

# ASICS Hong Kong 10K Challenge 2014

## Men's Senior Results

Race No	Name	5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos	
<b>Men's Senior (MS)</b>								
4088	Thomas Kiprotich	00:15:41	00:32:45	00:32:44	1	1	1	
4084	Matthew Clarke	00:16:02	00:32:47	00:32:47	2	2	2	
4030	Lo Ching Hin	勞証顯	00:15:59	00:33:00	00:32:59	3	3	3
4252	Wang Kun	王坤	00:15:54	00:33:18	00:33:18	4	4	4
4023	Tang Man Wa	鄧敏華	00:16:06	00:33:20	00:33:19	5	5	5
4254	Iao Kuan Un	邱鈞源	00:16:08	00:33:22	00:33:19	6	6	6
4117	Ngai Kang	魏康	00:16:11	00:33:36	00:33:35	7	7	7
4114	Yu Hin Wa	余顯華	00:16:39	00:33:38	00:33:37	8	8	8
4027	Man Ciu Kit	文少杰	00:16:39	00:33:40	00:33:39	9	9	9
4026	Wong Wang Keung	黃宏強	00:16:39	00:33:57	00:33:57	11	11	10
4028	Yip Tung Hoi	葉東海	00:16:39	00:33:59	00:33:57	13	13	11
4113	Wun Yiu Cheong	溫耀昌	00:16:39	00:34:01	00:34:01	14	14	12
4085	Michale Tozer		00:16:40	00:34:03	00:34:02	15	15	13
4131	Chan Kwok Hang	陳國恒	00:16:47	00:34:23	00:34:21	17	17	14
4115	Yuen Ho Yin	袁浩然	00:17:09	00:34:51	00:34:50	19	19	15
4032	Li Chun Yin	李俊賢	00:17:26	00:35:04	00:34:51	21	21	16
4319	Ip Nga Kit	葉雅傑	00:17:27	00:35:06	00:35:05	22	22	17
4025	Eric Chan Ka Chun	陳家俊	00:17:01	00:35:06	00:35:06	23	23	18
4133	Yeung Shiu Lun	楊肇麟	00:17:38	00:35:14	00:35:08	24	24	19
4132	Chan Kwok Cheung	陳國璋	00:17:25	00:35:17	00:35:15	25	25	20
4096	Li Wang Chun	李宏俊	00:17:24	00:35:17	00:35:15	26	26	21
4134	Ng Chung Yin	伍頌研	00:17:57	00:35:39	00:35:37	28	28	22
4095	Ng Tsz Wai	吳子威	00:17:47	00:35:49	00:35:46	33	33	23
4050	Au Ka Lun	區嘉倫	00:17:47	00:36:02	00:35:59	36	35	24
4118	Chow Koon Ho	周冠豪	00:17:31	00:36:06	00:36:05	37	36	25
4014	Luk Chok Yan	陸作恩	00:17:47	00:36:07	00:36:03	38	37	26
4129	Yeung Yat Hung	楊日雄	00:17:42	00:36:21	00:36:18	42	41	27
4043	Hui Siu Tung	許兆東	00:17:57	00:36:37	00:36:27	45	44	28
4396	Poon Cheuk Po	潘卓寶	00:18:05	00:36:38	00:36:35	46	45	29
4031	So Man Ho	蘇文浩	00:18:21	00:36:43	00:36:28	47	46	30
4103	Cheung Wai Lun	張偉倫	00:18:11	00:36:53	00:36:50	52	51	31
4013	Leung Yu Chun	梁宇俊	00:18:18	00:37:05	00:37:02	53	52	32
4713	Lam Wai Lung	林偉龍	00:18:09	00:37:07	00:37:03	54	53	33
4135	Yeung Yui Sheung	楊銳湘	00:18:09	00:37:10	00:37:05	55	54	34
4097	Theeradeg Winter Tsui	徐弘泰	00:18:24	00:37:13	00:37:09	56	55	35
4402	Ha Ming Yin	夏銘賢	00:18:26	00:37:18	00:37:15	58	57	36
4052	Mike Mak Kin Sing	麥建升	00:18:16	00:37:24	00:37:19	61	60	37
4311	Cheung Chi Yip	張志業	00:18:10	00:37:35	00:37:29	67	66	38
4021	Wan Hau Chung	溫孝聰	00:17:48	00:37:48	00:37:46	71	70	39
4048	Chan Tsz Leung	陳梓良	00:19:16	00:37:48	00:37:14	72	71	40
4139	Chow Shing Wang	鄒承宏	00:18:34	00:37:54	00:37:36	75	74	41
5121	Hui On Tang	許安騰	00:18:50	00:37:56	00:37:51	78	77	42
4516	James	羅遠瞻	00:19:18	00:38:00	00:37:33	80	78	43
4306	Thomas Chan Hang Kan	陳恒謹	00:18:55	00:38:00	00:37:57	81	79	44
5203	Chan Ka Chun	陳嘉俊	00:18:34	00:38:00	00:37:57	83	80	45
4074	Yim Yip Cheong	閻業昌	00:18:45	00:38:01	00:37:55	84	81	46
4051	Lai Wai Ho	黎偉浩	00:18:45	00:38:02	00:37:56	85	82	47
4733	Leung Chung Yin	梁仲賢	00:19:10	00:38:06	00:37:54	86	83	48
4078	Yiu Chun Keung	姚振強	00:18:56	00:38:10	00:37:54	89	86	49
4099	Chan Siu Lun	陳紹倫	00:18:52	00:38:12	00:38:08	91	87	50
4001	Tse Chun Hung	謝振雄	00:20:06	00:38:17	00:36:52	92	88	51
4107	Poon Kam Fai	潘錦輝	00:18:43	00:38:22	00:38:14	94	90	52
4712	Lo Chi Fai	盧志輝	00:19:13	00:38:28	00:38:16	98	94	53

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4008	Cho Shek Man	曹碩文	00:19:03	00:38:31	00:38:23	99	95	54
4994	Ho Ka Ho	何家豪	00:18:56	00:38:32	00:38:28	102	98	55
4253	Chan Weng U	陳永裕	00:18:40	00:38:33	00:38:30	104	100	56
4093	Ng Shui Pan	吳瑞濱	00:19:25	00:38:33	00:38:24	105	101	57
4007	Cheung Chun Fan	張振藩	00:19:19	00:38:35	00:38:23	106	102	58
4137	Leung Wai Chun	梁威俊	00:19:12	00:38:42	00:38:23	109	105	59
4346	Leung Pak Hin	梁柏軒	00:18:56	00:38:51	00:38:48	112	108	60
4020	Tse Hok Man	謝學文	00:19:41	00:38:58	00:38:49	116	111	61
4209	Yim Lok Hin	嚴樂軒	00:19:27	00:38:58	00:38:53	117	112	62
4428	Wong Ho Leung	黃浩樑	00:19:36	00:39:02	00:38:25	118	113	63
4281	Ho Cheuk Sau	何卓修	00:19:02	00:39:12	00:39:10	120	115	64
4072	Laurence Wong Cheuk Lun	黃焯麟	00:19:18	00:39:19	00:39:14	124	119	65
4424	Lau Man Chau		00:19:59	00:39:23	00:39:01	127	122	66
4484	Martin Cheung Wai Ho	張偉豪	00:19:25	00:39:27	00:39:21	130	125	67
4130	Chan Long Ting	陳朗庭	00:17:53	00:39:28	00:39:27	131	126	68
4207	So Yiu Cho	蘇耀祖	00:19:50	00:39:31	00:39:29	133	128	69
4312	Leung Ka Lun	梁家麟	00:19:40	00:39:33	00:39:19	135	130	70
4044	Lam Sam Choi	林三才	00:19:23	00:39:34	00:39:25	136	131	71
4087	Jason Kwok Fung Lam	郭豐霖	00:19:40	00:39:41	00:39:34	141	136	72
4146	Kwok Sin Hung	郭善雄	00:20:02	00:39:43	00:39:33	144	139	73
4421	Liu Yuen Fai	廖遠輝	00:19:19	00:39:46	00:39:44	148	143	74
4461	Lai Kwok Hang	黎國亨	00:20:00	00:39:48	00:39:36	149	144	75
4821	Kwok Ka Chun	郭家晉	00:19:34	00:39:49	00:39:33	151	145	76
4278	Yuen Chun Hong	袁進康	00:20:13	00:40:02	00:39:58	154	148	77
4063	Michael Lui Hui Hing	呂翹慶	00:19:54	00:40:09	00:39:34	161	155	78
4112	Chui Wui Chung	徐匯宗	00:19:24	00:40:13	00:39:54	165	159	79
4098	Wong Kin Hei	王健禧	00:19:44	00:40:14	00:40:00	166	160	80
4988	Fan Kai Yam	范啟蔭	00:20:17	00:40:17	00:39:59	171	165	81
4284	Kanok Choy Chong Hong	蔡宗翰	00:20:17	00:40:20	00:39:35	177	169	82
4643	Tam Wing Chung	譚泳聰	00:19:57	00:40:26	00:40:07	183	175	83
4142	Cheung Chun Ho	張振豪	00:20:18	00:40:28	00:39:45	184	176	84
4015	Pau Chun Wa	鮑震禕	00:19:56	00:40:30	00:40:27	186	178	85
4581	Lam Ka Chun	林嘉俊	00:20:37	00:40:33	00:40:26	188	180	86
4121	Lam Chun Kit	林俊傑	00:20:10	00:40:36	00:40:33	190	182	87
4513	Wong Pui Tung	王培東	00:20:08	00:40:44	00:40:33	196	188	88
4060	Ken Fong Ka Kin	方家健	00:20:06	00:40:48	00:40:42	201	192	89
4116	Felix Ng Sai Wah	伍世華	00:22:06	00:40:53	00:37:59	207	197	90
4630	Lai Yik Chun		00:20:44	00:41:01	00:40:48	211	200	91
4138	Yip Wai Kin	葉偉健	00:20:43	00:41:09	00:40:47	219	208	92
4292	Leung Kai Kin	梁啟堅	00:21:45	00:41:10	00:39:35	220	209	93
4622	Kwan Yan Leung	關殷莨	00:20:39	00:41:11	00:40:13	221	210	94
4626	Pang Chun Kuen	彭春權	00:20:28	00:41:13	00:41:01	222	211	95
4524	Tsang Hon Sing	曾漢聲	00:21:38	00:41:17	00:39:44	225	214	96
5079	Law Kai Lok	羅繼樂	00:19:35	00:41:18	00:41:14	228	216	97
4582	Lai Chiu Lun	黎昭麟	00:20:12	00:41:25	00:41:20	230	217	98
4422	Yeung Ting Hei	楊霆禧	00:20:44	00:41:34	00:41:20	234	220	99
4017	Pun Tak Kiu	潘德翹	00:22:03	00:41:37	00:40:31	235	221	100
4926	Chan Yiu Ki	陳耀麒	00:21:14	00:41:46	00:41:35	243	227	101
4372	Chan Chi Ho	陳志豪	00:21:12	00:41:46	00:41:14	244	228	102
4529	Chan Pui Yuk	陳培郁	00:23:05	00:41:48	00:39:26	246	230	103
4808	Mo Kai Chung	毛啟聰	00:21:40	00:41:49	00:40:38	250	233	104
4500	Tsui Chi Wai	徐志偉	00:20:55	00:41:49	00:41:27	251	234	105
4274	Tso Ting Pong	曹錠邦	00:20:34	00:41:49	00:41:46	252	235	106
4501	Yiu Kin Man	姚健民	00:20:32	00:41:49	00:41:27	253	236	107
4016	Poon Kam Po	潘錦波	00:21:20	00:41:53	00:40:53	255	238	108

# ASICS Hong Kong 10K Challenge 2014

## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4125	Tai Wai Ching	戴偉正	00:21:01	00:42:02	00:41:48	264	247	109
4011	Kwan Siu Yau	關兆游	00:20:31	00:42:07	00:42:04	268	251	110
4283	Sung Chi Pan	宋志彬	00:20:28	00:42:10	00:42:04	271	253	111
4199	Tang Wai Ho	鄧偉豪	00:21:42	00:42:13	00:41:19	275	257	112
4075	Howard Chan Ho Wang	陳浩泓	00:21:26	00:42:20	00:41:48	282	263	113
4525	Wong Wing Hon	王泳漢	00:22:20	00:42:21	00:39:32	283	264	114
4709	Tai Yiu Ho	戴耀豪	00:21:42	00:42:32	00:41:17	290	271	115
4975	Ku Wang Kwong	顧宏廣	00:21:44	00:42:34	00:41:35	294	274	116
4102	Tse Lung Hin	謝龍軒	00:21:00	00:42:41	00:42:30	302	281	117
4492	Chan Ka Po	陳嘉寶	00:21:08	00:42:50	00:42:45	318	297	118
4620	Ng Sze Kwong	吳思廣	00:21:42	00:42:53	00:42:44	321	300	119
4432	Wong Tsz Fung	黃子鋒	00:20:28	00:42:57	00:42:40	323	302	120
4967	Chiu Wai Wah	趙偉華	00:21:03	00:42:58	00:42:35	325	304	121
4280	Ho Wing Hin	何穎軒	00:20:55	00:43:00	00:42:47	332	310	122
5250	Yeung Yui Kwan	楊銳坤	00:23:45	00:43:09	00:39:44	342	319	123
5142	Keith Tang King Luen	鄧璟倫	00:22:10	00:43:13	00:41:53	346	322	124
4159	Lam Ting Kwong	林庭光	00:20:39	00:43:17	00:43:12	351	327	125
4160	Chan Kin Wing	陳健榮	00:21:33	00:43:21	00:43:10	356	332	126
4061	Lee Cheuk Hon	李卓翰	00:21:57	00:43:22	00:43:07	357	333	127
4094	Leung Shun Cheong	梁順昌	00:21:48	00:43:29	00:43:01	363	337	128
4046	Tam Wei Yeung	譚衛陽	00:21:24	00:43:29	00:43:03	364	338	129
4417	Cheung Siu Fung	張少峰	00:22:32	00:43:39	00:42:21	377	349	130
4184	Ho Chun Man	何振文	00:21:22	00:43:43	00:43:36	383	355	131
4700	Sim Hiu Fung	沈曉楓	00:22:30	00:43:43	00:42:29	384	356	132
4089	Leung Kin Leung	梁健樑	00:21:49	00:43:47	00:43:31	386	358	133
4523	Yam Chiu Chun	任釗瑋	00:21:46	00:43:47	00:43:34	387	359	134
4395	Yu Man Hei	余文希	00:22:13	00:43:54	00:42:48	396	367	135
4022	Yap Kin	葉健	00:22:49	00:43:58	00:42:53	398	369	136
4602	Wong Ka Ho		00:21:40	00:43:59	00:43:52	399	370	137
4379	Lee Kwong Ho	李光豪	00:22:47	00:44:02	00:42:11	404	375	138
4963	Mok Kwai Chiu	莫桂釗	00:23:13	00:44:07	00:42:38	408	378	139
5108	Leung Chun Pan	梁振斌	00:23:48	00:44:08	00:40:25	410	379	140
4341	Chow Wing Sun	周榮燊	00:21:25	00:44:08	00:44:00	411	380	141
4952	Lau Tat Wai	劉達偉	00:22:19	00:44:10	00:43:01	413	382	142
4479	Chow Chin Chung	周展中	00:21:26	00:44:10	00:43:43	414	383	143
4547	Eddy Yung Chi Ling	容志凌	00:22:06	00:44:18	00:44:07	422	391	144
4934	Lam Kai Fai	林啟暉	00:23:43	00:44:20	00:42:27	425	394	145
4493	Chan King Hei	陳景熙	00:22:30	00:44:25	00:43:53	431	400	146
4449	Yip Kai Shing	葉啟誠	00:21:11	00:44:26	00:44:20	433	402	147
4055	Chan King Leong	陳景亮	00:21:32	00:44:29	00:44:14	437	406	148
4580	Mak King Man	麥景民	00:23:52	00:44:36	00:43:00	444	413	149
4453	Mak Yuk Ho	麥煜豪	00:24:37	00:44:46	00:40:30	450	418	150
5070	Tse Hing Ki	謝慶祺	00:21:48	00:44:46	00:44:39	451	419	151
4427	Ku Chuck Fung	古卓鋒	00:22:07	00:44:46	00:44:35	454	422	152
4012	Lai Ka Ho	黎家浩	00:22:51	00:44:50	00:43:39	459	427	153
4321	Lui Siu Fan	呂兆勳	00:22:21	00:44:53	00:44:31	464	431	154
4536	Leung Chun Kit	梁俊傑	00:22:50	00:44:53	00:43:50	465	432	155
4797	Anson Cheung Chun Hoo	張俊豪	00:23:24	00:44:58	00:43:30	472	438	156
4155	Yau Chi Ting	邱賜霆	00:22:04	00:45:02	00:44:50	479	445	157
4047	Stephen Yeung Wai Lok	楊偉諾	00:22:44	00:45:06	00:44:29	485	451	158
5258	Liu Ching Wah	廖靖華	00:22:53	00:45:07	00:43:31	488	454	159
4019	Tam Ka Lun	譚家麟	00:22:49	00:45:08	00:44:03	489	455	160
4065	Man Ho Pan	文浩濱	00:22:08	00:45:09	00:44:58	491	457	161
4593	Yeung Wing Kay	楊穎奇	00:22:20	00:45:12	00:44:53	498	462	162
4358	Fong Lung Tin	方龍天	00:22:24	00:45:13	00:44:41	501	465	163

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4105	Cheuk Kin San	卓健新	00:21:45	00:45:17	00:44:58	507	471	164
4736	Simon Chung	鍾世文	00:23:36	00:45:19	00:43:39	511	474	165
4568	Ng Long Him	吳朗謙	00:23:14	00:45:31	00:44:53	526	489	166
4439	Lam Wing Chung		00:22:37	00:45:37	00:45:12	532	495	167
4591	Ku Wan Sheung	古運雙	00:22:49	00:45:41	00:45:21	539	502	168
4717	Tse Yui Chung	謝睿中	00:22:07	00:45:46	00:45:13	550	512	169
4460	Adrian Ngan Chiu Ki	顏昭祺	00:22:30	00:45:47	00:45:34	551	513	170
4038	Lam Chun Kit	林俊傑	00:22:57	00:45:47	00:45:15	552	514	171
4499	Tse Ho Lun	謝浩麟	00:22:26	00:45:47	00:45:36	553	515	172
5184	Yip Yau Pi	葉尤珪	00:22:56	00:45:48	00:45:00	555	517	173
4299	Lo Min	羅勉	00:23:18	00:45:51	00:44:41	558	520	174
4034	Allan Yam Hin Lun	任顯麟	00:22:42	00:45:51	00:45:20	561	522	175
4861	Kwok Chun Wai	郭晉璋	00:23:40	00:45:52	00:44:55	563	524	176
5033	Lee Kai Yin	李啟賢	00:23:56	00:45:54	00:43:59	568	529	177
4474	Chan Wa	陳華	00:23:21	00:45:56	00:45:27	570	531	178
4143	Hawkins Chin Hok Ling	錢鶴齡	00:22:47	00:45:58	00:45:26	575	535	179
4726	Chan Tsz Chung	陳子聰	00:23:27	00:46:00	00:45:48	578	538	180
4431	Kwok Ka Chun	郭家俊	00:25:10	00:46:00	00:44:19	580	540	181
4147	Lai Kai Wai	黎佳偉	00:21:48	00:46:01	00:45:54	581	541	182
4565	Chung Pak Kei	鍾柏基	00:23:22	00:46:01	00:44:58	586	546	183
4243	Cheng Ming Chun	鄭明俊	00:23:29	00:46:06	00:45:22	594	553	184
4585	Lo Hong Wai	羅康維	00:23:24	00:46:07	00:44:36	596	555	185
4548	Leung Yat Ki	梁壹棋	00:23:35	00:46:10	00:45:08	599	558	186
4679	Chang Wai Kwai	張慧貴	00:23:38	00:46:12	00:45:16	602	561	187
4385	Tsang Tak Kin	曾德健	00:25:46	00:46:14	00:42:11	604	563	188
4425	Tam Ka Fai	譚家輝	00:23:30	00:46:14	00:45:08	605	564	189
4068	To Hin Wai	杜顯偉	00:23:05	00:46:14	00:45:46	606	565	190
4518	Wong Tsz Chung	黃梓聰	00:24:43	00:46:20	00:43:58	614	573	191
4296	Liu Chi Kin	廖志堅	00:24:46	00:46:20	00:43:31	615	574	192
4324	Wu Chung Him	胡頌謙	00:23:09	00:46:21	00:44:57	616	575	193
4069	Hang Tong Albert Kwok	唐國恆	00:23:06	00:46:21	00:45:35	617	576	194
4756	Florian Maubru		00:22:40	00:46:21	00:45:34	618	577	195
4545	Lam Lung	林龍	00:22:58	00:46:32	00:45:57	634	593	196
4792	Lee Pui Wang	李沛宏	00:22:38	00:46:32	00:45:51	635	594	197
4656	Lam Tak Lai	林德禮	00:24:35	00:46:33	00:43:40	636	595	198
4364	Kwong Kai Lun	鄺啟倫	00:23:36	00:46:35	00:46:03	639	598	199
4009	Ho Cho Wai	何祖煒	00:22:22	00:46:36	00:46:35	640	599	200
4076	Wong Kwok Kuen	黃國權	00:23:10	00:46:48	00:46:12	653	611	201
4318	Eric Wong Ching Yin	黃正然	00:22:54	00:46:51	00:46:45	658	615	202
5246	Philip Chan Chun Bong	陳振邦	00:23:02	00:46:52	00:46:26	661	618	203
4340	Wong Pak Ho	黃柏豪	00:23:31	00:46:53	00:45:42	665	621	204
4995	Lee Pak On	李栢安	00:24:00	00:47:00	00:45:57	673	628	205
4307	Tommy Yu Pak Hung	余柏鴻	00:24:51	00:47:02	00:45:18	677	632	206
4953	Kum Chi Kim	甘子健	00:23:07	00:47:02	00:46:01	678	633	207
4108	Francis Cho Chung Yan	曹頌恩	00:24:43	00:47:07	00:44:13	683	637	208
4110	Shum Ka Fung	岑啟鋒	00:21:45	00:47:09	00:46:59	684	638	209
4881	Chong Hin Lung	莊獻龍	00:22:34	00:47:09	00:46:53	685	639	210
4355	Chan Kiu Yeung	陳喬揚	00:23:11	00:47:10	00:46:25	686	640	211
4496	Wong Chi Wing	黃志榮	00:23:46	00:47:11	00:46:54	690	644	212
4101	Law Sung Him	羅崇謙	00:23:18	00:47:12	00:46:26	692	646	213
4517	Yip Siu Ho	葉紹豪	00:25:23	00:47:12	00:43:07	694	648	214
4958	Lui Chi Chung	呂志聰	00:25:10	00:47:15	00:44:23	700	653	215
4140	Cheung Tsz Kit	張子杰	00:24:26	00:47:21	00:47:06	710	661	216
5188	Wong Tik Shun		00:23:00	00:47:23	00:47:16	715	665	217
4526	Ng Hung Kwan	吳鴻堃	00:22:44	00:47:26	00:47:08	718	667	218

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4310	Lau Cheuk Fai	劉卓輝	00:23:34	00:47:27	00:46:43	721	669	219
5300	Ma Tsz Ho	馬子豪	00:24:55	00:47:30	00:46:04	726	673	220
4079	Chiu Man Chun	趙文俊	00:23:36	00:47:31	00:47:05	727	674	221
4412	Kenneth Ho Ka Young		00:24:56	00:47:33	00:46:47	731	678	222
4256	Ho Tsz Fung	何子峰	00:23:18	00:47:37	00:47:19	740	687	223
4664	Yip Kin Cheung	葉健彰	00:24:52	00:47:42	00:46:10	748	693	224
4647	Lam Ting Kong	林定港	00:23:12	00:47:46	00:47:04	755	699	225
4347	Kwok Siu Kai	郭兆佳	00:24:11	00:47:47	00:46:51	759	703	226
4059	Cheung Kin Sang	張健生	00:24:07	00:47:49	00:47:21	764	708	227
4719	Lam Cheuk Ming	林卓明	00:27:09	00:47:50	00:43:09	766	710	228
4006	Chan Sung Ming	陳崇銘	00:24:58	00:47:51	00:46:26	768	712	229
4238	Choi Pui Nang	蔡沛能	00:25:52	00:47:51	00:44:30	773	717	230
5150	Ng Ching Chuen	吳清全	00:24:09	00:47:52	00:47:22	777	719	231
4391	Tao Ka Wa	杜家華	00:25:35	00:47:53	00:44:53	782	722	232
5009	Chan Chun Ho	陳遵浩	00:26:54	00:47:54	00:42:56	783	723	233
4276	Lai Chi Shing	黎智成	00:25:17	00:47:55	00:46:37	789	729	234
4156	Yau Chu Kit	邱樹傑	00:23:14	00:47:57	00:47:43	793	733	235
4645	Pan Po Shing	潘寶成	00:26:13	00:47:58	00:45:01	797	737	236
4309	Yeung Yip Hong	楊業康	00:23:58	00:47:59	00:47:28	801	740	237
4349	Wong Chiu Hung	黃釗洪	00:25:19	00:48:01	00:45:16	804	743	238
5180	Cheung Chi Kit	張子傑	00:23:29	00:48:04	00:47:39	808	747	239
4127	Cheng Wai Yang	鄭韋欣	00:24:43	00:48:06	00:46:40	814	752	240
4858	Fu Yui Kan	傅銳勤	00:25:13	00:48:11	00:46:00	824	761	241
4124	Simon Lee Sai Ming	李世明	00:25:50	00:48:11	00:46:08	825	762	242
5273	Chung Kwok San	鍾國紳	00:26:03	00:48:12	00:45:10	826	763	243
4148	Lai Yat Wah	黎日華	00:24:16	00:48:12	00:47:37	828	765	244
4864	Kung Tze Wah	龔子華	00:24:05	00:48:14	00:47:01	832	767	245
4397	Wong Chi Chung	黃智聰	00:24:20	00:48:19	00:48:01	842	775	246
5098	Andrew Fong Chi Hei	方志禧	00:25:12	00:48:19	00:46:35	843	776	247
4323	Wong Chi Kit	黃子傑	00:25:12	00:48:22	00:47:10	848	781	248
5185	C K Lai		00:26:51	00:48:23	00:44:09	850	783	249
4544	Li Xiao Yu	李笑宇	00:26:32	00:48:23	00:43:42	851	784	250
4408	Liu Chi Wai	廖志威	00:22:36	00:48:23	00:48:21	852	785	251
4690	Tsang Chun Hing	曾振興	00:24:37	00:48:27	00:46:58	863	795	252
4350	Wan Cheong Pui		00:25:27	00:48:28	00:46:32	864	796	253
4853	Kui Tsz Chun	居子雋	00:24:51	00:48:28	00:48:00	866	798	254
4334	Edward Chu Tat Ming	朱達明	00:23:27	00:48:33	00:48:11	874	805	255
4606	Leung Wing Kan	梁榮根	00:25:12	00:48:34	00:46:37	877	808	256
5272	Tam Ka Kit	譚嘉傑	00:25:27	00:48:41	00:45:41	890	820	257
5302	Choy Kwok Wai	蔡國偉	00:26:29	00:48:42	00:44:38	893	822	258
4106	Li Chung Lun	李宗倫	00:21:03	00:48:48	00:48:21	904	832	259
4843	Angus Ma King Hang	馬競衡	00:26:53	00:48:50	00:44:18	906	833	260
4707	Chan Hung Fat	陳鴻發	00:26:54	00:48:51	00:45:58	914	841	261
4570	Tang Chun Chiu	鄧俊超	00:25:28	00:48:51	00:47:30	915	842	262
5162	Li Ngai Ki	李藝奇	00:23:27	00:48:51	00:48:34	916	843	263
4803	Edmond Wong	黃國權	00:24:57	00:48:53	00:47:54	920	847	264
4345	Li Yiu Chun	李耀俊	00:25:01	00:48:53	00:47:15	924	851	265
4531	Wong Kai Man	黃佳文	00:25:26	00:48:57	00:45:48	934	858	266
4053	Lawrence Kwok Wai Hay	郭煒熙	00:25:00	00:48:57	00:48:14	935	859	267
4057	Eric Chan Tak Ching	陳德正	00:25:06	00:48:59	00:46:54	941	865	268
4351	Yeung Yu Ming		00:24:17	00:49:01	00:48:35	945	869	269
5274	Andrew Chui Chin Hung	崔展鴻	00:25:02	00:49:01	00:47:25	947	871	270
4036	Chan Chin Fai	陳展輝	00:23:21	00:49:03	00:48:36	949	873	271
4868	Fox Kong	江俊龍	00:23:25	00:49:03	00:48:19	950	874	272
4604	Ryan Ho	何駿謙	00:25:48	00:49:04	00:46:16	952	875	273

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4486	Chan Chun Kit	陳俊傑	00:26:56	00:49:04	00:44:28	953	876	274
4789	Kwok Hon Keung	郭漢強	00:26:54	00:49:04	00:45:11	954	877	275
5012	Yuen Yip Kan	袁業芹	00:26:37	00:49:08	00:44:58	961	884	276
5109	Chan Wai Chun	陳偉俊	00:25:37	00:49:10	00:48:51	967	889	277
4386	Lam Chung Yee	林重而	00:24:18	00:49:12	00:48:55	971	893	278
4640	Lee Chu Wai	李柱威	00:25:03	00:49:18	00:45:38	982	902	279
4505	Yu Ka Yiu	余嘉耀	00:26:57	00:49:19	00:46:49	984	904	280
4631	Ho Hok Lun	何學綸	00:25:46	00:49:23	00:47:22	994	914	281
4393	Cheung Yiu Man	張耀文	00:24:05	00:49:23	00:48:51	995	915	282
4960	Leung Hon Wing	梁翰榮	00:25:35	00:49:28	00:47:58	1003	922	283
4917	Lam Sze Yuen	林詩鉉	00:25:28	00:49:30	00:46:35	1005	924	284
4090	Vishal Gupta		00:24:01	00:49:33	00:49:01	1015	934	285
4535	Hui Yi Yuk	許貽鈺	00:25:20	00:49:34	00:48:17	1019	937	286
4566	Chan Hin Ho	陳顯灝	00:26:01	00:49:35	00:47:36	1021	939	287
5230	Lau Ho Sun	劉浩燊	00:24:07	00:49:38	00:49:17	1028	945	288
4337	Leung Kwok Shing	梁國成	00:26:31	00:49:49	00:46:06	1050	963	289
4519	Mok Chung Fai	莫龍輝	00:25:59	00:49:49	00:48:08	1052	965	290
4541	Chong Pak Tim	莊伯恬	00:26:53	00:49:50	00:45:46	1053	966	291
5059	Lee Tsz Yuen	李梓源	00:26:16	00:49:51	00:47:47	1056	968	292
5007	Steve Leung Yen Tat	梁延達	00:26:13	00:49:51	00:46:53	1057	969	293
4204	Po Sui Keung	布瑞強	00:25:33	00:49:53	00:48:30	1062	974	294
4747	Ko Hong Ngai	高康毅	00:25:27	00:49:57	00:48:15	1065	977	295
4010	Patrick Hung Pui Chuen	洪培銓	00:25:10	00:49:58	00:48:51	1067	979	296
4394	Lee Chun Hei	李俊禧	00:25:56	00:49:58	00:48:28	1069	981	297
4504	Sin Wing Kwong	洗永光	00:24:35	00:49:59	00:48:50	1072	984	298
5207	Cheung Min Wai	章綿威	00:28:09	00:50:03	00:45:27	1081	992	299
4672	Cheung Wui Sum	張匯深	00:26:52	00:50:11	00:47:12	1095	1005	300
5086	Chau Ngai Ming	周毅銘	00:27:38	00:50:14	00:45:23	1103	1013	301
4628	Kwan Pok Man	關博文	00:26:51	00:50:14	00:47:50	1104	1014	302
5266	Tang Nai Shing	鄧乃誠	00:26:44	00:50:14	00:47:08	1106	1016	303
4642	Leung Chi Hang	梁志恒	00:25:50	00:50:18	00:48:28	1115	1023	304
4478	Lam King Hang	林景恆	00:24:02	00:50:18	00:49:57	1118	1025	305
4771	Keith Yip Kin Chung	葉健聰	00:27:56	00:50:20	00:47:53	1120	1027	306
4215	Choi Tin Ka	蔡天蔭	00:26:38	00:50:21	00:47:15	1126	1033	307
4495	Yeung Yiu Kei	楊耀基	00:26:22	00:50:22	00:47:54	1128	1035	308
4865	Fung Ho Chun	馮顯晉	00:25:44	00:50:24	00:48:21	1136	1041	309
4327	Lam Ho Lim	林浩廉	00:27:40	00:50:24	00:45:50	1137	1042	310
4172	Wai Ka Wah	韋嘉華	00:25:55	00:50:25	00:48:46	1139	1044	311
4497	Ng Ka Kit		00:26:01	00:50:28	00:48:09	1148	1053	312
4978	Hung Sai Kwan	洪世坤	00:25:35	00:50:29	00:48:31	1150	1055	313
4976	Chan Wai Pui	陳煒培	00:28:50	00:50:29	00:44:31	1152	1057	314
5269	Hui Yau Shing	許友成	00:26:20	00:50:31	00:48:25	1155	1059	315
4404	Kwok Wai Kin	郭偉建	00:27:50	00:50:31	00:45:37	1157	1061	316
4669	Ho Chun Fung	何震峯	00:24:20	00:50:32	00:50:16	1158	1062	317
4695	Kuo Hing Yan	郭慶欣	00:24:25	00:50:32	00:49:43	1159	1063	318
4389	Lou Man Yiu	盧文耀	00:25:40	00:50:38	00:49:28	1173	1076	319
4167	Chan Wing Kong	陳泳江	00:24:33	00:50:39	00:49:45	1176	1079	320
4993	Pang Siu Chuen	彭紹銓	00:29:18	00:50:42	00:45:05	1186	1089	321
4467	Ng Pak Yee	吳栢怡	00:27:21	00:50:47	00:47:14	1194	1096	322
5282	Lei Bo	雷波	00:26:04	00:50:48	00:48:12	1197	1099	323
5311	Lee Chi Hang		00:26:22	00:50:49	00:48:59	1200	1101	324
5149	Chau Cheuk Pong	周焯邦	00:29:10	00:50:52	00:45:02	1204	1105	325
4266	Choi Hung Khoon	蔡鴻坤	00:25:38	00:50:53	00:50:21	1207	1107	326
4822	Chan Wai Kit	陳偉杰	00:28:09	00:50:53	00:45:38	1209	1109	327
4621	Leung Kam Kong	梁鑫剛	00:26:37	00:50:55	00:48:34	1213	1113	328

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
5093	Tin Chiu Wai	田招威	00:26:53	00:50:56	00:48:49	1217	1116	329
4445	Wong Chak Man	黃澤敏	00:27:36	00:50:56	00:46:22	1218	1117	330
4420	Alvin Lo	盧浩存	00:27:03	00:50:56	00:47:31	1219	1118	331
5262	Yip Cheuk Kuen	葉卓權	00:28:34	00:51:04	00:45:17	1232	1131	332
4219	Fong Kin Lok	方健樂	00:24:13	00:51:05	00:51:01	1233	1132	333
5270	Chui Hok Sam	徐學琛	00:26:01	00:51:08	00:49:37	1241	1139	334
5115	Norman Lui	呂樂民	00:26:20	00:51:09	00:50:09	1243	1141	335
4510	Chan Yit Shun	陳逸信	00:26:36	00:51:11	00:49:09	1247	1144	336
4186	Yuen Kiu Yu	阮翹宇	00:26:17	00:51:12	00:50:20	1248	1145	337
5197	Tsang Chi Fai	曾志輝	00:26:00	00:51:14	00:49:51	1257	1154	338
4378	Brian Lau Shing Kam	劉承鑫	00:26:16	00:51:14	00:48:55	1258	1155	339
4414	Siu Chun Yu	蕭震宇	00:26:21	00:51:16	00:49:30	1261	1158	340
4758	Li Wing Keung	李永強	00:25:45	00:51:21	00:51:14	1269	1166	341
4867	Ko Chun Kit	高俊傑	00:27:25	00:51:23	00:48:45	1271	1168	342
5127	Tin Chun Yin	田俊賢	00:25:11	00:51:26	00:51:24	1278	1174	343
4416	Tsang Man Fung	曾萬峯	00:26:34	00:51:26	00:48:59	1279	1175	344
4870	Chan Chi Chun	陳子津	00:25:35	00:51:26	00:51:07	1281	1177	345
4452	Ma King Chin	馬競前	00:25:53	00:51:27	00:50:27	1283	1179	346
4817	Sam Mo	毛俊銘	00:27:18	00:51:28	00:50:02	1284	1180	347
4442	Gordon Chan Wang Hon	陳宏漢	00:25:33	00:51:28	00:50:31	1285	1181	348
4696	Law Chi Wai	羅志偉	00:27:15	00:51:28	00:47:38	1286	1182	349
4819	Lai Tat Ming	黎達明	00:27:18	00:51:30	00:49:24	1290	1186	350
5087	Tang Wai Yip	鄧偉業	00:25:10	00:51:30	00:50:34	1292	1188	351
4795	Chan Ka Ho	陳家豪	00:25:47	00:51:31	00:49:52	1297	1193	352
4782	John Paul Li Tao Chung	李道中	00:26:11	00:51:32	00:50:38	1299	1195	353
4451	Tam Kin Wai	譚健威	00:26:34	00:51:33	00:50:06	1301	1197	354
4514	Chan Chi Kai	陳志佳	00:26:54	00:51:34	00:49:55	1302	1198	355
4660	Keung Ho Fai	姜浩暉	00:26:54	00:51:34	00:49:38	1303	1199	356
4887	Chan Yuk Fai	陳煜輝	00:27:57	00:51:38	00:47:25	1315	1211	357
4658	Lam Tsz Lai	林子禮	00:26:09	00:51:41	00:49:55	1320	1216	358
4992	Wong Kam Ho	黃錦豪	00:24:46	00:51:42	00:51:32	1323	1219	359
4265	Ho Ka Yue	何家裕	00:27:49	00:51:43	00:47:28	1326	1221	360
4314	Keith Wong Hoi Ching	黃海澄	00:28:46	00:51:45	00:46:46	1333	1227	361
4718	Wong Pui Man	黃沛文	00:27:30	00:51:50	00:48:30	1343	1236	362
4703	Leung Hin Long	梁軒朗	00:27:39	00:51:50	00:48:00	1345	1238	363
4572	Li Chun Wai	李振威	00:26:47	00:51:58	00:49:38	1362	1253	364
4721	Cheng Ho Man	鄭浩文	00:26:24	00:51:59	00:50:08	1366	1256	365
4005	Suen Wai Kwan	孫偉君	00:27:56	00:52:05	00:47:54	1372	1261	366
4370	Leung Kwok Kin	梁國健	00:29:34	00:52:05	00:46:51	1374	1263	367
4613	Lee Wai Hang	李偉恒	00:26:59	00:52:07	00:50:27	1378	1266	368
5126	Leung Ka Wai	梁家偉	00:26:21	00:52:10	00:51:10	1383	1271	369
4494	Chan Kwan Ho	陳君豪	00:28:50	00:52:11	00:47:29	1385	1273	370
4659	Wong Chi Po	王志寶	00:27:56	00:52:12	00:48:12	1390	1278	371
5050	Vincent Yeung Cheuk Fun	楊卓勳	00:26:32	00:52:15	00:50:46	1399	1286	372
4857	Yeung Ka Chun	楊家俊	00:28:04	00:52:18	00:47:47	1404	1291	373
4845	Lau Chi Ho	劉志豪	00:28:21	00:52:21	00:48:05	1413	1298	374
4413	Angus Lau Kwan Lam	劉坤林	00:27:59	00:52:22	00:48:41	1417	1302	375
5081	Lau Ting Fan	劉庭勳	00:26:41	00:52:25	00:51:30	1422	1307	376
5114	Law Man Chung	羅敏聰	00:27:12	00:52:26	00:48:58	1423	1308	377
5026	Hun Yuen Chi	幸遠智	00:28:10	00:52:27	00:49:58	1429	1313	378
5039	Kong Cheuk Pang	江綽鵬	00:27:51	00:52:28	00:49:58	1432	1316	379
4236	Ng Ting Fung	吳霆峰	00:27:22	00:52:36	00:50:41	1452	1332	380
5205	Sun Chang		00:28:38	00:52:36	00:47:55	1453	1333	381
5068	Yu Wai Hong	余惠康	00:28:06	00:52:36	00:48:36	1454	1334	382
4435	Kan Chun Pong	簡振邦	00:29:18	00:52:38	00:48:32	1461	1340	383

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4784	Chan Hiu Fung	陳曉豐	00:28:34	00:52:39	00:47:52	1465	1344	384
4866	Lui Chi Ching	呂智清	00:27:37	00:52:42	00:50:05	1475	1354	385
4288	Mak Cho Fung	麥祖峰	00:25:21	00:52:42	00:52:18	1477	1355	386
4329	Leung Kin Pan	梁健斌	00:27:21	00:52:47	00:50:39	1492	1368	387
5165	Fok Kam Fung	霍錦鋒	00:29:55	00:52:48	00:47:39	1494	1370	388
4415	Chan Ming Leong	陳明亮	00:29:41	00:52:48	00:46:49	1495	1371	389
4533	Ku Wai Ip	古偉業	00:28:34	00:52:48	00:48:42	1496	1372	390
4158	Pang Chi Cheung	彭志祥	00:28:35	00:52:50	00:48:22	1500	1375	391
4786	Cyrus Chan	陳達湧	00:27:54	00:52:51	00:50:53	1502	1377	392
4261	Arthur Chan Chun Yat	陳俊逸	00:27:07	00:52:53	00:51:18	1507	1382	393
4912	Tse Hon San	謝漢申	00:28:13	00:52:54	00:48:36	1508	1383	394
4213	Shih Chung Mau	施松茂	00:27:05	00:52:56	00:50:41	1517	1391	395
4434	Koon Yin Kong	鄺冠賢	00:25:14	00:52:56	00:51:39	1519	1393	396
4753	Chan King Yin	陳敬延	00:29:44	00:52:58	00:48:45	1522	1396	397
4018	Sin Kam Shing	單金城	00:29:44	00:52:58	00:48:45	1525	1399	398
4964	Ng Ming Ho	伍銘豪	00:27:04	00:53:01	00:52:06	1534	1407	399
4836	Lee Yun Fat	李潤發	00:28:38	00:53:02	00:49:17	1536	1409	400
4287	Tam Ka Seng	譚家成	00:28:18	00:53:04	00:49:25	1544	1415	401
5179	Lee Chun Fai	李鎮輝	00:26:14	00:53:09	00:52:38	1559	1426	402
4294	Tang Chin Tong	鄧展堂	00:26:47	00:53:11	00:51:22	1570	1436	403
4141	Daniel Cheng Kei Tsi	鄭基賜	00:26:30	00:53:15	00:51:28	1581	1446	404
5211	Lee Cheuk Cheung	李卓漳	00:27:21	00:53:15	00:50:39	1582	1447	405
4805	Lee Kwan Lok	李君樂	00:29:28	00:53:17	00:48:29	1589	1452	406
5267	Frank Chau	周尚賢	00:28:56	00:53:17	00:49:03	1590	1453	407
5078	Lam Cheuk Yin	林卓賢	00:28:37	00:53:18	00:51:17	1594	1457	408
4850	Man Wai Chi	文偉志	00:28:43	00:53:19	00:49:44	1596	1458	409
5299	Chan Yin Cheung	陳燕翔	00:27:39	00:53:20	00:52:01	1598	1460	410
4039	Lai Yin To	賴彥韜	00:27:43	00:53:26	00:51:10	1616	1474	411
4810	Ng Hon Sum	吳瀚琛	00:26:28	00:53:26	00:52:53	1617	1475	412
4290	Chan Yuen Ming	陳沅名	00:26:34	00:53:26	00:53:12	1618	1476	413
4035	Lam Man Fung	林文峰	00:26:02	00:53:26	00:53:09	1620	1477	414
4711	Kong Chun Hung	江鎮鴻	00:27:51	00:53:27	00:51:05	1624	1481	415
4543	Chung Chin Ho	鍾展豪	00:27:45	00:53:28	00:52:12	1628	1485	416
4268	Leung Ho Ming	梁浩銘	00:27:53	00:53:28	00:52:54	1630	1487	417
4468	Man Ho Yeung	文浩洋	00:26:27	00:53:30	00:52:55	1631	1488	418
4555	Lui Ho Yan	呂詒恩	00:28:16	00:53:31	00:50:58	1635	1491	419
4464	Wong Fung Shing	黃豐成	00:28:11	00:53:34	00:50:16	1648	1501	420
4872	Yuk Tsz King		00:29:30	00:53:34	00:48:23	1652	1504	421
4073	Wong Kin Sang	黃建生	00:26:38	00:53:36	00:52:59	1656	1508	422
4328	Joe Fu	符明杰	00:29:06	00:53:37	00:49:39	1657	1509	423
4928	Kwok Kam Fung	郭錦峰	00:26:24	00:53:38	00:52:38	1661	1511	424
4895	Chan Ching Sum	陳政深	00:27:24	00:53:40	00:51:26	1666	1515	425
4298	Chan Cheuk Hang	陳卓恆	00:28:49	00:53:41	00:48:55	1669	1517	426
5036	Tsang Kong Chung		00:28:04	00:53:45	00:50:53	1681	1529	427
4157	Ronny Yip Long Yin	葉朗彥	00:27:29	00:53:45	00:53:31	1682	1530	428
5013	Yeung Chi Shing	楊志成	00:26:10	00:53:47	00:53:29	1690	1538	429
5106	Kenneth Leung Yiu Yan	梁耀仁	00:25:03	00:53:48	00:53:30	1693	1541	430
4905	Wong Chun Hong		00:28:47	00:53:48	00:50:05	1694	1542	431
4968	Lam Ming Chun	林明俊	00:26:23	00:53:49	00:53:14	1698	1546	432
4840	Wong Yik Hin	黃奕軒	00:27:45	00:53:49	00:51:40	1699	1547	433
4979	Ng Chi Chun	吳稚駿	00:26:08	00:53:50	00:52:06	1700	1548	434
5239	Chan Wai Tong	陳惠堂	00:27:58	00:53:54	00:51:27	1711	1559	435
5141	Lam Faan Man	林繁萬	00:29:09	00:53:55	00:51:22	1714	1561	436
4338	Lee Chun Lam	李振霖	00:29:02	00:53:57	00:50:27	1722	1569	437
4577	Li Yiu Fai	李耀輝	00:26:02	00:53:58	00:52:50	1725	1571	438



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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4650	Chan Kwun Ming	陳冠銘	00:29:40	00:53:59	00:49:32	1728	1574	439
4983	Nelson Chong Ho Yin	莊浩然	00:29:18	00:54:00	00:49:30	1731	1577	440
4144	Chu Kan Chuen	朱鏡泉	00:27:39	00:54:02	00:52:28	1734	1579	441
4194	Chan Shi Yin		00:30:05	00:54:02	00:48:48	1736	1581	442
5221	Chan Wing On	陳永安	00:27:16	00:54:04	00:52:26	1743	1587	443
4362	Lam Chak Hong	林澤康	00:30:26	00:54:06	00:48:33	1747	1591	444
4058	Chan Ying Kin	陳英健	00:27:35	00:54:06	00:53:43	1748	1592	445
4684	Ho Ming Him	何銘謙	00:26:12	00:54:09	00:53:32	1755	1598	446
4971	Law Ching Chuen	羅晴村	00:28:32	00:54:10	00:50:16	1756	1599	447
4477	Ku Cho Yip	谷祖業	00:28:12	00:54:11	00:50:52	1760	1602	448
4775	Cheng Kam Wa	鄭錦華	00:27:38	00:54:12	00:51:25	1762	1604	449
5286	Shum Ho Man	岑浩文	00:29:49	00:54:12	00:48:56	1763	1605	450
4382	Li Shing Yung	李聖勇	00:28:21	00:54:12	00:51:11	1765	1606	451
4773	Lo Chai Yuen	盧濟元	00:27:31	00:54:17	00:52:38	1784	1618	452
4180	Chin Man Kit	錢文傑	00:28:16	00:54:18	00:51:53	1786	1620	453
4800	Tung Kam Yuen	童金源	00:27:19	00:54:18	00:52:02	1790	1624	454
4450	Lam Sing Kun	林升貢	00:28:17	00:54:19	00:51:23	1794	1627	455
4629	Chan Sing Wai	陳成偉	00:29:23	00:54:20	00:51:33	1797	1630	456
5247	Lau Hon Chu	劉漢柱	00:30:01	00:54:22	00:49:05	1808	1641	457
4951	Chan Kai Lok	陳啟樂	00:28:39	00:54:24	00:51:40	1810	1643	458
4985	Chau Man Kin	周汶鍵	00:29:47	00:54:26	00:49:35	1815	1647	459
4151	Mok Wai Chung	莫偉聰	00:27:39	00:54:27	00:52:29	1820	1651	460
4305	But Ka Wing	畢嘉穎	00:27:18	00:54:29	00:53:29	1826	1657	461
4279	Lau To Hong	劉道康	00:26:24	00:54:32	00:53:45	1830	1660	462
4173	Yeung Ting Kong	楊庭江	00:26:59	00:54:32	00:53:03	1833	1662	463
4430	Yeung Chi Wai	楊志偉	00:28:39	00:54:32	00:50:37	1834	1663	464
5186	Lam Yip	林熾	00:29:39	00:54:35	00:52:53	1840	1669	465
5293	Wu Jing Jin	吳京津	00:28:47	00:54:36	00:52:25	1843	1672	466
4455	Yeung Chun Kit	楊駿傑	00:28:39	00:54:36	00:53:41	1844	1673	467
4348	Yung Koon Wai	翁冠偉	00:27:54	00:54:38	00:52:39	1850	1678	468
4662	Wong Tsz Wai	黃子威	00:28:16	00:54:38	00:50:45	1853	1681	469
5042	Chan Chi Hong	陳志康	00:31:14	00:54:39	00:48:36	1854	1682	470
4910	Huang Xiao Peng	黃霄鵬	00:30:12	00:54:41	00:50:00	1857	1685	471
5231	Mo Wai Shing	巫偉成	00:29:57	00:54:41	00:49:25	1858	1686	472
5196	Wong Ho Ching	王豪征	00:26:49	00:54:41	00:53:32	1860	1688	473
5006	Lau Man Fung	劉文峰	00:28:35	00:54:42	00:51:10	1861	1689	474
4561	Cheung Chi Sang	張志生	00:28:54	00:54:43	00:52:24	1867	1695	475
5178	Marcus Ng Kai Ming	吳啟明	00:29:48	00:54:43	00:49:56	1868	1696	476
4303	Timothy Kwok Ka Chun	郭嘉俊	00:29:19	00:54:44	00:50:58	1871	1699	477
5241	Kwan Ka Fai	關嘉暉	00:26:28	00:54:45	00:54:04	1873	1701	478
5276	Lawrence Lo Man Cham	羅文湛	00:30:38	00:54:45	00:49:42	1875	1702	479
4550	Sin Wing Sing	冼永聲	00:26:27	00:54:48	00:53:40	1882	1707	480
4371	Kwok Chi Hang	郭志恆	00:30:37	00:54:49	00:49:11	1885	1709	481
4161	Hung Ling Chung	孔令聰	00:29:10	00:54:49	00:51:56	1886	1710	482
4829	Xiao Xiao Chuan	蕭小川	00:29:07	00:54:51	00:50:39	1891	1715	483
5123	Hardy Ki Chi Chung	祁知重	00:29:56	00:54:52	00:49:56	1894	1718	484
4262	Kwan Hin Fung	關衍峰	00:27:11	00:54:53	00:54:05	1897	1721	485
5152	Ip Ting Hei	葉庭熙	00:28:48	00:54:53	00:50:31	1899	1723	486
4827	Ng Wun Cheung	吳煥祥	00:29:15	00:54:55	00:51:50	1903	1727	487
4578	Yeung Cheuk Hin	楊卓軒	00:30:45	00:54:56	00:49:27	1904	1728	488
4989	Lau Shu Ming	劉樹明	00:29:51	00:54:57	00:49:55	1909	1733	489
4667	Lee Man Wai	李文偉	00:28:52	00:55:00	00:52:25	1915	1739	490
5292	Cheung Chi Sing	張智聲	00:28:38	00:55:07	00:52:11	1928	1750	491
4145	Chung Pak Ho	鍾柏豪	00:28:43	00:55:11	00:53:05	1942	1760	492
4409	Wong Tsz Kin	黃子健	00:28:58	00:55:12	00:51:10	1946	1764	493

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4619	Luk Fei Yuen	陸飛遠	00:29:02	00:55:13	00:52:17	1949	1767	494
4488	Ip Chi Lam	葉智林	00:26:20	00:55:15	00:54:53	1953	1771	495
4357	See Wing Wai	施永偉	00:30:41	00:55:15	00:50:34	1954	1772	496
5052	Leung Kin Sing	梁健昇	00:29:35	00:55:17	00:50:40	1958	1776	497
4380	Jason Li	李敏聰	00:30:37	00:55:17	00:49:40	1959	1777	498
4270	Cheung Siu Lung	張兆龍	00:29:30	00:55:20	00:50:48	1968	1785	499
4654	Lam King Fai	林景輝	00:31:36	00:55:27	00:49:33	1984	1799	500
4459	Wong Wai Nang	王偉能	00:29:09	00:55:27	00:51:52	1987	1802	501
4879	Mak Tak Hong	麥德康	00:30:40	00:55:29	00:50:31	1994	1806	502
5160	Lee Sai Ho	李世豪	00:29:10	00:55:32	00:51:59	2007	1819	503
4064	Lui Wai	呂為	00:28:22	00:55:34	00:55:09	2014	1825	504
4176	Chan Ka Wing	陳嘉穎	00:28:32	00:55:35	00:53:22	2016	1827	505
4875	Kan Shun Ning	簡順寧	00:27:37	00:55:35	00:54:22	2019	1830	506
4212	Lee Hok Lam	李學林	00:28:58	00:55:35	00:52:47	2020	1831	507
4860	Liu Mingyu	劉明宇	00:31:03	00:55:37	00:50:45	2024	1834	508
5296	Yin Jie Cheng	殷杰成	00:28:44	00:55:38	00:53:27	2026	1836	509
4699	Alex Ho Chi Wing	何志榮	00:27:58	00:55:39	00:54:31	2027	1837	510
4193	Victor Shum Wai Yang	岑偉揚	00:28:12	00:55:40	00:52:40	2031	1840	511
4190	Iu Pui Hang	姚沛恆	00:28:53	00:55:41	00:54:08	2035	1844	512
4777	Alex Mak Ho Yin	麥皓然	00:28:29	00:55:41	00:53:23	2036	1845	513
4152	Tsang Wing Kwong	曾永光	00:27:36	00:55:42	00:55:17	2039	1848	514
4594	Chiu Chi Pan	趙智彬	00:32:03	00:55:42	00:50:20	2041	1850	515
5223	Cheung Pak Shun	張栢淳	00:30:37	00:55:42	00:50:04	2042	1851	516
4752	Poon Wai Yip	潘偉業	00:31:08	00:55:43	00:50:40	2048	1856	517
5288	Wong Ching Yin	黃清彥	00:31:36	00:55:44	00:49:05	2051	1858	518
4772	Peter C L Fung	封之龍	00:29:47	00:55:46	00:52:36	2055	1862	519
5015	Cheung Tak Fuk	張德福	00:30:56	00:55:46	00:50:51	2056	1863	520
5214	Chan Cheuk Hung	陳灼雄	00:30:16	00:55:50	00:51:29	2069	1873	521
4002	Lam Fuk Sang	林福生	00:30:34	00:55:51	00:51:12	2071	1875	522
4882	Tso Ka Ho	曹嘉豪	00:32:54	00:55:51	00:47:28	2072	1876	523
4835	Eric Tam Chi Yan	譚智仁	00:30:08	00:55:52	00:52:49	2073	1877	524
5097	Wong Kwan Wai	黃君偉	00:31:02	00:55:54	00:50:36	2078	1881	525
4627	Man Wai Fung	文偉鋒	00:31:13	00:55:54	00:50:01	2081	1883	526
4698	Tse Ka Wai	謝家偉	00:31:09	00:55:55	00:50:05	2085	1886	527
4248	Li Chi Fung	李志峰	00:31:36	00:55:56	00:50:27	2092	1893	528
4765	Simon Wong Sai Man	黃世文	00:29:53	00:55:59	00:50:56	2099	1898	529
4708	Law Tin Yiu	羅天耀	00:28:23	00:55:59	00:53:59	2100	1899	530
4637	Chung Man Jo	鍾文豪	00:26:53	00:55:59	00:55:30	2101	1900	531
4356	Tsui Chi Bong	徐志邦	00:30:58	00:55:59	00:51:35	2104	1903	532
4308	Siu Hiu Fung	蕭曉楓	00:30:26	00:56:00	00:52:38	2105	1904	533
4757	Mok Ka Chun	莫家駿	00:28:29	00:56:01	00:53:55	2108	1907	534
4624	Chow Ting Hong	鄒廷匡	00:30:02	00:56:02	00:51:43	2116	1914	535
5290	Ng Hoi Lung	吳凱龍	00:29:16	00:56:02	00:52:53	2117	1915	536
4724	Eddie Tse King Kiu	謝景翹	00:29:08	00:56:03	00:52:26	2120	1917	537
5057	Wong Kwong Yiu	黃光耀	00:28:05	00:56:04	00:53:12	2124	1918	538
4614	Lam Kin Chau	林堅洲	00:30:26	00:56:04	00:50:42	2126	1920	539
4056	Chan Sai Kit	陳世傑	00:29:20	00:56:06	00:53:46	2133	1926	540
4481	Cheng Wai Keung	鄭偉強	00:28:32	00:56:08	00:53:13	2137	1929	541
4942	Chan Lok Kei	陳樂基	00:28:00	00:56:08	00:55:52	2139	1931	542
5119	Law Shing Chi	羅成志	00:31:49	00:56:09	00:50:48	2144	1936	543
4655	Lai Siu Fung	賴少鋒	00:30:50	00:56:09	00:52:18	2146	1938	544
4343	Tse Kin Bong	謝建邦	00:30:18	00:56:15	00:52:13	2169	1957	545
4384	Eddie Lim Yat Chiu	林一超	00:31:38	00:56:15	00:51:26	2170	1958	546
4982	Lam Wai Yin	林偉賢	00:29:52	00:56:18	00:51:27	2182	1967	547
4969	Ng Tsz Wai	吳子威	00:29:02	00:56:18	00:53:26	2184	1969	548

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4697	Tse King Yung	謝敬勇	00:30:58	00:56:19	00:51:12	2185	1970	549
4374	Sin Fai Yu	單暉諭	00:31:02	00:56:19	00:50:54	2186	1971	550
4852	Wong Wai Pon	黃煒邦	00:31:42	00:56:22	00:50:21	2191	1976	551
4970	Hung Chun Yin	熊俊賢	00:27:39	00:56:23	00:55:06	2197	1981	552
5164	Leung Pak Ping	梁柏平	00:28:32	00:56:23	00:50:05	2199	1982	553
5075	Wong Ho Wang	黃浩宏	00:30:52	00:56:24	00:51:48	2203	1985	554
4922	Yu Chun Lam	余俊霖	00:32:03	00:56:25	00:51:04	2208	1989	555
4365	Lau Ming Tak	劉明德	00:31:09	00:56:30	00:52:19	2221	2001	556
5077	Tong Hiu Pong	唐澆邦	00:31:28	00:56:33	00:52:17	2226	2006	557
4785	Sam Chan Hei Lun	陳希綸	00:31:43	00:56:35	00:50:29	2233	2013	558
4682	Chan Piu	陳彪	00:28:43	00:56:36	00:54:19	2235	2015	559
4182	Yuen Wing Fung	袁榮丰	00:26:40	00:56:37	00:56:17	2241	2020	560
4237	Tsui Yiu Fai	徐耀輝	00:28:57	00:56:39	00:53:18	2245	2024	561
5054	Arthur Yuen Chi Ho	袁志豪	00:28:48	00:56:40	00:54:02	2249	2028	562
4556	Lo Ka Keung	羅家強	00:31:43	00:56:43	00:51:48	2259	2038	563
4217	Wong Kai Chi	黃啟志	00:27:28	00:56:44	00:56:23	2264	2043	564
5016	Chong Chun Pong	莊震邦	00:31:35	00:56:48	00:51:32	2274	2049	565
4600	Tam Kai Chung	譚啟聰	00:30:34	00:56:48	00:53:22	2276	2050	566
4732	Lo Cho Wai	盧祖偉	00:30:01	00:56:49	00:52:24	2279	2052	567
4077	Kwong Yuk Shing	鄭旭城	00:30:14	00:56:50	00:52:08	2280	2053	568
4949	Cheung Ho Yuen	張浩炫	00:29:02	00:56:51	00:53:35	2287	2060	569
4691	Ho Cho Ming	何楚明	00:28:04	00:56:52	00:56:00	2290	2063	570
4331	Patrick Cheung Kin Pong	張建邦	00:28:03	00:56:52	00:55:44	2291	2064	571
4921	Ma Ka Wai	馬家威	00:31:14	00:56:52	00:51:41	2294	2067	572
5233	Lai Kin Fung	黎健峰	00:30:49	00:56:54	00:51:36	2296	2069	573
4040	Yeung Chan Choi	楊燦財	00:29:05	00:56:59	00:54:23	2311	2080	574
4003	Lau Wing Hung	劉永雄	00:28:51	00:57:00	00:54:34	2314	2083	575
4208	Li Ka Yi	李嘉怡	00:28:31	00:57:05	00:55:13	2324	2091	576
4899	Vincent Lau Yun Chee	劉潤枝	00:30:07	00:57:06	00:54:22	2327	2094	577
4770	Hui Shui Cheung	許瑞祥	00:29:45	00:57:07	00:53:00	2333	2099	578
4507	Chan Chi Lun	陳智倫	00:30:04	00:57:11	00:53:03	2341	2105	579
4683	Wilson Lo Wai Shun	勞偉信	00:29:28	00:57:11	00:56:07	2342	2106	580
4062	Lee Hok Lam	李學霖	00:31:37	00:57:11	00:51:46	2343	2107	581
5082	Fan Tsz Kin	范子健	00:28:26	00:57:12	00:56:16	2346	2110	582
5065	Cheng Hong Kiu	鄭匡翹	00:30:13	00:57:16	00:54:00	2355	2119	583
4567	Stephen Poon Kwok Wai	潘國威	00:29:46	00:57:16	00:54:19	2356	2120	584
4149	Law Cheuk Yin	羅卓然	00:31:40	00:57:18	00:52:34	2365	2129	585
4111	Lau Tin Yau	劉天佑	00:32:40	00:57:21	00:48:45	2372	2134	586
4571	Lam Chun Lung	林振龍	00:29:05	00:57:22	00:54:51	2376	2138	587
4387	Yip Chun Wah	葉春華	00:32:16	00:57:24	00:52:04	2389	2146	588
4222	Lee Man Fung	李文峰	00:27:26	00:57:25	00:57:20	2390	2147	589
4897	Law Wing Cho	羅榮祖	00:27:34	00:57:25	00:56:11	2392	2148	590
4996	Chan Chi Fung	陳志豐	00:26:30	00:57:26	00:57:01	2396	2152	591
5193	Pang Wing Yin	彭詠然	00:28:59	00:57:27	00:55:20	2398	2154	592
4166	Sham Chiu Wa	岑超華	00:29:54	00:57:27	00:54:15	2400	2156	593
4791	Hui Ka Wing	許嘉榮	00:32:42	00:57:28	00:51:43	2403	2159	594
5202	Chung Wai Chun	鍾煒竣	00:29:23	00:57:29	00:54:57	2407	2163	595
5215	Wong Cheuk Fai	黃卓暉	00:30:49	00:57:31	00:53:03	2412	2167	596
5053	Cheung Chi Fai	張志輝	00:29:36	00:57:32	00:55:43	2415	2169	597
5291	Ho Chi Ho	何智豪	00:30:31	00:57:34	00:54:23	2421	2174	598
4542	Lau Wun Man	劉煥文	00:32:02	00:57:34	00:52:41	2423	2176	599
5004	Chiu Wing Tat	趙榮達	00:30:46	00:57:35	00:54:09	2425	2178	600
4834	Lin Wai Kiu	連瑋翹	00:31:42	00:57:36	00:51:44	2428	2181	601
4754	Cheung Shui Wing	張瑞榮	00:28:39	00:57:36	00:55:38	2429	2182	602
4080	Ng Cheuk Fung	吳卓峯	00:29:37	00:57:37	00:54:56	2430	2183	603

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4185	Cheung Wing Fung	張永峰	00:31:51	00:57:37	00:50:40	2432	2185	604
4755	Cheng Man Kit	鄭文傑	00:29:56	00:57:37	00:53:22	2433	2186	605
4743	Lau Leung	劉亮	00:29:44	00:57:41	00:53:29	2447	2197	606
4841	Chang Tak Man	陳德文	00:28:28	00:57:43	00:56:30	2452	2202	607
4676	Kong Chi Leong	江鈺亮	00:30:42	00:57:43	00:53:10	2454	2204	608
4181	Poon Yan Kin	潘欣健	00:32:10	00:57:45	00:53:26	2460	2208	609
4300	Ivan Ip Chi Wai	葉志偉	00:28:08	00:57:52	00:57:14	2473	2217	610
4670	Lee Ka Lun	李家倫	00:28:42	00:57:53	00:56:02	2475	2219	611
4666	Henry Cheung Wai Kin	張偉建	00:30:09	00:57:54	00:54:44	2477	2221	612
4522	Benson Yee Yat Hin	余逸軒	00:31:28	00:57:54	00:53:34	2480	2224	613
4745	Tang Chun Woon	鄧駿桓	00:29:36	00:57:57	00:54:26	2485	2228	614
5014	Lau Kwok Wai	劉國威	00:31:42	00:57:58	00:52:34	2487	2230	615
4537	Chan Tsz Long	陳子朗	00:33:36	00:58:00	00:47:44	2492	2234	616
4465	Lam Wing Hong	林永康	00:29:45	00:58:02	00:53:27	2495	2236	617
4759	Lee Wai Kit	李偉傑	00:29:17	00:58:03	00:56:32	2501	2240	618
4787	Lo Kar Fai	羅嘉輝	00:32:04	00:58:05	00:51:58	2506	2245	619
4392	Lai Kai Yeung	黎啟陽	00:29:26	00:58:08	00:55:30	2515	2251	620
4885	Sham Siu Hang	岑兆恒	00:29:09	00:58:11	00:56:56	2522	2257	621
5154	Lo Kin Wa	盧健華	00:29:48	00:58:11	00:54:16	2524	2259	622
5031	Chan Ting Yu	陳廷宇	00:31:41	00:58:11	00:52:37	2525	2260	623
5145	Kung Kin Yip	龔建業	00:30:15	00:58:20	00:56:10	2547	2277	624
4661	Lam Yuk Lun	林郁麟	00:30:49	00:58:22	00:54:01	2553	2282	625
5281	Wan Wai Sum	溫偉森	00:29:33	00:58:23	00:57:55	2557	2286	626
5089	Lo Hon Nam	盧漢楠	00:31:49	00:58:24	00:53:53	2565	2294	627
4223	Cheung Chi Hang	張致恆	00:28:11	00:58:26	00:58:23	2568	2296	628
5191	Sun Wai Hong	孫偉康	00:29:43	00:58:27	00:56:24	2571	2299	629
5251	Lin Ka Ho	連家浩	00:28:07	00:58:27	00:58:17	2573	2301	630
4257	Pang King Fai	彭景輝	00:29:19	00:58:28	00:56:33	2576	2303	631
4383	Chong Siu Hung	莊少洪	00:31:49	00:58:29	00:53:20	2578	2305	632
4907	Johnny Lau	劉偉光	00:30:58	00:58:29	00:54:09	2579	2306	633
4945	Wong Chun Wai	黃俊維	00:31:50	00:58:30	00:55:02	2585	2311	634
4884	Adrian Mak	麥正輝	00:29:21	00:58:31	00:56:34	2590	2313	635
4471	Kam King Hang	甘景恆	00:30:17	00:58:34	00:55:47	2597	2320	636
4873	Ng Ching Pui	吳正培	00:31:37	00:58:35	00:53:40	2599	2322	637
4534	Lee Pui	李沛	00:31:03	00:58:36	00:56:04	2602	2325	638
4686	Boo Tsz Kit	布梓誌	00:31:49	00:58:38	00:52:34	2607	2329	639
5021	Ng Kwok Wai	吳國威	00:32:00	00:58:38	00:54:02	2609	2331	640
4920	Tsang Chun Yin	曾進賢	00:32:09	00:58:39	00:54:35	2611	2333	641
4376	Chiang Leung Fai	蔣亮輝	00:31:37	00:58:43	00:53:27	2619	2340	642
4828	Lam Ka Wing	林嘉穎	00:29:00	00:58:45	00:56:17	2631	2348	643
4871	So Kin Ping	蘇劍平	00:32:11	00:58:45	00:53:03	2632	2349	644
4848	Tsoi Kwok Tung	蔡國東	00:29:08	00:58:45	00:55:11	2634	2351	645
4375	Lau Yu Ting	劉裕廷	00:28:39	00:58:46	00:57:51	2636	2352	646
5209	Vimal Motwani		00:29:13	00:58:50	00:56:20	2647	2360	647
4972	Andy	張宇博	00:31:48	00:58:50	00:54:46	2649	2362	648
4463	So Wai Chun	蘇偉俊	00:30:59	00:58:54	00:56:12	2657	2369	649
5275	Chan Kin Lok	陳建樂	00:31:44	00:58:54	00:54:18	2659	2371	650
5103	Howard Tong Ho Wai	唐浩為	00:29:46	00:58:55	00:56:39	2660	2372	651
4603	Zhang Zhen	章臻	00:29:46	00:58:56	00:57:21	2665	2376	652
4735	Wong Yuk Yan	黃鈺仁	00:31:39	00:58:57	00:57:18	2669	2380	653
5257	Leung Chi Ho	梁智豪	00:28:55	00:59:00	00:58:03	2673	2383	654
5140	Heisen Cheng Hoi Shui	鄭凱瑞	00:28:50	00:59:00	00:58:28	2675	2385	655
4839	Jerry Lo Cho Ming	盧祖明	00:31:53	00:59:01	00:54:35	2677	2387	656
4780	Tse King Ho	謝敬豪	00:31:57	00:59:02	00:53:44	2680	2390	657
4644	Louis Choi Wing To	蔡詠韜	00:30:24	00:59:04	00:58:13	2685	2394	658

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4675	Lee Kwok Kee	李國基	00:30:14	00:59:07	00:55:43	2694	2402	659
4981	Ching Hong Kit	程康傑	00:32:14	00:59:08	00:53:22	2696	2404	660
4694	Kwok Ching Hei	郭正熙	00:32:22	00:59:09	00:54:04	2697	2405	661
4653	Lee Ming Chun	李銘浚	00:31:38	00:59:09	00:54:14	2699	2407	662
4804	Liu Kai Chung	廖啟宗	00:31:32	00:59:10	00:55:25	2703	2409	663
5176	Samuel Lo Chun Yiu	盧振曜	00:31:05	00:59:11	00:54:37	2705	2411	664
4746	Tsang Kwok Wai	曾國威	00:30:36	00:59:20	00:55:53	2720	2425	665
4377	Hung Chi To	洪志滔	00:31:51	00:59:21	00:55:24	2723	2428	666
4790	Tse Kam Fai	謝鑑輝	00:29:54	00:59:21	00:56:50	2724	2429	667
4457	Wong Wai Shun	黃偉順	00:31:02	00:59:21	00:54:59	2725	2430	668
4924	Lau Ho Ming	劉澔銘	00:28:13	00:59:23	00:58:56	2726	2431	669
4399	Ng Ho Yin	吳浩賢	00:31:14	00:59:24	00:54:11	2729	2434	670
4315	Chan Wing Chun	陳穎臻	00:30:56	00:59:28	00:57:13	2734	2439	671
5073	Tang Shi Keung	鄧仕強	00:30:42	00:59:29	00:57:29	2737	2441	672
5105	Lee Siu Kei	李兆基	00:31:15	00:59:30	00:55:31	2740	2444	673
5037	Lau Sze Chun	劉思進	00:29:45	00:59:33	00:57:24	2746	2450	674
4722	Cheung Kai On	張啟安	00:30:46	00:59:34	00:55:43	2750	2452	675
5237	Wong Tsz Lung	黃子龍	00:31:17	00:59:35	00:56:34	2755	2456	676
4521	Wong Lok Bun	黃樂斌	00:29:17	00:59:40	00:58:47	2764	2463	677
4482	Wong Yun Tat	黃潤達	00:32:35	00:59:41	00:54:37	2768	2467	678
4558	Wong King Lam	黃景霖	00:32:57	00:59:45	00:54:18	2779	2475	679
4793	Edward Cheung Chun Hei	張晉熹	00:31:53	00:59:47	00:54:35	2786	2481	680
4473	Cheung Man Him	張文謙	00:32:11	00:59:48	00:57:48	2789	2484	681
5023	Hau Chun Kit	侯俊傑	00:29:38	00:59:50	00:58:31	2797	2490	682
4297	Ng Ming Hong	吳銘康	00:33:08	00:59:58	00:54:18	2813	2504	683
4855	Cheng Tit Hang	鄭鐵衡	00:31:29	00:59:58	00:57:16	2814	2505	684
4480	Lam Ka Ngo	林家墩	00:33:37	01:00:00	00:53:10	2822	2511	685
5055	Wong Ka Ho	黃家豪	00:31:50	01:00:03	00:56:07	2827	2516	686
4947	Chan Chi Keung	陳志強	00:31:35	01:00:04	00:55:14	2830	2518	687
5278	Jeff Chan	陳政軒	00:32:19	01:00:05	00:56:11	2834	2519	688
5248	Yuen Chun Man	阮俊文	00:32:10	01:00:09	00:52:46	2843	2527	689
4986	So Kin Chung	蘇建忠	00:33:35	01:00:10	00:55:18	2847	2530	690
5301	Ho Tsz Chun	何子雋	00:31:00	01:00:14	00:55:37	2858	2538	691
4295	Lo Chi Yeung	羅志揚	00:31:27	01:00:22	00:58:05	2880	2555	692
5083	Lai Man Kit	賴文傑	00:31:56	01:00:23	00:56:15	2882	2557	693
5312	Chan Wai Wing		00:31:14	01:00:26	00:57:39	2889	2561	694
5138	Kwok Sze Ngai	郭思倪	00:31:33	01:00:27	00:57:30	2891	2563	695
4575	Wong Yiu Fai	黃耀輝	00:31:03	01:00:29	00:57:29	2897	2569	696
4563	Kwok Tsz Chung	郭梓聰	00:33:31	01:00:29	00:55:01	2898	2570	697
5264	Cheng Man Kin	鄭文健	00:34:16	01:00:31	00:55:14	2903	2575	698
4681	Cheung Chun Kuen	張振權	00:32:51	01:00:33	00:55:48	2909	2580	699
4818	Yip Hung Pan	葉鴻斌	00:31:08	01:00:34	00:57:25	2913	2582	700
4838	Wong Kwok Ching	黃國楨	00:31:13	01:00:35	00:56:45	2916	2584	701
4680	Leung Kai Pong	梁啟邦	00:33:10	01:00:36	00:55:18	2921	2588	702
4411	Shum Tsz Ki	沈梓祺	00:32:16	01:00:40	00:55:58	2927	2592	703
5104	Choy Kam Wing	蔡錦榮	00:33:26	01:00:42	00:55:13	2938	2600	704
5189	Chung Wing Kuen	鍾詠權	00:30:15	01:00:45	00:59:02	2946	2608	705
4429	Chan Tin Yu	陳天譽	00:29:06	01:00:45	00:59:38	2949	2611	706
4168	Cheung Yin Tak	張賢德	00:30:58	01:00:47	00:58:00	2954	2615	707
4634	Ma Chi Chung	馬志聰	00:31:26	01:00:48	00:57:00	2957	2617	708
4592	Chong Ting Yeung	莊霆洋	00:32:25	01:00:48	00:56:43	2959	2619	709
5080	Fan Kai Kit	范啟傑	00:29:27	01:00:50	01:00:31	2967	2625	710
4569	Kong	江健豪	00:33:31	01:00:51	00:55:22	2969	2627	711
5171	Cheung Ho Chan	陳掌浩	00:33:16	01:00:51	00:56:41	2971	2628	712
5213	Chiu Tsz Wing	趙子榮	00:30:27	01:00:52	00:57:43	2974	2630	713

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
5008	Wong Yu Hei	王宇希	00:30:51	01:00:55	00:57:13	2978	2633	714
4448	Wong Sung Chi	黃崇誌	00:34:28	01:00:55	00:54:22	2979	2634	715
5226	Chiu Wing Chung	趙穎聰	00:31:51	01:00:55	00:57:03	2982	2635	716
4673	Wong Kam San	黃淦森	00:29:48	01:00:57	00:59:06	2984	2637	717
4888	Lau Ka Shing	劉家城	00:32:25	01:00:58	00:56:07	2989	2641	718
4814	Tsang Tsz Lun	曾子倫	00:32:21	01:00:59	00:55:16	2995	2647	719
4553	Lau Chi Ho	劉志豪	00:29:05	01:01:01	01:00:03	3001	2650	720
4991	Tsang Chung Him	曾仲謙	00:33:35	01:01:02	00:56:09	3003	2652	721
4729	Chua Kwun Pang	蔡冠鵬	00:31:15	01:01:02	00:58:00	3004	2653	722
5224	Kwan Kam Foon	關錦寬	00:31:38	01:01:03	00:56:27	3011	2659	723
4246	Vincent Fung Hui Tsun	馮翊浚	00:34:00	01:01:06	00:55:37	3017	2663	724
4247	Chan Pak Him	陳栢謙	00:33:59	01:01:09	00:55:40	3023	2668	725
4809	Wong Man Him	黃文謙	00:32:02	01:01:09	00:56:16	3024	2669	726
4649	Cheng Chi Hang	鄭志桓	00:30:34	01:01:10	00:57:52	3025	2670	727
4781	Cheng Kin Hei	鄭健熙	00:30:35	01:01:11	00:59:40	3032	2674	728
4353	Choi Hoi Tat	蔡海達	00:34:28	01:01:12	00:53:52	3034	2676	729
4560	Tong Kai Yiu	唐繼堯	00:34:21	01:01:18	00:55:51	3047	2686	730
4235	Mung Wai Leong	蒙為亮	00:29:10	01:01:19	01:01:17	3051	2689	731
4807	Chan Man Kit	陳文傑	00:31:34	01:01:21	00:57:35	3055	2692	732
5295	Lee Wing Fung	李泳鋒	00:33:26	01:01:22	00:56:04	3059	2696	733
4704	Szeto Tsz Kin	司徒子健	00:33:41	01:01:23	00:56:20	3065	2698	734
4927	Lau Ka Ho	劉家豪	00:34:35	01:01:25	00:55:28	3069	2702	735
4693	Leung Kwok Shing	梁國成	00:32:33	01:01:29	00:57:28	3077	2709	736
4123	Fung Ka Shing	馮家盛	00:31:22	01:01:30	00:59:04	3079	2710	737
5130	Man Yu Leuk	文宇曷	00:30:17	01:01:30	00:59:50	3080	2711	738
5133	Wong Ka Chun	黃嘉俊	00:30:17	01:01:31	00:59:48	3081	2712	739
4714	Ng Chi Chun	吳志川	00:33:08	01:01:33	00:56:32	3085	2716	740
5045	Yu Tin Chak	余天澤	00:32:43	01:01:36	00:56:07	3093	2723	741
4419	Choi Tsz Kin	蔡子健	00:33:04	01:01:37	00:57:19	3094	2724	742
4483	Chan Chi Chung	陳志鐘	00:32:46	01:01:37	00:56:03	3096	2726	743
4195	Fung Wai Yip	馮偉業	00:32:55	01:01:38	00:56:24	3098	2727	744
5044	Chan Kwok Leung	陳國祿	00:33:16	01:01:38	00:58:58	3101	2730	745
4816	Chan Po Wai	陳寶威	00:30:04	01:01:38	00:58:55	3102	2731	746
5175	Chang Pak Nam	張柏楠	00:30:49	01:01:41	00:59:23	3110	2736	747
4687	Li Chun Sing	李振星	00:31:39	01:01:41	00:57:31	3112	2738	748
4165	So Man Ho	蘇文浩	00:31:56	01:01:47	00:58:56	3123	2745	749
5047	Ng Siu Kwong	吳兆光	00:33:05	01:01:49	00:59:24	3125	2747	750
4503	Au Yeung Pui Kwan	歐陽沛均	00:33:38	01:01:50	00:55:00	3128	2750	751
4890	Lui Wai Ching	呂偉正	00:29:35	01:01:50	01:00:38	3129	2751	752
5220	My Ki Fuk	吳其福	00:34:46	01:01:53	00:54:22	3132	2754	753
5234	Yu Yang		00:32:48	01:01:53	00:57:12	3133	2755	754
4530	Chow Shu Wang	周樹宏	00:32:31	01:01:53	00:58:18	3134	2756	755
4896	Ting Ka Ho	丁家豪	00:34:18	01:01:54	00:56:22	3136	2757	756
4706	Wu Yat Wang	胡一宏	00:33:39	01:01:54	00:56:53	3137	2758	757
4244	Yeung Yeung	楊洋	00:34:50	01:01:56	00:52:57	3143	2763	758
4333	Lin Yuk San	連煜新	00:32:45	01:01:59	00:56:21	3148	2766	759
4587	Wong Kwok Hei	黃國熙	00:34:34	01:01:59	00:56:35	3149	2767	760
4258	Yeung Ting Yuk	楊庭旭	00:32:16	01:02:00	00:59:25	3151	2769	761
5144	Duncan Kwan Chung Man	關仲文	00:31:34	01:02:07	00:57:52	3171	2780	762
4196	Lau Tze Fung	劉子峯	00:32:54	01:02:08	00:56:54	3174	2783	763
5035	Kwong Yuk Fai	鄭旭暉	00:31:21	01:02:14	00:59:58	3195	2800	764
4302	Yeung Tim Wing	楊添榮	00:34:02	01:02:16	00:56:15	3201	2805	765
4487	Cheung Yiu On	張耀安	00:34:00	01:02:19	00:57:36	3212	2810	766
5192	Cheung Ming Sun	張銘燊	00:35:05	01:02:19	00:56:27	3213	2811	767
4260	Fok Chi Ho	霍志豪	00:32:20	01:02:21	01:00:02	3220	2816	768

# ASICS Hong Kong 10K Challenge 2014

## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4189	Chan Wing Kai	陳永佳	00:26:57	01:02:21	01:01:54	3222	2818	769
4715	Chung Ho Yin	鍾浩賢	00:33:17	01:02:25	00:56:36	3230	2825	770
5297	Chan Chu Fai	陳曙輝	00:33:08	01:02:26	00:57:10	3233	2828	771
4187	Chan Kit Man	陳傑文	00:32:57	01:02:30	00:59:39	3235	2830	772
5259	Jeffrey Ho	何靖曦	00:31:57	01:02:30	00:58:51	3238	2832	773
4801	Cheung Chun Sing	張晉昇	00:33:02	01:02:31	00:57:18	3243	2835	774
4832	So Kwok Ming	蘇國明	00:34:57	01:02:34	00:57:03	3247	2839	775
4562	Tam Ka Wai	譚家偉	00:32:34	01:02:37	00:59:12	3257	2847	776
4874	Leung King Hin	梁景軒	00:33:23	01:02:38	00:57:16	3259	2849	777
4532	Tam Wai Lim		00:31:28	01:02:42	00:59:52	3273	2861	778
5210	Wu Cheuk Fai	胡卓輝	00:34:08	01:02:42	00:56:36	3274	2862	779
4583	Yeung Kin Fai	楊健輝	00:32:42	01:02:44	00:59:29	3278	2864	780
4472	Chow Kai Hau	周啟孝	00:30:22	01:02:49	01:01:37	3292	2874	781
4601	Wong Yuk Lung	黃玉龍	00:33:22	01:02:51	00:56:48	3296	2878	782
5112	Sam Kwok Tsang Lai	郭增麗	00:35:18	01:02:54	00:57:08	3300	2881	783
4830	Wong Lok Yiu	王樂堯	00:33:41	01:02:54	00:57:31	3301	2882	784
5174	Wong Wai Hang	黃偉恒	00:34:10	01:02:55	00:57:30	3304	2884	785
4946	Chan Tsz Chun	陳梓津	00:33:43	01:02:59	00:58:26	3309	2886	786
4891	Joe Wong	黃啟豪	00:33:08	01:03:01	00:59:39	3314	2891	787
4716	Ho Tsz Shing	何子誠	00:33:22	01:03:01	00:59:34	3315	2892	788
5072	Chan Wai Fung	陳偉峰	00:34:23	01:03:04	00:56:54	3320	2895	789
5118	Lee Lok Hung	李樂鴻	00:32:18	01:03:05	01:00:35	3323	2897	790
4826	Lam Wan Chung	藍尹聰	00:32:26	01:03:06	00:58:33	3326	2899	791
4508	Chu Kwong Yip	朱廣業	00:32:16	01:03:06	00:58:17	3329	2902	792
4339	Au Cheuk Lam	歐卓霖	00:31:56	01:03:07	00:59:42	3331	2904	793
4228	Kenny Kwan	關智斌	00:29:59	01:03:10	01:02:47	3340	2910	794
5076	Lo Kwok Lun	盧國倫	00:30:33	01:03:13	01:02:20	3346	2915	795
5255	Lee Shun Keung	李順強	00:35:40	01:03:15	00:57:33	3350	2919	796
4608	Chan Siu Cheung	陳兆祥	00:32:52	01:03:16	00:58:34	3355	2923	797
4177	Yeung Siu Wai	楊少偉	00:30:02	01:03:18	01:01:30	3358	2926	798
5067	Cheung To Kwan	張道群	00:33:13	01:03:21	00:58:04	3361	2928	799
4898	Chan Wai In	陳偉賢	00:33:55	01:03:25	00:59:06	3378	2942	800
4668	Tse Ka Cheung	謝家祥	00:36:37	01:03:27	00:53:59	3384	2945	801
4938	Leung Ching Hei	梁政希	00:34:51	01:03:29	00:56:16	3386	2947	802
5092	Ip Yung Chi	葉勇志	00:33:51	01:03:30	00:58:20	3387	2948	803
4586	Mak Chung Sang	麥重生	00:32:11	01:03:32	01:01:20	3394	2953	804
4272	Hui Ming Hei	許明禧	00:29:44	01:03:35	01:02:35	3399	2957	805
4984	Chau Chi Yui	周志銳	00:33:48	01:03:37	00:58:46	3405	2960	806
5249	Jackie Hui	許智傑	00:34:45	01:03:37	00:58:16	3406	2961	807
4250	Choi Chi Wa	蔡智華	00:34:22	01:03:38	00:58:36	3409	2963	808
4779	Chan Kam Lung	陳金龍	00:31:10	01:03:38	01:00:53	3412	2964	809
5225	Lui Hoi Wah	雷鎧樺	00:32:34	01:03:45	00:58:56	3421	2972	810
5001	Too Lai Shun	杜禮純	00:34:29	01:03:47	00:59:27	3427	2977	811
4914	Tong Sai Man	湯世民	00:34:31	01:03:48	00:58:36	3429	2979	812
4720	Leung Yiu Fai	梁耀輝	00:31:13	01:03:51	01:01:36	3436	2985	813
5100	Tony Chiu Yin Bong	趙彥邦	00:35:06	01:03:51	00:59:03	3437	2986	814
4320	Li Kin Kei	李鍵基	00:34:55	01:03:52	00:58:07	3438	2987	815
4227	Kames Yau Jun Tak		00:30:01	01:03:52	01:03:27	3440	2989	816
4849	Li Wui Chung	李滙忠	00:33:25	01:03:53	00:59:34	3442	2991	817
4263	Chan Ka Fai	陳嘉輝	00:36:14	01:03:54	00:58:34	3445	2993	818
4398	Lam Yi	林禕	00:33:07	01:03:55	01:02:09	3446	2994	819
5002	Felix Chan Pui Wen	陳沛宏	00:32:28	01:03:56	01:01:42	3448	2996	820
4812	Ho Ping Lit	何炳烈	00:34:37	01:03:59	00:58:23	3455	3002	821
4277	Tsang Hon Ming	曾漢明	00:32:40	01:04:00	01:02:17	3460	3006	822
5242	Cheung Chi Fai	張志輝	00:35:56	01:04:04	00:58:30	3467	3012	823

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4916	Fung Yu Kwan	馮汝鈞	00:33:31	01:04:06	00:59:16	3471	3016	824
4588	Wong Kin Chung		00:32:52	01:04:06	00:59:54	3473	3018	825
4203	Chan King Lok	陳璟樂	00:35:28	01:04:13	01:00:31	3487	3028	826
4702	Luk Yiu Hong	陸耀康	00:32:14	01:04:14	01:00:23	3489	3030	827
5139	Lau Man Kit	劉文傑	00:36:07	01:04:14	00:57:57	3493	3032	828
5061	Fong Hui Kam	方訐金	00:34:41	01:04:17	00:59:07	3499	3037	829
4313	Lai Yee Lok	黎以樂	00:31:57	01:04:18	01:02:52	3500	3038	830
4214	Chan Kwun Ying	陳冠英	00:35:07	01:04:18	00:58:56	3501	3039	831
5245	Wu Chung Chi	胡頌智	00:37:49	01:04:19	00:53:34	3505	3041	832
5058	Vincent Tang	鄧明彰	00:33:25	01:04:20	01:01:22	3509	3044	833
4751	Chiu Ho Nam	趙浩男	00:33:56	01:04:22	00:58:25	3515	3050	834
4739	Chan Kwai Chung	陳貴忠	00:34:05	01:04:29	01:00:05	3528	3059	835
4723	Lam Tuk Hung	林督雄	00:32:33	01:04:31	01:00:40	3531	3062	836
5228	Ma Cheuk Hang	馬卓恆	00:31:26	01:04:34	01:03:19	3539	3066	837
4883	Jason Kwan Chi Yeung	關志洋	00:35:18	01:04:35	00:59:04	3542	3068	838
4584	Yeung King Bun	楊敬斌	00:32:47	01:04:45	01:02:11	3559	3080	839
4768	Kwok Wing Fung	郭永鋒	00:32:43	01:04:48	01:02:03	3561	3082	840
4225	Albert Wong		00:35:08	01:04:50	00:59:06	3568	3088	841
5028	Wan Ka Wing	尹嘉榮	00:32:36	01:04:51	01:02:21	3569	3089	842
5003	Ho Man Kiu	何文翹	00:34:04	01:04:51	01:03:10	3570	3090	843
5212	Wong Chun Yin	黃俊彥	00:35:27	01:04:55	01:00:45	3575	3095	844
4824	Li Sing Chi	李成志	00:36:44	01:04:55	00:57:20	3577	3097	845
4436	Leung Ming Kin	梁銘健	00:35:45	01:05:00	00:59:07	3588	3105	846
4456	Tang Ka Ho	鄧家豪	00:35:45	01:05:00	00:59:08	3589	3106	847
4998	Lo Ming Hong	盧銘康	00:31:35	01:05:00	01:03:18	3591	3108	848
4616	Tsoi Chun Fung	蔡俊峰	00:33:46	01:05:03	01:01:37	3599	3115	849
4437	Liao Yu Yong	廖瑜永	00:34:01	01:05:12	01:00:38	3611	3120	850
5158	Wong Hok Kan	黃學勤	00:35:28	01:05:12	00:59:30	3612	3121	851
5000	Cheung Ka Chu	張家柱	00:30:54	01:05:13	01:04:39	3613	3122	852
4462	Wong Chun	黃錚	00:34:27	01:05:14	01:00:52	3615	3123	853
4188	Leung Chun Pong	梁俊邦	00:31:07	01:05:15	01:04:51	3617	3125	854
4929	Lo Wing Hang	勞永鏗	00:34:39	01:05:18	01:03:15	3629	3134	855
4070	Tsui Chun Lung	徐晉龍	00:33:02	01:05:22	01:02:57	3636	3139	856
4941	Leung Wai Kit	梁偉傑	00:32:29	01:05:26	01:03:22	3642	3144	857
4701	Sze Sing Tang		00:35:11	01:05:26	00:59:40	3643	3145	858
4200	Chan Tsz Lik	陳子歷	00:34:27	01:05:30	00:59:41	3649	3148	859
4485	Fong Chung Hin	方重軒	00:34:52	01:05:35	00:59:48	3655	3153	860
5129	Tang Shi Kin	鄧仕健	00:33:18	01:05:35	01:03:35	3657	3155	861
4033	James Kendrick Hak Kun	詹克勤	00:33:54	01:05:39	01:00:31	3664	3162	862
4286	Chan Ming Yeung	陳銘洋	00:36:44	01:05:49	01:02:40	3677	3171	863
4859	Wong Wai Lam	黃偉霖	00:35:09	01:05:50	01:00:35	3681	3173	864
4388	Sin Fai Kam		00:34:14	01:05:51	01:00:26	3682	3174	865
4908	Cheung Man Chun		00:36:35	01:05:52	00:59:59	3683	3175	866
5038	Fung Wing Tat	馮永達	00:34:12	01:05:53	01:03:04	3685	3177	867
5261	Luk Kai Cheong	陸啟昌	00:35:39	01:05:55	01:00:01	3691	3181	868
4390	Tong Chun Wai	唐俊偉	00:37:23	01:05:58	01:00:24	3699	3185	869
4438	Sze Ping Chung	施平宗	00:36:28	01:06:01	00:59:50	3708	3193	870
4528	Lee Chi Yung	李智勇	00:35:30	01:06:02	01:00:38	3711	3195	871
5056	Hong Ying Keung	康應強	00:35:43	01:06:06	01:00:59	3721	3204	872
5310	Lau Tak Wai	劉德煒	00:36:21	01:06:06	01:01:57	3722	3205	873
4458	Kan Thung		00:33:09	01:06:06	01:00:56	3724	3206	874
5111	Martin Chiu Yat Nam	焦軼楠	00:35:50	01:06:08	01:01:04	3725	3207	875
4081	Lo Kam Wah	羅錦華	00:29:35	01:06:15	01:05:46	3737	3216	876
4685	Terry Ma	馬文俊	00:35:34	01:06:16	01:03:12	3738	3217	877
4764	Charles Cheung Ming Chun	張明俊	00:34:02	01:06:24	01:01:04	3753	3224	878



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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
5227	Fung Yiu Chung	馮耀宗	00:31:56	01:06:27	01:05:41	3757	3227	879
5132	Wong Kin Yip	黃建業	00:35:15	01:06:32	00:59:50	3764	3232	880
4665	Kong Yeung	江洋	00:32:57	01:06:33	01:03:55	3766	3234	881
4876	Chan Wai Leong	陳偉亮	00:33:23	01:06:38	01:03:40	3772	3238	882
5018	Mak Chi Ho	麥志豪	00:32:17	01:06:48	01:05:37	3788	3250	883
4367	Lee Lok Kwan	李樂君	00:36:35	01:06:56	00:58:00	3795	3252	884
4317	Yip Pui Chiu	葉沛釗	00:34:54	01:06:58	01:01:12	3802	3256	885
4352	Cheung Ning Fung	張寧鋒	00:35:39	01:07:03	01:03:26	3812	3263	886
5128	Tsang Hing Chung	曾慶聰	00:34:20	01:07:04	01:03:13	3814	3264	887
4652	Li Hing	李興	00:37:25	01:07:05	01:01:34	3815	3265	888
4154	Wu Chun Kit	胡俊傑	00:34:35	01:07:08	01:02:38	3820	3269	889
4956	Chan Kin Kwok	陳健國	00:36:07	01:07:10	01:03:39	3824	3271	890
4766	Man Wai Ming	文偉明	00:33:07	01:07:15	01:03:54	3833	3277	891
4769	See Kai Cheong	施啟昌	00:33:48	01:07:16	01:03:21	3834	3278	892
4862	Ko Chun Ho	高俊豪	00:33:08	01:07:16	01:04:38	3836	3279	893
5051	Kevin Cheuk Kam Pang	卓錦鵬	00:38:08	01:07:17	01:02:05	3837	3280	894
4326	Tam Yeuk Hang	譚若衡	00:37:20	01:07:17	01:02:00	3838	3281	895
5198	Ho Chi Man	何志文	00:38:07	01:07:17	01:02:07	3839	3282	896
5090	Ip Yung Leung	葉勇良	00:38:08	01:07:18	01:02:09	3843	3284	897
5199	Yeung Ting Pong	楊定邦	00:38:09	01:07:19	01:02:10	3844	3285	898
5029	Li Wai Chung	李偉松	00:34:10	01:07:19	01:02:51	3845	3286	899
4206	Wong Kwok On	黃國安	00:34:22	01:07:24	01:04:04	3850	3289	900
4813	Chak Kin Fung	翟健鋒	00:36:37	01:07:27	01:01:40	3858	3295	901
5017	Chan Yu Hung	陳宇鴻	00:35:28	01:07:29	01:02:55	3862	3298	902
4933	Leung Wai Chun	梁偉俊	00:32:53	01:07:33	01:05:29	3876	3306	903
4954	Lee Yuen Tat	李遠達	00:34:50	01:07:35	01:02:02	3880	3309	904
4202	Chan Chi Wai	陳志威	00:35:27	01:07:36	01:03:54	3881	3310	905
4239	Ho Ting Hong	何庭康	00:34:48	01:07:37	01:03:22	3884	3312	906
5204	Tang Yip Kan	鄧業勤	00:37:11	01:07:44	01:02:05	3897	3321	907
5194	Lee Ka Sing	李家聲	00:37:08	01:07:50	01:03:15	3909	3330	908
4596	Lai Wing Cheong	賴榮昌	00:35:42	01:07:53	01:02:53	3911	3332	909
5303	Ivan Suen	孫文灝	00:32:10	01:07:57	01:05:24	3917	3335	910
4778	Ling Yuk Ming	凌育明	00:34:04	01:08:03	01:04:11	3927	3343	911
4798	Yu Wing Lung	余泳龍	00:33:45	01:08:06	01:04:08	3938	3348	912
4220	Cheng Chi Hin	鄭子軒	00:30:50	01:08:07	01:08:03	3939	3349	913
4965	Tony Liu Yuet Yu		00:33:09	01:08:11	01:03:35	3949	3357	914
5222	Wong Ho Ching	黃皓程	00:34:36	01:08:14	01:04:56	3957	3361	915
4674	Lam Tak Tin	林德天	00:35:27	01:08:21	01:05:51	3970	3370	916
4469	Tsang Chung Kin	曾仲堅	00:36:20	01:08:26	01:03:11	3984	3378	917
4750	Li Cheuk Hang	李卓恆	00:36:32	01:08:26	01:03:25	3985	3379	918
5153	Ma Yiu Tak	馬耀德	00:39:28	01:08:32	01:00:00	3995	3386	919
4179	Lau Kin Hang	劉建亨	00:36:27	01:08:37	01:03:59	4002	3392	920
4164	Wong Ho Kin	黃豪健	00:32:18	01:08:40	01:07:54	4011	3396	921
5279	Leung Ka Ki	梁家祺	00:34:44	01:08:43	01:05:44	4017	3402	922
4677	Lee Chi Pan	李志彬	00:35:20	01:08:51	01:04:23	4027	3408	923
5283	Wong Ka Hang	黃家恒	00:40:17	01:08:58	01:00:21	4035	3415	924
4440	Kwun Ying Ping	官應平	00:35:07	01:09:00	01:05:04	4036	3416	925
5063	Leung Chi Hong	梁志康	00:37:30	01:09:03	01:03:46	4040	3420	926
5005	Hui Tak Tsun	許德俊	00:35:30	01:09:06	01:03:41	4041	3421	927
4538	Wong Yiu Chung	黃耀忠	00:36:10	01:09:12	01:04:18	4056	3425	928
4401	Lee Cheuk Wai	李卓偉	00:29:38	01:09:16	01:06:25	4062	3429	929
4902	Tai Hoi Tao	戴海滔	00:36:39	01:09:17	01:03:12	4064	3431	930
4224	Dickson Yip		00:35:22	01:09:17	01:03:34	4065	3432	931
5120	Lee Wai Kit	李偉傑	00:38:18	01:09:20	01:03:58	4071	3436	932
4171	Wong Ping	黃平	00:37:32	01:09:37	01:03:52	4092	3451	933

# ASICS Hong Kong 10K Challenge 2014

## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
5022	Cheng Chun Chung	鄭鎮鍾	00:37:46	01:09:37	01:05:29	4093	3452	934
4170	Calvin Lam Shu Ping	林書平	00:37:32	01:09:37	01:03:53	4094	3453	935
5243	Lee Cheuk Fung	李卓豐	00:36:54	01:09:37	01:00:31	4095	3454	936
4961	Lo Hin Yeung	盧顯揚	00:35:43	01:09:58	01:07:33	4119	3466	937
5066	Eric Ip Lam Ho	葉林灝	00:35:18	01:09:59	01:04:46	4124	3470	938
4573	Wong Chun Wah	黃俊華	00:34:20	01:10:03	01:09:16	4131	3473	939
4705	Chan Hon Chung	陳漢聰	00:33:32	01:10:06	01:08:55	4133	3475	940
4728	Tse Tak Yan	謝得人	00:37:44	01:10:11	01:05:12	4143	3480	941
4579	Chan Wing Kit	陳榮傑	00:36:51	01:10:14	01:04:04	4148	3483	942
5049	Rico Ng Siu Chung	吳兆宗	00:34:28	01:10:32	01:08:07	4174	3494	943
4359	Tso Wang Yip	曹宏業	00:40:19	01:10:33	00:59:49	4179	3497	944
4259	Henry Mo Ka Kit	毛家傑	00:36:42	01:10:38	01:06:23	4184	3500	945
5146	Vincent Lam Wai Ho	林偉豪	00:37:08	01:10:38	01:06:03	4185	3501	946
5277	Choi Yuk Fai	蔡煜輝	00:39:29	01:10:40	01:04:43	4189	3503	947
4509	Kok Man Keung	郭敏強	00:32:57	01:10:43	01:09:32	4194	3508	948
4678	Lau Ka Ho	劉嘉豪	00:35:22	01:10:48	01:04:46	4202	3514	949
4336	Cheng Chung Ping	鄭頌平	00:35:41	01:10:55	01:09:32	4212	3522	950
5238	Ngai Ka Ho	倪嘉豪	00:37:33	01:10:57	01:07:28	4215	3523	951
4178	Wong Hoi Hong	王海航	00:33:35	01:10:59	01:09:11	4218	3525	952
4625	Leung Ka Chun	梁家進	00:38:41	01:11:06	01:05:09	4231	3532	953
4150	Leung Wai Shing	梁偉誠	00:35:24	01:11:19	01:08:11	4251	3542	954
4725	Oscar Chan Koon Wah	陳冠樺	00:33:58	01:11:23	01:10:05	4257	3546	955
4381	Tam Chi Kong	譚智剛	00:37:33	01:11:26	01:07:14	4262	3550	956
4515	Lam Wai Yip	林偉業	00:35:28	01:11:35	01:08:02	4273	3555	957
4210	Ho Yat Nam	何溢南	00:35:23	01:11:41	01:07:22	4285	3561	958
4325	Tam Chi Hang	譚志桓	00:36:05	01:11:53	01:07:23	4301	3571	959
4955	Leung Kam Hung	梁錦鴻	00:37:32	01:12:00	01:08:30	4306	3575	960
4557	Wan Cho Wah	溫祖華	00:35:56	01:12:03	01:09:53	4312	3578	961
4846	Fong Ting Fung	方霆鋒	00:34:06	01:12:05	01:10:30	4315	3579	962
4520	Chan Wing Chung	陳穎聰	00:37:07	01:12:11	01:07:51	4324	3584	963
4599	Ng Kwing Lun	伍焯麟	00:36:13	01:12:13	01:09:30	4325	3585	964
4426	Chan Ming Yin	陳銘賢	00:39:11	01:12:16	01:06:36	4330	3589	965
4663	Kam Hiu Yeung	甘曉陽	00:36:49	01:12:27	01:09:28	4342	3598	966
5218	Kam Shing Hei	甘承羲	00:37:30	01:12:28	01:07:19	4343	3599	967
4900	Chan Hoi Leung	陳凱樑	00:36:52	01:12:28	01:07:28	4344	3600	968
4153	Tung Cheung	董翔	00:35:33	01:12:29	01:09:07	4345	3601	969
5020	Hui Wing Fat	許榮發	00:40:27	01:12:43	01:03:37	4358	3604	970
4216	Yip Chung Ming	葉仲明	00:38:30	01:12:51	01:06:57	4366	3610	971
4330	Chong Lok Lam	莊樂林	00:37:47	01:12:54	01:06:51	4369	3612	972
4633	Chan Kwong Chun	陳廣進	00:36:52	01:12:55	01:08:48	4373	3614	973
4904	Ng Siu Lun	吳兆倫	00:37:54	01:13:11	01:10:34	4391	3621	974
4893	Wong Yiu Tung	王耀東	00:39:42	01:13:12	01:07:22	4392	3622	975
4403	Yeung Sai Fai	楊世輝	00:39:42	01:13:12	01:07:22	4394	3623	976
4590	Chan Sze Chun	陳思進	00:37:53	01:13:12	01:10:34	4395	3624	977
4774	Chan Wa Kit	陳華傑	00:38:56	01:13:13	01:08:16	4399	3627	978
4454	Ho Ho Cheung	何浩彰	00:36:08	01:13:19	01:12:13	4406	3630	979
4892	Tam Po Fai	譚堡微	00:38:42	01:13:21	01:07:12	4408	3632	980
4275	Chan Chi Fung	陳智豐	00:38:49	01:13:23	01:08:53	4414	3637	981
4825	Cheng Kin Sang	鄭健生	00:39:23	01:13:25	01:07:58	4415	3638	982
4126	Wong Tsz Ming	黃子明	00:40:23	01:13:29	01:08:53	4422	3640	983
5085	Chau Chun Ho	周俊豪	00:31:50	01:13:32	01:09:59	4426	3643	984
4441	Liu Hong Yin	廖匡研	00:38:13	01:13:34	01:08:34	4428	3645	985
4919	William Mak Kam Chuen	麥錦銓	00:38:09	01:13:40	01:08:12	4433	3648	986
5173	Ng Ka Yin	伍家賢	00:36:53	01:13:41	01:10:02	4434	3649	987
5136	Wong Tsz Yin	黃子然	00:38:04	01:13:42	01:08:43	4436	3650	988

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
5219	Lam Chun Wing	藍俊榮	00:37:31	01:13:55	01:12:40	4449	3658	989
4539	Kwok Yiu Pong	郭耀邦	00:37:23	01:13:57	01:11:05	4452	3659	990
4710	Tin Chun Shing	田俊城	00:38:46	01:14:13	01:08:35	4467	3661	991
5107	Lai Sheung Shun	賴尚信	00:35:04	01:14:29	01:13:19	4481	3666	992
4549	Cheung Lap Kei	張立基	00:39:25	01:14:31	01:10:05	4482	3667	993
4322	Cho Ka Thai	曹家泰	00:39:03	01:14:40	01:08:52	4487	3669	994
4742	Wong Ka Lun	黃家麟	00:38:50	01:14:59	01:09:01	4504	3681	995
5190	Yip Tsz Hin	葉梓軒	00:39:03	01:15:01	01:09:44	4505	3682	996
4576	Liu Tsz Hoi	廖子凱	00:37:00	01:15:13	01:14:08	4514	3685	997
4842	Chan Yiu Wai	陳耀偉	00:37:29	01:15:13	01:10:24	4515	3686	998
5148	Wong Chi Yuen	王志遠	00:37:56	01:15:16	01:10:44	4520	3687	999
4796	Wong Ho Lun	黃皓麟	00:40:32	01:15:28	01:12:35	4527	3691	1000
5236	Chan Chi Yip	陳智業	00:38:00	01:15:30	01:11:53	4529	3693	1001
5235	Chow Ting Fai	周霆羣	00:36:29	01:15:32	01:14:04	4530	3694	1002
4271	Cheung Chin Ting	張展霆	00:39:31	01:16:13	01:12:15	4555	3704	1003
4444	Alvis Chu Kin Wai	朱健威	00:39:05	01:16:27	01:13:02	4568	3711	1004
4913	Cheng Kwok Wong	鄭國旺	00:37:35	01:16:28	01:10:52	4570	3713	1005
5201	Jason Chan Wing Hei	陳永晞	00:38:26	01:16:50	01:13:08	4578	3718	1006
4251	Ip Ming Fung	葉銘豐	00:37:32	01:16:58	01:14:34	4585	3721	1007
4552	Lo Ho Yin	勞浩然	00:40:27	01:17:09	01:12:28	4590	3724	1008
5206	Lo Sze Sing	盧仕陞	00:38:00	01:17:28	01:13:40	4601	3729	1009
4598	Leung Wai Chung	梁偉聰	00:38:12	01:17:32	01:14:05	4604	3732	1010
4218	Ricky Ng Ming Sum	吳銘心	00:41:45	01:17:41	01:10:34	4612	3734	1011
4903	Cheng Kwong Ho	鄭光豪	00:38:09	01:17:58	01:14:11	4621	3739	1012
4940	David Lam Hak Shing	林克誠	00:40:44	01:18:09	01:12:45	4626	3742	1013
4799	Wong Kai Tai	黃啟泰	00:39:59	01:18:19	01:13:05	4633	3746	1014
4935	Ng Chun Kong	吳鎮江	00:39:36	01:18:30	01:13:32	4644	3752	1015
5309	Choi Chun Hon	蔡瑄翰	00:38:17	01:18:33	01:15:41	4646	3753	1016
4734	Chan Chi Wai	陳志偉	00:38:33	01:18:42	01:15:07	4655	3758	1017
5131	Cheng Wing Kai	鄭榮楷	00:38:29	01:18:47	01:14:00	4659	3760	1018
5172	Kan Wai Hung	簡偉雄	00:44:39	01:18:50	01:12:10	4663	3762	1019
4886	Tsang Chi Wai	曾智偉	00:48:14	01:18:51	01:11:43	4664	3763	1020
4564	Wong Cheuk Hei	黃偉熙	00:44:54	01:18:53	01:18:06	4666	3764	1021
4923	Wong Ching Hong	黃靖康	00:39:28	01:18:54	01:14:36	4667	3765	1022
4959	Wong Yin Tat	王賢達	00:40:22	01:18:57	01:13:15	4671	3767	1023
4931	Chan King Hin	陳景軒	00:39:30	01:19:02	01:13:47	4675	3768	1024
4944	Cheung Chun Man	張俊文	00:39:50	01:19:03	01:13:49	4676	3769	1025
4366	Chan Chong Yin	陳昶延	00:42:07	01:19:08	01:14:00	4683	3771	1026
5156	Cheung Chi Shing	張志誠	00:37:44	01:20:48	01:20:21	4735	3799	1027
4269	Chan Kang Yuen	陳鏡源	00:39:26	01:21:14	01:15:43	4746	3803	1028
5124	Lau Hin Yu	劉軒宇	00:40:42	01:21:18	01:16:54	4749	3804	1029
5229	John Ng Hiu Fung	吳曉鋒	00:42:43	01:21:41	01:16:43	4761	3810	1030
4162	Chan Kin Lok	陳建諾	00:38:43	01:21:56	01:20:48	4771	3814	1031
4368	Cheung King Fai		00:44:26	01:22:02	01:13:21	4776	3815	1032
4632	Hung Mak Simon Sai	麥世雄	00:38:14	01:22:09	01:19:08	4782	3818	1033
5177	Kan Wai Chun	簡偉俊	00:44:39	01:22:26	01:15:46	4793	3826	1034
5260	Cheng Ka Chun	鄭嘉進	00:44:39	01:22:27	01:15:46	4794	3827	1035
4689	Eric Lau Ho Tai	劉浩泰	00:40:37	01:22:41	01:20:56	4798	3830	1036
4264	Ip Chun Yau	葉俊佑	00:42:05	01:22:42	01:17:34	4800	3832	1037
4737	Tong Chit Yin	唐哲賢	00:40:24	01:22:46	01:21:06	4801	3833	1038
4475	Chan Tsz Lai	陳子禮	00:41:10	01:22:54	01:19:44	4805	3835	1039
4446	Lam Cheuk Fung	林卓峰	00:43:07	01:23:01	01:17:52	4807	3836	1040
5096	Herman Fung Siu Jun	馮肇俊	00:41:09	01:23:06	01:18:18	4813	3840	1041
4511	Lai Chi Hon	黎志漢	00:38:24	01:23:47	01:22:37	4827	3843	1042
4738	Johnny Chan Keung	陳強	00:40:20	01:24:07	01:22:49	4830	3846	1043

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## Men's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
4906	Lau Ka Ho	劉嘉豪	00:41:21	01:24:22	01:19:22	4835	3848	1044
4802	Leung Ho Hin	梁昊軒	00:42:16	01:24:58	01:21:20	4849	3854	1045
4191	Yeung Hiu Long	楊曉朗	00:43:49	01:27:20	01:25:57	4873	3862	1046
5285	Cheung Ho Lung	張浩龍	00:41:07	01:27:22	01:26:22	4874	3863	1047
4823	Lau Tik Hong	劉迪康	00:44:55	01:29:41	01:26:21	4903	3868	1048
4901	Wong Siu Kwan	黃紹焜	00:43:59	01:30:56	01:25:55	4918	3875	1049