HUNG	周子雄	3KM Individual: Male aged 12-15	0:23:04	0:22:55
	14	3025	TSANG HO YAN	曾皓忻	3KM Individual: Male aged 12-15	0:23:13	0:23:01
	15	3026	LIANG MING YUEN	梁銘原	3KM Individual: Male aged 12-15	0:23:31	0:23:28
	16	3028	HUNG YAT FAI	孔日暉	3KM Individual: Male aged 12-15	0:27:54	0:27:54
	1	3037	LEUNG CHUN WAI	梁晉維	3KM Individual: Male aged 16-29	0:10:54	0:10:53
	2	3040	KO TSZ HIN	高子軒	3KM Individual: Male aged 16-29	0:11:54	0:11:50
	3	3043	CHAN KA HIN	陳嘉軒	3KM Individual: Male aged 16-29	0:12:18	0:12:14
	4	3041	KONG MAN TIK	江文迪	3KM Individual: Male aged 16-29	0:13:09	0:13:05
	5	3038	NG CHUN KIT	吳俊杰	3KM Individual: Male aged 16-29	0:13:22	0:13:16
	6	3042	KONG KA CHUN	江家俊	3KM Individual: Male aged 16-29	0:14:04	0:14:00
	7	3169	LAU HON TUNG	劉漢棟	3KM Individual: Male aged 16-29	0:14:18	0:14:12
	8	3053	LAM KA MING	林嘉明	3KM Individual: Male aged 16-29	0:14:55	0:14:43
	9	3039	CHUNG TSZ LEUNG	鍾子亮	3KM Individual: Male aged 16-29	0:15:55	0:15:49
	10	3034	HAR TSZ HIM	夏子謙	3KM Individual: Male aged 16-29	0:16:25	0:16:14
	11	3035	LUI MAN HEI IVAN	呂汶羲	3KM Individual: Male aged 16-29	0:16:25	0:16:14
	12	3056	PENG ZI XUN	彭紫勳	3KM Individual: Male aged 16-29	0:17:05	0:16:53
	13	3032	SHUM KIN CHAK	沈健澤	3KM Individual: Male aged 16-29	0:17:29	0:17:21
	14	3052	FUNG CHEUK LAP		3KM Individual: Male aged 16-29	0:19:57	0:19:44
	15	3036	CHAN JULIO		3KM Individual: Male aged 16-29	0:20:52	0:20:41
	16	3045	WANG SHAO JUN	王少淩	3KM Individual: Male aged 16-29	0:22:05	0:21:52
	17	3050	YUNG CHU KIN	翁主鍵	3KM Individual: Male aged 16-29	0:23:12	0:23:00
	18	3049	POON WANG KIN	潘宏健	3KM Individual: Male aged 16-29	0:26:10	0:26:10
	19	3033	LAM CHUN LOK	林晉樂	3KM Individual: Male aged 16-29	0:29:07	0:28:56
	20	3051	CHAU KA KIN	周嘉健	3KM Individual: Male aged 16-29	0:30:22	0:30:09
	21	3046	SO CHING WAI	蘇政維	3KM Individual: Male aged 16-29	0:32:09	0:31:56
	1	3059	WONG CHUN TING		3KM Individual: Male aged 30-39	0:12:52	0:12:48
	2	3061	KWOK YUE KWONG	郭宇光	3KM Individual: Male aged 30-39	0:14:12	0:14:06
	3	3174	LAU HO WAI		3KM Individual: Male aged 30-39	0:15:55	0:15:45
	4	3063	KWAN YUEN FAI	關遠暉	3KM Individual: Male aged 30-39	0:18:15	0:18:11
	5	3058	WONG MING FAI	黃明輝	3KM Individual: Male aged 30-39	0:18:19	0:18:14
	6	3064	CHENG CHI FUNG	鄭智豐	3KM Individual: Male aged 30-39	0:18:57	0:18:42
	7	3171	NG KIM PONG KENNY	吳劍邦	3KM Individual: Male aged 30-39	0:19:21	0:19:16
	8	3173	LEUNG KA MING		3KM Individual: Male aged 30-39	0:21:45	0:21:28
	9	3069	TSE JO KENNETH MADURAMENTE	謝昭明	3KM Individual: Male aged 30-39	0:22:19	0:22:10
	10	3066	CHAN CHI HUNG	陳志雄	3KM Individual: Male aged 30-39	0:22:40	0:22:30
	11	3175	YIP TSAN PONG WILLY	葉贊邦	3KM Individual: Male aged 30-39	0:23:00	0:22:50
	12	3068	LIN JIEZHEN	林杰楨	3KM Individual: Male aged 30-39	0:23:30	0:23:30
	13	3067	TSE CHI SHUN	謝子信	3KM Individual: Male aged 30-39	0:25:01	0:24:48
	14	3060	CHAN TSZ KIN	陳子健	3KM Individual: Male aged 30-39	0:28:40	0:28:31
	1	3075	CHAN KA WAI	陳家偉	3KM Individual: Male aged 40-49	0:10:54	0:10:53
	2	3176	YIU KEN	姚銀	3KM Individual: Male aged 40-49	0:15:48	0:15:48
	3	3081	WONG KIN YEE	黃健兒	3KM Individual: Male aged 40-49	0:16:08	0:16:03
	4	3074	DONG JIABIN	董家斌	3KM Individual: Male aged 40-49	0:17:28	0:17:21
	5	3080	HO YAT FAN	何逸帆	3KM Individual: Male aged 40-49	0:19:04	0:18:58
	6	3077	FUNG HON CHEUNG		3KM Individual: Male aged 40-49	0:19:41	0:19:29
	7	3082	CHENG WOON MAN	鄭煥文	3KM Individual: Male aged 40-49	0:20:11	0:19:57
	8	3079	LEE BENSON		3KM Individual: Male aged 40-49	0:21:22	0:21:12
	9	3078	HUI KWOK HUNG	許國雄	3KM Individual: Male aged 40-49	0:23:13	0:22:59
	10	3076	JIANG PENG	姜朋	3KM Individual: Male aged 40-49	0:23:30	0:23:26
	11	3073	CHENG WAI SUEN	鄭維選	3KM Individual: Male aged 40-49	0:23:57	0:23:52
	12	3177	NG PAK KIN	吳柏堅	3KM Individual: Male aged 40-49	0:28:55	0:28:46
	13	3072	NG CHI WANG	吳志宏	3KM Individual: Male aged 40-49	0:31:03	0:30:46
	1	3183	WAN SHU WAH		3KM Individual: Male aged 50-59	0:11:34	0:11:34
	2	3178	LAI WAI SING	黎偉盛	3KM Individual: Male aged 50-59	0:11:37	0:11:37
	3	3092	CHUNG CHUN BONG ALEX		3KM Individual: Male aged 50-59	0:12:37	0:12:37
	4	3086	MOK YU LAI	莫如禮	3KM Individual: Male aged 50-59	0:14:06	0:14:06
	5	3085	TSUI KA FAI	徐家輝	3KM Individual: Male aged 50-59	0:14:23	0:14:21
	6	3091	TSO SIU HANG	曹紹衡	3KM Individual: Male aged 50-59	0:16:17	0:16:02
	7	3083	FUNG WAI KUEN THOMAS		3KM Individual: Male aged 50-59	0:16:27	0:16:25
	8	3089	LOK CHI YING		3KM Individual: Male aged 50-59	0:17:18	0:17:15
	9	3095	CHAN WAI KIN	陳偉健	3KM Individual: Male aged 50-59	0:19:04	0:18:57

Runderful Pro 2019

Category Position	Bib	Name	中文姓名	Category	OfficialTime	ChipTime
10	3094	CHEUNG SHUI PIU	張瑞標	3KM Individual: Male aged 50-59	0:19:57	0:19:45
11	3181	TING KWOK TO	丁國滔	3KM Individual: Male aged 50-59	0:20:49	0:20:43
12	3088	HUI WAH LUN	許華倫	3KM Individual: Male aged 50-59	0:25:56	0:25:56
13	3179	CHEUNG WAI LEUNG	張偉良	3KM Individual: Male aged 50-59	0:25:59	0:25:47
14	3087	TO KA FAI	陶家輝	3KM Individual: Male aged 50-59	0:26:27	0:26:21
15	3184	EDMOND YEW		3KM Individual: Male aged 50-59	0:28:55	0:28:55
16	3182	MAK WAI HUNG OTTO	麥偉雄	3KM Individual: Male aged 50-59	0:33:48	0:33:34
1	3096	KWOK WING SING	郭永勝	3KM Individual: Male aged 60 or above	0:12:27	0:12:25
2	3097	MOK LAI CHAU	莫禮就	3KM Individual: Male aged 60 or above	0:13:57	0:13:56
3	3099	TANG SIU SING, PETER	鄧兆誠	3KM Individual: Male aged 60 or above	0:17:14	0:17:09
4	3185	PANG SIMON		3KM Individual: Male aged 60 or above	0:26:24	0:26:10
5	3102	CHONG WING HONG BENJAMIN		3KM Individual: Male aged 60 or above	0:28:55	0:28:55