

7-Eleven Run 2023

12 November 2023 (Sunday)

Rank	Category	BIB	Eng Name	Chi Name	Time
1	3KM - Female 8-9	5001	MAK KA PIK ABIGAIL	麥珈璧	0:14:19
2	3KM - Female 8-9	5005	LEUNG CHING YAN	梁婧忻	0:20:58
3	3KM - Female 8-9	5004	BIRD VIOLET		0:25:47
4	3KM - Female 8-9	5003	HO YI	何懿	0:31:44
1	3KM - Female 10-11	5009	SIA SOFIA		0:15:17
2	3KM - Female 10-11	5181	WU VANESSA	胡悦欣	0:21:53
3	3KM - Female 10-11	5007	WONG ISABELLE	Wong	0:33:11
1	3KM - Female 12-13	5011	IP HEUNG CHING	葉向晴	0:12:12
2	3KM - Female 12-13	5012	LAM BELLA	林澄	0:12:32
3	3KM - Female 12-13	5017	LI HEI YIU	李晞瑤	0:13:25
4	3KM - Female 12-13	5016	WU ANGELA	胡悦兒	0:14:06
5	3KM - Female 12-13	5023	CHENG PAK SZE	鄭柏思	0:14:13
6	3KM - Female 12-13	5025	LEE HONG TO		0:14:39
7	3KM - Female 12-13	5018	HO SURI SUM-CHING	何琛澄	0:14:51
8	3KM - Female 12-13	5015	LAM FENICE	林睿	0:15:15
9	3KM - Female 12-13	5020	YEUNG YI CHING	楊依靜	0:15:17
10	3KM - Female 12-13	5022	KWAN WING MAN	關詠文	0:15:17
11	3KM - Female 12-13	5024	FONG CHEUK MAN		0:16:12
12	3KM - Female 12-13	5021	LUNG WAI KI	龍蔚淇	0:16:23
13	3KM - Female 12-13	5019	KUOCH TIFFANY	郭智心	0:17:37
14	3KM - Female 12-13	5013	TAI TSZ CHING	戴紫晴	0:24:45
1	3KM - Female 14-15	5030	LEE WING KI	李詠淇	0:14:31
2	3KM - Female 14-15	5029	WONG KWOK TAO	黃國桃	0:14:47
3	3KM - Female 14-15	5028	WU CHUN YUET	胡臻悅	0:15:26

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Rank	Category	BIB	Eng Name	Chi Name	Time
4	3KM - Female 14-15	5032	LIU KA YI	廖家宜	0:16:46
5	3KM - Female 14-15	5182	NG HANNAH	吳鏢堯	0:17:36
6	3KM - Female 14-15	5027	CHONG HIRAM	莊晞霖	0:19:13
7	3KM - Female 14-15	5026	WONG YEE TING	黃以庭	0:26:57
8	3KM - Female 14-15	5031	CHENG SIN YIK NATALIE	鄭善憶	0:28:09
1	3KM - Female 16-29	5059	JEN YAN TUNG	鄭欣彤	0:14:02
2	3KM - Female 16-29	5056	LEUNG HOI LAM	梁愷琳	0:14:13
3	3KM - Female 16-29	5187	CHIN CHING TUNG		0:15:18
4	3KM - Female 16-29	5061	HO YUEN SHUN	何沅鎔	0:15:43
5	3KM - Female 16-29	5036	TSANG NGA CHU	Tsang Nga Chu	0:16:01
6	3KM - Female 16-29	5186	CHEN STEPHANIE KA YEE		0:16:45
7	3KM - Female 16-29	5185	XIAO AILIN	蕭靄琳	0:17:04
8	3KM - Female 16-29	5040	UNG HOSHI	吳學思	0:17:47
9	3KM - Female 16-29	5046	CHAN IN CHING	陳妍靜	0:18:11
10	3KM - Female 16-29	5034	CHONG ERIN	莊愛霖	0:18:13
11	3KM - Female 16-29	5053	WONG PUI YIU		0:18:25
12	3KM - Female 16-29	5037	MAK JING YAN		0:18:26
13	3KM - Female 16-29	5189	HUANG MEI YEE	黃美儀	0:18:43
14	3KM - Female 16-29	5060	CHENG UEN SHAN	鄭宛姍	0:18:49
15	3KM - Female 16-29	5039	WONG BETTINA	Wong	0:19:26
16	3KM - Female 16-29	5190	HUANG QINGDI	黃清弟	0:19:32
17	3KM - Female 16-29	5188	LEE HIU SZE	李曉詩	0:19:47
18	3KM - Female 16-29	5035	KOBAYASHI YUME	Yume	0:20:16
19	3KM - Female 16-29	5050	TSANG YUEN CHING	曾浣鈺	0:20:22

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Rank	Category	BIB	Eng Name	Chi Name	Time
20	3KM - Female 16-29	5219	HUANG YANXIN	黄艳欣	0:20:23
21	3KM - Female 16-29	5184	JOGI KHUSHBOO KAUSHIK		0:20:30
22	3KM - Female 16-29	5054	HO VANESSA	何禧妍	0:20:49
23	3KM - Female 16-29	5052	CHING YIN NATALIE LAW		0:20:56
24	3KM - Female 16-29	5051	LEUNG TSZ YING		0:21:05
25	3KM - Female 16-29	5057	LEUNG SZE WAN		0:21:20
26	3KM - Female 16-29	5058	WUN ESTHER	尹家恩	0:21:20
27	3KM - Female 16-29	5049	LEE WAI TING		0:21:32
28	3KM - Female 16-29	5055	SIU HO YIN MICHELLE		0:21:44
29	3KM - Female 16-29	5062	WUIN SHERYNA DE		0:22:46
30	3KM - Female 16-29	5041	TANG WAI MING	鄧慧明	0:23:42
31	3KM - Female 16-29	5048	MAK HAU YING	麥巧盈	0:23:54
32	3KM - Female 16-29	5044	LEE LOK YIU		0:24:44
33	3KM - Female 16-29	5042	NGAN CHING YI		0:24:49
34	3KM - Female 16-29	5043	MEI KWAN CHOW		0:24:50
35	3KM - Female 16-29	5033	KONG SING YU RAIN	江星雨	0:25:21
36	3KM - Female 16-29	5192	ZHONG WILLA	钟美虹	0:26:50
37	3KM - Female 16-29	5191	ZHONG MEIXIA	钟美霞	0:26:51
38	3KM - Female 16-29	5047	IP HOI CHING RAINBOW	葉鎧澄	0:28:24
39	3KM - Female 16-29	5038	LEUNG TSUI YEE KIMMY		0:29:23
40	3KM - Female 16-29	5045	LEUNG WING LAM		0:30:59
1	3KM - Female 30-39	5218	JOJO CHAU		0:13:53
2	3KM - Female 30-39	5096	SHEK CHEUK MAN		0:15:47
3	3KM - Female 30-39	5097	WONG SHIN KEI SEIKEY		0:15:48

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Rank	Category	BIB	Eng Name	Chi Name	Time
4	3KM - Female 30-39	5095	CHING KA YIN FLORA		0:16:37
5	3KM - Female 30-39	5066	TANG YAN YI	鄧欣怡	0:16:40
6	3KM - Female 30-39	5069	CHONG KWAN YEE QUEENIE	莊筠怡	0:17:32
7	3KM - Female 30-39	5067	LEE KA LO	李嘉露	0:17:44
8	3KM - Female 30-39	5194	TSE VIVIAN, LAI SZE	謝麗詩	0:17:55
9	3KM - Female 30-39	5088	CHAU PAK WAI		0:18:46
10	3KM - Female 30-39	5086	WU KWAI FEI	胡桂飛	0:18:51
11	3KM - Female 30-39	5081	CHUNG NI YAN	鍾妮恩	0:19:28
12	3KM - Female 30-39	5091	HO SZE WAN ALICE		0:19:57
13	3KM - Female 30-39	5078	LAW CHEUK NING		0:20:06
14	3KM - Female 30-39	5070	CHONG OLIVIA		0:20:11
15	3KM - Female 30-39	5197	TSUI OI YAN	徐靄恩	0:20:13
16	3KM - Female 30-39	5199	LIU SHARON	刘舒瑶	0:20:28
17	3KM - Female 30-39	5090	LUO CHAN CHERYL	羅嬋	0:20:50
18	3KM - Female 30-39	5222	ZHU HAILIN	朱海霖	0:21:29
19	3KM - Female 30-39	5200	HE WEIYI	何薇伊	0:21:44
20	3KM - Female 30-39	5064	LEE PHYLIAN MAE E	李伊華	0:21:53
21	3KM - Female 30-39	5073	LO KAWAI		0:21:57
22	3KM - Female 30-39	5068	YEUNG WING PO	楊詠寶	0:22:51
23	3KM - Female 30-39	5193	HUNG LAI SHAN		0:23:03
24	3KM - Female 30-39	5089	BALDESIMO ARIANNE	None	0:23:12
25	3KM - Female 30-39	5083	KWOK HIU LAAM		0:23:24
26	3KM - Female 30-39	5063	MO SAMANTHA		0:23:28
27	3KM - Female 30-39	5074	LO KAYEE		0:24:06

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Rank	Category	BIB	Eng Name	Chi Name	Time
28	3KM - Female 30-39	5084	LEE CHARMAINE	李吳欣穎	0:24:19
29	3KM - Female 30-39	5195	WING YAN SZETO	司徒詠恩	0:24:19
30	3KM - Female 30-39	5082	LIN WANYI		0:24:37
31	3KM - Female 30-39	5085	CHAN YUEN YEE	陳婉儀	0:24:49
32	3KM - Female 30-39	5076	TSE HEI YU		0:24:55
33	3KM - Female 30-39	5077	CHEUNG WAI CHUN		0:25:12
34	3KM - Female 30-39	5198	HUANG EUMIN	黃敏瑜	0:25:18
35	3KM - Female 30-39	5093	CHAN KAM LING	陳靄鈴	0:26:48
36	3KM - Female 30-39	5080	LEUNG KANIS		0:26:56
37	3KM - Female 30-39	5094	TAM PUI SZE	譚霽詩	0:28:00
38	3KM - Female 30-39	5075	CHAN CAMMY		0:32:06
39	3KM - Female 30-39	5065	CHAN HOI KI	陳凱琪	0:33:15
1	3KM - Female 40-49	5134	SIU CHING YI		0:14:05
2	3KM - Female 40-49	5099	NG PO LAM PAULINE		0:15:08
3	3KM - Female 40-49	5116	FUNG YEE LAI	馮依麗	0:16:42
4	3KM - Female 40-49	5133	CHAN MARTHA		0:17:25
5	3KM - Female 40-49	5114	WONG FONG YIING	黃鳳儀	0:17:55
6	3KM - Female 40-49	5117	CHAN SHUK MAN	陳淑敏	0:17:56
7	3KM - Female 40-49	5115	YUEN WAI MAN	袁慧敏	0:18:36
8	3KM - Female 40-49	5139	KWOK CHUNG SZE	郭頌詩	0:19:52
9	3KM - Female 40-49	5129	GAN REGINA		0:20:03
10	3KM - Female 40-49	5211	WEN LIPING	溫利平	0:20:06
11	3KM - Female 40-49	5212	LU SHAOYAN	陸少燕	0:20:11
12	3KM - Female 40-49	5108	PANG SUNNY		0:20:13

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Rank	Category	BIB	Eng Name	Chi Name	Time
13	3KM - Female 40-49	5135	REN TING TING	任婷婷	0:20:36
14	3KM - Female 40-49	5127	TSOI MEI SZE		0:20:37
15	3KM - Female 40-49	5125	SIU YIN LING	蕭燕凌	0:20:59
16	3KM - Female 40-49	5119	HONEY LOU TORRES MILITANTE		0:21:20
17	3KM - Female 40-49	5138	LAM YUEN CHI		0:21:27
18	3KM - Female 40-49	5140	CHUI SI LEI	徐詩莉	0:22:25
19	3KM - Female 40-49	5128	CHIU MEI KI	招美琪	0:22:56
20	3KM - Female 40-49	5110	WONG FONG FONG	王芳芳	0:23:01
21	3KM - Female 40-49	5100	WOOD MICHELE MARIE		0:23:18
22	3KM - Female 40-49	5098	TSUI YING WAI	徐盈慧	0:23:23
23	3KM - Female 40-49	5120	TSANG KI YU	曾紀瑜	0:23:24
24	3KM - Female 40-49	5210	HUANG XUELING	黃雪玲	0:23:35
25	3KM - Female 40-49	5107	WONG HIU HA		0:23:35
26	3KM - Female 40-49	5122	LAU WING SZE	劉詠詩	0:23:35
27	3KM - Female 40-49	5118	CHU PO LING		0:24:01
28	3KM - Female 40-49	5101	NG WING YEE		0:24:11
29	3KM - Female 40-49	5130	CHUNG LILIAN	鍾學恩	0:24:28
30	3KM - Female 40-49	5131	CHUNG YUEN TING	鍾婉婷	0:24:46
31	3KM - Female 40-49	5206	LAM MING TING ANGEL	林銘婷	0:25:08
32	3KM - Female 40-49	5102	CHOO NGA YING		0:25:31
33	3KM - Female 40-49	5112	CHAN EMILY		0:25:33
34	3KM - Female 40-49	5137	CHUNG TSUI YI	鍾翠兒	0:25:45
35	3KM - Female 40-49	5132	HAU CAROLINE		0:26:15
36	3KM - Female 40-49	5136	CHIU KWAI MUI		0:26:16

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Rank	Category	BIB	Eng Name	Chi Name	Time
37	3KM - Female 40-49	5209	LAM HUNG YING	林虹櫻	0:26:24
38	3KM - Female 40-49	5105	JAN TSANG		0:27:10
39	3KM - Female 40-49	5203	NGAN PUI YING	顏佩英	0:27:40
40	3KM - Female 40-49	5121	CHENG KA WING		0:27:44
41	3KM - Female 40-49	5104	WONG WING YAN	黃詠恩	0:28:09
42	3KM - Female 40-49	5205	LEE PENSY		0:29:13
43	3KM - Female 40-49	5207	CHEUNG TSZ YAN	張芷欣	0:29:26
44	3KM - Female 40-49	5109	TAI WING HAN	戴穎嫻	0:29:28
45	3KM - Female 40-49	5103	KWAN CHING MAN	關靜雯	0:33:15
46	3KM - Female 40-49	5204	CAT FAN		0:38:49
47	3KM - Female 40-49	5123	SASAI MEGUMI	崇	0:47:59
48	3KM - Female 40-49	5202	LO JASMINE	盧嘉麗	0:53:43
1	3KM - Female 50 or above	5214	NG WING WAH STEPHANIE	吳穎華	0:16:11
2	3KM - Female 50 or above	5145	SO SUET YEE		0:16:20
3	3KM - Female 50 or above	5160	SHEK SIU CHING	石少晶	0:17:41
4	3KM - Female 50 or above	5170	HUI ANGEL	許安琪	0:17:54
5	3KM - Female 50 or above	5174	HO YING WAI	何英慧	0:19:26
6	3KM - Female 50 or above	5144	CHAN MEI HA SALLY	陳美霞	0:20:05
7	3KM - Female 50 or above	5172	VANES YANG		0:20:06
8	3KM - Female 50 or above	5216	LO MAN YEE	盧敏儀	0:20:34
9	3KM - Female 50 or above	5178	TANG YIN SHEUNG HETTY		0:20:47
10	3KM - Female 50 or above	5177	TAM PIK CHIT	譚碧婕	0:21:21
11	3KM - Female 50 or above	5158	GO AMABEL		0:21:35
12	3KM - Female 50 or above	5155	MOK LUENTEI		0:22:00

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Rank	Category	BIB	Eng Name	Chi Name	Time
13	3KM - Female 50 or above	5175	LAM YUK LIN	林玉蓮	0:22:03
14	3KM - Female 50 or above	5159	NG LAI TSUI AMY	吳麗翠	0:22:09
15	3KM - Female 50 or above	5153	CHAN WING SZE		0:22:22
16	3KM - Female 50 or above	5148	LAW LAI PING	羅麗萍	0:22:27
17	3KM - Female 50 or above	5162	CHEUNG YUK LING	張玉靈	0:23:13
18	3KM - Female 50 or above	5171	CHAN SIU FUNG	陳小鳳	0:23:22
19	3KM - Female 50 or above	5151	CHENG LAI KING	鄭麗琼	0:23:23
20	3KM - Female 50 or above	5169	YANG YEE SIN	楊綺倩	0:23:31
21	3KM - Female 50 or above	5141	KWOK SUET FAN	郭雪芬	0:23:51
22	3KM - Female 50 or above	5213	HO WAI NGAN SANDRA	何慧顏	0:23:57
23	3KM - Female 50 or above	5152	CHAN SHUK YEE MAGGIE		0:24:05
24	3KM - Female 50 or above	5154	FONG MEI WAH	方美華	0:24:17
25	3KM - Female 50 or above	5149	WONG CHUN WAI		0:24:21
26	3KM - Female 50 or above	5168	YEUNG SIU WAI REBECCA	楊小蕙	0:24:31
27	3KM - Female 50 or above	5146	LAU CHOI YING	劉彩英	0:25:46
28	3KM - Female 50 or above	5176	YIP MEI CHUN	葉美珍	0:25:53
29	3KM - Female 50 or above	5142	LAW YUK SEUNG		0:25:59
30	3KM - Female 50 or above	5163	TSE CHUI HUNG	謝翠紅	0:26:23
31	3KM - Female 50 or above	5147	LAW LAI KIT	羅麗結	0:26:42
32	3KM - Female 50 or above	5166	WONG KIT CHU ANGELA	王潔珠	0:26:58
33	3KM - Female 50 or above	5156	WAN YUEN HAN EMILY	温婉嫻	0:28:26
34	3KM - Female 50 or above	5143	LI MAN PING	李文平	0:28:41
35	3KM - Female 50 or above	4230	DING KIM KUM	丁劍琴	0:29:05
36	3KM - Female 50 or above	5217	CHAN MEI TUNG	陳薇童	0:29:15

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Rank	Category	BIB	Eng Name	Chi Name	Time
37	3KM - Female 50 or above	5167	LAM CAT		0:32:06
38	3KM - Female 50 or above	5165	LEUNG YUEN FUN		0:32:45
39	3KM - Female 50 or above	5164	KWOK SHUK KAM		0:33:11
40	3KM - Female 50 or above	5215	NG SO SHEUNG PAULINE	伍蘇常勝	0:53:43
1	3KM - Male 8-9	4009	CHAN YAT LONG JAY		0:13:17
2	3KM - Male 8-9	4002	CHUNG CHI YIN IVIN	鍾至玆	0:13:51
3	3KM - Male 8-9	4004	WONG CHUNG YU	王誦榆	0:13:57
4	3KM - Male 8-9	4010	LAU HIU LAP	劉曉立	0:14:15
5	3KM - Male 8-9	4008	CHAN KAI LIM CYRIL		0:15:15
6	3KM - Male 8-9	4001	CHAN CHUN YU	陳俊宇	0:16:53
7	3KM - Male 8-9	4007	SASAI YUTA		0:18:33
8	3KM - Male 8-9	4011	LAU NOK HIM		0:20:45
9	3KM - Male 8-9	4003	YING YAT HAU	邢逸侯	0:35:36
1	3KM - Male 10-11	4016	MAK SAN MAU JACOB	麥宸畝	0:11:50
2	3KM - Male 10-11	4018	FAN CHUNG YIU	范中耀	0:12:04
3	3KM - Male 10-11	4019	TSE SHEUNG LAM	謝尚霖	0:13:37
4	3KM - Male 10-11	4012	TSE MORRIS	sunny	0:14:43
5	3KM - Male 10-11	4015	CHAM SI CAI	湛思齊	0:16:08
6	3KM - Male 10-11	4017	LAM LONG FUNG	林朗峯	0:27:34
1	3KM - Male 12-13	4026	CHAN TSZ LONG	陳子朗	0:11:03
2	3KM - Male 12-13	4020	WONG EDISON		0:11:14
3	3KM - Male 12-13	4023	CHAN WUI FUNG	陳滙峯	0:11:21
4	3KM - Male 12-13	4022	LO HO FUNG RICK	羅浩峰	0:11:41
5	3KM - Male 12-13	4024	LO TIN YAT SILEX		0:11:58

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Rank	Category	BIB	Eng Name	Chi Name	Time
6	3KM - Male 12-13	4027	LEUNG CHUN HIM	梁騫謙	0:12:10
7	3KM - Male 12-13	4197	LAU YIK HEI	劉奕希	0:12:30
8	3KM - Male 12-13	4025	CHUNG HO TING		0:13:47
1	3KM - Male 14-15	4034	WONG YIK LAI IAN		0:12:00
2	3KM - Male 14-15	4033	WONG CHEUK HIN	黃卓軒	0:12:13
3	3KM - Male 14-15	4032	YOUNG SHING HEI AIDAN	楊承曦	0:13:24
1	3KM - Male 16-29	4060	YEUNG JASON CHUN HO	楊雋濠	0:09:46
2	3KM - Male 16-29	4051	ASLAM HAMZA SAGHIR	薩文杰	0:11:41
3	3KM - Male 16-29	4059	SCHRIEKS BAS		0:11:55
4	3KM - Male 16-29	4204	CHIU KWOK HUNG	趙國雄	0:14:04
5	3KM - Male 16-29	4058	YIP KALOK	葉嘉樂	0:15:24
6	3KM - Male 16-29	4200	WONG CHI SUM		0:15:59
7	3KM - Male 16-29	4048	TAM HO LUN	譚浩倫	0:16:05
8	3KM - Male 16-29	4056	TSE WO HIN JIMMY	謝和軒	0:16:06
9	3KM - Male 16-29	4042	TANG TSZ PUI		0:16:27
10	3KM - Male 16-29	4038	FUNG CHEUK LAP	馮卓立	0:16:38
11	3KM - Male 16-29	4036	WONG WAI FUNG		0:17:00
12	3KM - Male 16-29	4054	TSOI HOI TING		0:17:21
13	3KM - Male 16-29	4047	JOHANN PANG	Po Shan	0:17:33
14	3KM - Male 16-29	4198	CHAN WUI KIU JASON	陳蒼喬	0:17:55
15	3KM - Male 16-29	4057	CHEUNG YAT WING	張日榮	0:18:22
16	3KM - Male 16-29	4202	CHAU WING HIN	周永軒	0:18:26
17	3KM - Male 16-29	4045	CHAN LOK HIN	陳洛軒	0:18:41
18	3KM - Male 16-29	4203	LEUNG KWOK SAN		0:18:42

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12 November 2023 (Sunday)

Rank	Category	BIB	Eng Name	Chi Name	Time
19	3KM - Male 16-29	4205	HO SUNG TIM TIMOTHY	何崇添	0:18:42
20	3KM - Male 16-29	4207	LIU ZEPENG	刘泽鹏	0:19:19
21	3KM - Male 16-29	4035	WONG KEI YIP	黃基業	0:20:09
22	3KM - Male 16-29	4052	MUNG KA HO		0:20:45
23	3KM - Male 16-29	4201	WONG POK HIM	黃博謙	0:20:56
24	3KM - Male 16-29	4199	YU WING LOK	余永樂	0:22:13
25	3KM - Male 16-29	4063	LAM DAVID		0:22:20
26	3KM - Male 16-29	4050	CHAK FUNG CHAN		0:22:24
27	3KM - Male 16-29	4208	GUO ZIJIAN	郭梓健	0:23:39
28	3KM - Male 16-29	4044	LI WAI LUN		0:23:42
29	3KM - Male 16-29	4062	WONG ON CHIT ANDREA		0:24:22
30	3KM - Male 16-29	4049	HUE SHEUNG CHUN	許尚進	0:24:44
31	3KM - Male 16-29	4046	KWONG KING SANG		0:24:50
32	3KM - Male 16-29	4041	CHAN WAI KIT	陳偉傑	0:24:55
33	3KM - Male 16-29	4040	LAI KA LUN	黎家麟	0:24:56
34	3KM - Male 16-29	4039	CHAN CHO HO	陳祖豪	0:25:03
35	3KM - Male 16-29	4206	ZHANG WILL	张梓健	0:25:10
36	3KM - Male 16-29	4043	LAKSANA I NENG AH KRISNA DARMA		0.018553
DNF	3KM - Male 16-29	4037	QIAN KA FAI		
1	3KM - Male 30-39	4085	WONG KAI CHEUNG	黃啓彰	0:11:47
2	3KM - Male 30-39	4217	TSANG YAT WING	曾逸榮	0:12:01
3	3KM - Male 30-39	4076	CHAU KA HEI	周家晞	0:12:02
4	3KM - Male 30-39	4075	CHAU KA LOK	周家樂	0:12:13
5	3KM - Male 30-39	4079	WONG TSZ CHUN MURPHY	黃子晉	0:13:24

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12 November 2023 (Sunday)

Rank	Category	BIB	Eng Name	Chi Name	Time
6	3KM - Male 30-39	4087	TAKANEZAWA YUYA		0:14:26
7	3KM - Male 30-39	4086	LI JACKY	李志賢	0:14:27
8	3KM - Male 30-39	4070	KWAN FU HONG	關富康	0:15:00
9	3KM - Male 30-39	4073	CHAN KA SHING		0:15:27
10	3KM - Male 30-39	4219	PANG HIU FUNG	彭曉峰	0:15:33
11	3KM - Male 30-39	4218	LUK MAN KIT, ELVIS	陸文傑	0:15:36
12	3KM - Male 30-39	4067	NG KA LOONG	吳嘉龍	0:16:24
13	3KM - Male 30-39	4065	CHING HO FAI	程浩暉	0:16:42
14	3KM - Male 30-39	4213	SO CHI HO	蘇志豪	0:17:04
15	3KM - Male 30-39	4082	TO DAT		0:17:16
16	3KM - Male 30-39	4212	WONG CHUN MING	黃俊銘	0:17:45
17	3KM - Male 30-39	4216	TSANG WAH KWOK	曾華國	0:17:56
18	3KM - Male 30-39	4214	MOK BERTUS WIK HIN	莫域軒	0:18:36
19	3KM - Male 30-39	4215	CHAN WAI KIT	陳偉傑	0:18:36
20	3KM - Male 30-39	4220	ZHANG DALONG	张大龙	0:19:01
21	3KM - Male 30-39	4091	WONG CHUN HUNG	黃振鴻	0:19:09
22	3KM - Male 30-39	4239	Ye Kim	叶华盛	0:19:10
23	3KM - Male 30-39	4064	LIU HIN WEI	廖衍維	0:19:41
24	3KM - Male 30-39	4084	LAU KA LEUNG TOMMY	劉家樑	0:19:46
25	3KM - Male 30-39	4072	AU CHUN TUNG	區鎮東	0:21:30
26	3KM - Male 30-39	4209	WANG HONGBO	汪宏博	0:22:35
27	3KM - Male 30-39	4090	SZE LUNG	施龍	0:22:57
28	3KM - Male 30-39	4083	CHUNG YAK CHUN CHALTON		0:26:31
29	3KM - Male 30-39	4069	RAHARJA HERDIAN BINTANG		0:26:43

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12 November 2023 (Sunday)

Rank	Category	BIB	Eng Name	Chi Name	Time
30	3KM - Male 30-39	4080	CHAN JULIO		0:26:56
31	3KM - Male 30-39	4074	YEUNG YUN HONG	楊潤康	0:28:24
32	3KM - Male 30-39	4211	ACHDIJALSJAH ADE PUTRA		0:34:51
1	3KM - Male 40-49	4125	CHUNG TAK LUN		0:10:40
2	3KM - Male 40-49	4222	CHAN MAN FOR		0:10:48
3	3KM - Male 40-49	4137	NG CHEUK YIN	吳卓賢	0:10:58
4	3KM - Male 40-49	4121	LEE CHI WING	李志榮	0:11:44
5	3KM - Male 40-49	4226	LIU BUN	廖贖	0:12:01
6	3KM - Male 40-49	4139	YUNG HO YIN	翁浩然	0:13:08
7	3KM - Male 40-49	4129	CHENG CHUN TO	鄭鎮濤	0:13:50
8	3KM - Male 40-49	4097	CHAN CHI FUNG		0:14:16
9	3KM - Male 40-49	4136	LEUNG FAI TAT	梁暉達	0:15:32
10	3KM - Male 40-49	4223	LAW KAI WANG		0:16:02
11	3KM - Male 40-49	4135	CHENG NGAN YIN	鄭雁賢	0:16:19
12	3KM - Male 40-49	4108	WONG MAN HO	黃文浩	0:16:44
13	3KM - Male 40-49	4229	CHEN JOE	陈修托	0:16:46
14	3KM - Male 40-49	4118	LEE CHUN HO		0:16:51
15	3KM - Male 40-49	4114	WONG SIU MAN	黃少文	0:17:02
16	3KM - Male 40-49	4105	KWAN SIU FAN		0:18:06
17	3KM - Male 40-49	4127	LEUNG SIU HONG		0:18:29
18	3KM - Male 40-49	4130	CHUNG KING HUNG DESMOND	鍾景鴻	0:18:58
19	3KM - Male 40-49	4134	AU TIN FU	區天富	0:19:03
20	3KM - Male 40-49	4131	CHAN PO CHI	陳寶池	0:19:05
21	3KM - Male 40-49	4126	HUNG HIN PONG	孔憲邦	0:19:13

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12 November 2023 (Sunday)

Rank	Category	BIB	Eng Name	Chi Name	Time
22	3KM - Male 40-49	4099	FUNG MAN SANG	馮民生	0:19:15
23	3KM - Male 40-49	4124	LEE PHILIP	李裕發	0:19:41
24	3KM - Male 40-49	4103	WONG KA FAI	黃嘉輝	0:19:52
25	3KM - Male 40-49	4225	LAI RIVER	黎浩銓	0:19:55
26	3KM - Male 40-49	4122	FUNG WING HANG	馮穎恆	0:20:05
27	3KM - Male 40-49	4101	MAN HON KUEN		0:20:44
28	3KM - Male 40-49	4221	WONG SIU KAU JAMES	王紹球	0:21:12
29	3KM - Male 40-49	4107	TAI SIU KEI	戴紹基	0:21:26
30	3KM - Male 40-49	4098	LUK SIU LEUNG HOLLIS	陸兆樑	0:21:37
31	3KM - Male 40-49	4093	CHOI KA CHUEN SIMON	蔡家銓	0:21:48
32	3KM - Male 40-49	4094	WONG CHI WAI	王志偉	0:22:51
33	3KM - Male 40-49	4228	CHUNG HO WING	鍾浩榮	0:23:32
34	3KM - Male 40-49	4092	TSANG HING LUNG	曾慶龍	0:23:50
35	3KM - Male 40-49	4123	IP CHI MING		0:24:26
36	3KM - Male 40-49	4106	LAM CHI LUNG	林智龍	0:24:30
37	3KM - Male 40-49	4110	CHAN CHAK LAM		0:24:38
38	3KM - Male 40-49	4138	LEE KA FAI		0:24:48
39	3KM - Male 40-49	4116	BIRD CHRISTOPHER		0:24:50
40	3KM - Male 40-49	4112	TSE YIU KEI	謝耀基	0:25:14
41	3KM - Male 40-49	4095	CHEUNG DOM		0:27:11
42	3KM - Male 40-49	4132	CHAN KA HO	陳家豪	0:27:28
43	3KM - Male 40-49	4119	YIM KING WA	嚴敬華	0:27:51
44	3KM - Male 40-49	4133	LAW KA CHUN	羅家俊	0:27:59
45	3KM - Male 40-49	4100	YING CHUN PONG	邢振邦	0:35:36

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12 November 2023 (Sunday)

Rank	Category	BIB	Eng Name	Chi Name	Time
46	3KM - Male 40-49	4224	LAM RICKY		0:38:49
47	3KM - Male 40-49	4113	SASAI TAKASHI		0:43:18
1	3KM - Male 50-59	4170	WONG CHUN BONG JOSEPH	黃振邦	0:11:22
2	3KM - Male 50-59	4168	LEE CHI MAN	lee	0:11:33
3	3KM - Male 50-59	4145	WONG YIU FAI		0:11:51
4	3KM - Male 50-59	4140	MOK HO YIN		0:11:53
5	3KM - Male 50-59	4143	LAM TAT CHI	林達智	0:12:08
6	3KM - Male 50-59	4141	WONG TAI CHUN MARK		0:13:26
7	3KM - Male 50-59	4157	WONG MICHAEL	Wong	0:15:36
8	3KM - Male 50-59	4231	WONG KIN HANG	黃健恒	0:15:48
9	3KM - Male 50-59	4171	CHING MING CHOR	程銘雛	0:16:30
10	3KM - Male 50-59	4148	WONG KING MAN		0:16:36
11	3KM - Male 50-59	4159	HO CHUEN KIT FRANKLIN	何俊傑	0:16:39
12	3KM - Male 50-59	4173	AU LAP SAN	區立伸	0:16:42
13	3KM - Male 50-59	4163	TAM SIU KONG	譚紹光	0:16:44
14	3KM - Male 50-59	4152	HO CHUN WING	何振榮	0:16:56
15	3KM - Male 50-59	4160	KWOK YIU WAI	郭耀威	0:17:03
16	3KM - Male 50-59	4232	MA DANIEL	馬家銘	0:17:48
17	3KM - Male 50-59	4156	TAM HOK LEUNG	譚學良	0:17:58
18	3KM - Male 50-59	4144	MA WAI CHUEN	馬偉全	0:18:02
19	3KM - Male 50-59	4169	CHAM PUI KEE	湛沛祺	0:18:09
20	3KM - Male 50-59	4165	CHAN KAM WAH		0:18:40
21	3KM - Male 50-59	4155	CHEUNG KWEI WING JOE	張貴榮	0:19:11
22	3KM - Male 50-59	4164	WONG HO HO	黃河浩	0:19:15

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12 November 2023 (Sunday)

Rank	Category	BIB	Eng Name	Chi Name	Time
23	3KM - Male 50-59	4167	WONG YIP FAT		0:19:51
24	3KM - Male 50-59	4172	NAM YIN CHUN	藍延進	0:20:03
25	3KM - Male 50-59	4233	IU CHIN PANG	姚展鵬	0:20:09
26	3KM - Male 50-59	4158	TONG KWOK PO	唐國寶	0:21:18
27	3KM - Male 50-59	4151	MA YEE SHING		0:23:05
28	3KM - Male 50-59	4175	WONG HON WA PERCY		0:24:22
29	3KM - Male 50-59	4174	SO TZE HAU	蘇子孝	0:25:43
30	3KM - Male 50-59	4150	FUNG HON CHEUNG	馮漢章	0:26:11
31	3KM - Male 50-59	4162	SANTOSO ROHENDI	LAM Kam Hon	0:26:21
32	3KM - Male 50-59	4149	LEE LONG YUI	李朗睿	0:28:58
33	3KM - Male 50-59	4166	TSANG SIU HUNG		0:30:14
1	3KM - Male 60 or above	4235	NG FAI YEUNG	吳輝揚	0:12:30
2	3KM - Male 60 or above	4176	GRAHAM ALAN		0:13:33
3	3KM - Male 60 or above	4182	MOK LAI CHAU	莫禮就	0:15:23
4	3KM - Male 60 or above	4194	WU WAI SING	胡偉星	0:16:50
5	3KM - Male 60 or above	4234	CHOW KOON KIN	CHOW	0:17:53
6	3KM - Male 60 or above	4177	NG KWOK WING	吳國榮	0:18:41
7	3KM - Male 60 or above	4181	LOW HUNG KEI	羅鴻基	0:18:44
8	3KM - Male 60 or above	4190	LEE KAI YAN		0:19:22
9	3KM - Male 60 or above	4195	MA JOSEPH	馬家雄	0:20:46
10	3KM - Male 60 or above	4186	TING KAM TIM	Kam tim	0:23:30
11	3KM - Male 60 or above	4193	FUNG CHOW KWEI	馮秋貴	0:24:38
12	3KM - Male 60 or above	4185	YIP THOMAS		0:24:44
13	3KM - Male 60 or above	4178	LEUNG CHI KUEN	梁志權	0:25:23

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Rank	Category	BIB	Eng Name	Chi Name	Time
14	3KM - Male 60 or above	4180	CHONG YING MING	莊英明	0:25:47
15	3KM - Male 60 or above	4189	CHAN KWAN PING	陳君平	0:26:23
16	3KM - Male 60 or above	4187	WONG KWOK WAH		0:27:44
17	3KM - Male 60 or above	4236	CHAU KING FAI	周景輝	0:29:03