

ASICS Hong Kong 10K Challenge 2014

Women's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
<u>Women's Senior (WS)</u>								
137	Yiu Kit Ching	姚潔貞	00:18:01	00:35:51	00:35:50	34	1	1
136	Jane Richards		00:18:55	00:37:56	00:37:55	79	2	2
126	Larissa Tong Ka Yan	唐嘉欣	00:18:46	00:38:00	00:37:59	82	3	3
112	Kong Lai Ming	江麗明	00:19:02	00:38:58	00:38:58	115	5	4
146	Lui Wai Man	呂慧敏	00:19:29	00:39:48	00:39:47	150	6	5
147	Lam Ka Yan	林家欣	00:20:01	00:40:55	00:40:54	208	11	6
142	Fan Ka King	范家瓊	00:20:25	00:41:17	00:41:16	226	12	7
145	Ho Lok Man	何樂敏	00:20:06	00:41:38	00:41:35	236	15	8
115	Vut Tsz Ying	屈旨盈	00:20:31	00:42:09	00:42:06	270	18	9
557	Oksana Riabova		00:20:53	00:42:15	00:42:07	278	19	10
262	Alice Fong Wing Ting	方詠婷	00:21:08	00:42:59	00:42:55	329	22	11
226	Kwan Siu Man	關小敏	00:21:03	00:43:11	00:42:54	343	24	12
111	Cheung Hoi Wah	蔣凱華	00:20:59	00:43:27	00:43:23	362	26	13
125	Chan Man Chi	陳敏芝	00:21:58	00:43:38	00:43:15	375	28	14
144	Siu Wai Yue	蕭卉婥	00:20:56	00:43:49	00:43:48	389	29	15
263	Flora Ching		00:22:06	00:44:03	00:43:57	405	30	16
114	Wu Sin Hung	胡倩虹	00:22:03	00:44:51	00:44:42	460	33	17
264	Lam Ka Yan	林嘉欣	00:21:56	00:45:11	00:45:07	493	35	18
381	Tse Sze Wing	謝思穎	00:22:25	00:45:18	00:45:13	510	37	19
148	Cheung Wai Yin	張慧妍	00:22:26	00:45:56	00:45:52	571	40	20
429	Elle Hershey	向雅絲	00:22:46	00:46:04	00:45:38	591	41	21
113	Chan On Ki	陳安琪	00:22:12	00:46:37	00:46:35	642	42	22
118	Tam Ka Man	譚嘉敏	00:23:07	00:46:52	00:46:32	662	44	23
286	Wong Wing Yin	黃詠研	00:24:19	00:47:18	00:45:59	706	49	24
103	Kirsten Lamb		00:23:42	00:47:39	00:46:48	742	54	25
195	Choi Ka Ling	蔡嘉玲	00:25:52	00:47:52	00:44:30	774	57	26
251	Lau Shuk Fan	劉淑芬	00:24:28	00:47:52	00:47:38	780	59	27
102	Ng Sau Man	吳秀雯	00:25:03	00:47:59	00:46:23	800	61	28
151	Liu Ka Man	廖嘉雯	00:23:47	00:48:05	00:47:46	812	62	29
297	Cheung King Yan	張景忻	00:24:03	00:48:09	00:47:42	821	63	30
108	Tiu Pui Kwan	刁佩君	00:24:35	00:48:13	00:47:53	829	64	31
122	Chan Ching Yan	陳靜欣	00:24:00	00:48:26	00:48:16	860	68	32
138	Lo Ka Man	盧嘉文	00:24:37	00:48:41	00:48:16	891	71	33
143	Wong Wing Yee	黃詠儀	00:21:02	00:48:49	00:48:21	905	73	34
494	Li Hoi Ling	李愷玲	00:25:43	00:48:56	00:46:09	930	75	35
408	Mok Joanna	莫與嘉	00:24:32	00:49:08	00:48:06	962	78	36
154	Tsang Tsun Yat	曾雋逸	00:24:29	00:49:28	00:48:45	1001	81	37
130	Pau Yin Loi	鮑燕萊	00:25:14	00:49:44	00:48:50	1041	86	38
149	Wai Tak Han	韋德嫻	00:25:24	00:49:49	00:49:12	1049	87	39
117	Zhong Xia	鍾霞	00:23:34	00:49:50	00:49:43	1054	88	40
236	Rachel Tsang Wing Chi	曾穎姿	00:25:07	00:50:16	00:50:02	1112	92	41
350	Wong Sze Long		00:24:14	00:50:23	00:50:13	1132	94	42
314	Au Yeung Ching Man	歐陽淨文	00:24:40	00:50:23	00:50:16	1134	95	43
134	Li Ka Yan	李嘉欣	00:25:20	00:50:30	00:49:37	1153	96	44
133	Leung Chau Mei	梁秋薇	00:25:32	00:50:52	00:50:31	1205	100	45
157	Ngai Yuen Ming	魏婉鳴	00:24:45	00:50:56	00:50:38	1216	101	46
386	Ho Wai Ki	何煒圻	00:25:36	00:51:08	00:50:08	1238	102	47
339	Law Sau Ting	羅秀婷	00:25:56	00:51:42	00:50:09	1324	105	48
250	Lam Yan Yan	林茵茵	00:26:09	00:51:57	00:50:14	1353	108	49
252	Wong Ka Yan	黃嘉欣	00:26:09	00:51:57	00:50:14	1356	109	50
362	Teresa Ngai So Ting	魏素婷	00:26:08	00:52:02	00:51:06	1368	111	51
440	Carman Zeng	曾美妹	00:26:48	00:52:32	00:50:48	1443	118	52
168	Ching Wing Tai	程永泰	00:26:41	00:52:42	00:51:16	1476	122	53

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Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
438	June Wong Wai Han	黃慧嫻	00:26:32	00:52:42	00:51:53	1478	123	54
413	Chan Wing Han	陳穎嫻	00:26:48	00:52:47	00:51:45	1491	124	55
265	Yeung Ching Wun	楊靖媛	00:28:09	00:52:49	00:49:55	1499	125	56
116	Fung Ka Lee	馮嘉莉	00:28:23	00:53:04	00:51:56	1547	130	57
292	Aqua Tsang Oi Wah	曾愛華	00:26:05	00:53:05	00:52:43	1548	131	58
481	Yeung Sze Man	楊詩敏	00:26:24	00:53:05	00:52:27	1550	132	59
451	Stephanie Bina		00:27:34	00:53:16	00:50:52	1588	137	60
272	Ng Chung Fei	吳頌菲	00:26:49	00:53:22	00:52:13	1607	140	61
231	Chung Lai Ha	鍾麗霞	00:26:34	00:53:26	00:53:13	1619	143	62
220	Kate Tse Nga Ching	謝雅青	00:27:06	00:53:32	00:52:11	1642	146	63
246	Ng Ka Wai	吳嘉慧	00:28:12	00:53:33	00:52:27	1643	147	64
230	Lau Ka Yan	劉嘉欣	00:28:38	00:53:37	00:49:49	1658	149	65
215	Sing Mei Tak	成美德	00:26:11	00:53:39	00:52:44	1665	151	66
225	Ko Mei Sze	高美詩	00:28:24	00:53:55	00:51:08	1713	153	67
421	Lau Wing Chi	劉穎芝	00:25:53	00:54:12	00:53:41	1764	159	68
559	Yip Yan Yu	葉恩瑜	00:28:00	00:54:15	00:51:18	1771	161	69
193	Yuen Ka Yi	湯怡	00:26:26	00:54:17	00:54:14	1778	164	70
296	Lau Pui Ling	劉佩玲	00:29:04	00:54:17	00:50:37	1780	165	71
392	Candy Lee Shi Yen	李詩燕	00:29:34	00:54:32	00:50:42	1831	171	72
328	Ling Ching Yin	凌政言	00:28:42	00:54:37	00:51:10	1848	172	73
232	Lam Chau Wa	林秋華	00:26:42	00:54:47	00:54:45	1879	174	74
106	Lee Sin Ting	李倩婷	00:26:52	00:54:49	00:53:44	1883	176	75
129	Lam Pui Fung	林佩楓	00:29:06	00:55:02	00:52:16	1919	178	76
233	Tsui Heung Ling	徐香玲	00:29:00	00:55:08	00:52:54	1933	179	77
284	Ellen Huang	黃小瑜	00:27:56	00:55:09	00:54:00	1935	180	78
127	Kelly Chan Kai Yan	陳啟甄	00:28:57	00:55:27	00:52:41	1988	186	79
372	Kong Mei Fong	江鏐坊	00:27:54	00:55:28	00:53:34	1991	187	80
131	Wong Tin Lai	黃天麗	00:28:25	00:55:40	00:54:34	2030	191	81
139	Vanessa Yue Hoi Yin	余凱然	00:27:18	00:55:48	00:55:24	2061	194	82
321	Chan Yee Ting	陳漪婷	00:29:21	00:55:53	00:52:41	2077	197	83
300	Ivonne Marie E Wong	黃愷雯	00:30:02	00:56:06	00:52:04	2130	207	84
399	Lau Miu Ching	劉妙菁	00:29:41	00:56:07	00:54:15	2136	208	85
306	Chan Mi Xi	陳美樺	00:30:27	00:56:11	00:51:48	2152	209	86
407	Tsang Hiu Kwan	曾曉君	00:30:52	00:56:23	00:51:11	2196	216	87
180	Wong Ching Man	黃靜雯	00:29:07	00:56:24	00:54:39	2202	218	88
288	Kate Li Wing Yan	李詠恩	00:30:25	00:56:45	00:52:43	2267	222	89
277	Cherry Chan Tsz Shan	陳芷嫻	00:30:12	00:56:46	00:52:27	2271	224	90
239	Kam Ka Wa	甘嘉華	00:29:51	00:56:57	00:53:10	2303	230	91
260	Cheung Sui Kwan	張瑞君	00:30:28	00:57:25	00:53:14	2391	244	92
261	Wong Hoi Yin	黃海燕	00:31:43	00:58:00	00:53:51	2491	258	93
521	Lai Cheuk Lam	賴卓琳	00:31:09	00:58:25	00:55:01	2566	272	94
227	Coey Yuen	袁寶兒	00:29:32	00:58:30	00:57:26	2582	274	95
464	Chik King Chi	戚勁之	00:29:35	00:58:30	00:56:43	2587	276	96
465	Mok Sui Yan	莫萃欣	00:29:36	00:58:31	00:56:42	2588	277	97
553	Lee Sin Ting	李茜婷	00:28:51	00:58:42	00:56:35	2616	279	98
303	Po Lok Hang	布諾珩	00:30:18	00:58:44	00:54:19	2623	280	99
324	Yau On Nei	邱安妮	00:29:50	00:58:49	00:56:00	2644	287	100
282	Cheung Ka Ki	張家琪	00:31:41	00:59:04	00:55:16	2684	291	101
238	Chan Ka In	陳家妍	00:31:49	00:59:33	00:56:18	2747	297	102
401	Sin Wai Fan	洗慧芬	00:31:10	00:59:33	00:55:13	2749	298	103
199	Ho Lok Yan	何洛欣	00:30:59	00:59:37	00:55:34	2761	301	104
398	Wong Wai Man	黃蔚雯	00:29:27	00:59:44	00:56:55	2778	304	105
298	Leung Wing Yan	梁穎茵	00:29:00	00:59:45	00:59:38	2780	305	106
447	Hung Sau Lai	熊秀麗	00:29:40	00:59:51	00:58:28	2799	308	107
518	Lau Shuk Han	劉淑嫻	00:29:19	00:59:59	00:59:10	2816	310	108

ASICS Hong Kong 10K Challenge 2014

Women's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
320	Lam Mei Ling	林美玲	00:31:37	01:00:00	00:55:59	2820	311	109
242	Leung Shuk Yee	梁淑儀	00:31:01	01:00:05	00:56:38	2833	315	110
121	Law Yin Ting	羅彥婷	00:31:06	01:00:06	00:57:52	2836	316	111
539	Liu Kwok Fa	廖國花	00:28:34	01:00:09	00:59:10	2844	317	112
346	Leung Yuen Ting	梁琬婷	00:32:06	01:00:14	00:55:54	2860	321	113
212	Li Wai Yan	李惠恩	00:29:50	01:00:23	00:59:36	2883	326	114
275	Carina Lee San San	李珊珊	00:31:30	01:00:35	00:56:58	2914	332	115
216	Angela Sing Lai Tak	成勵德	00:29:30	01:00:46	00:59:51	2953	339	116
469	Kwok Wing Suet	郭詠雪	00:30:49	01:00:49	00:59:10	2964	341	117
491	Wan Po Ying	尹葆盈	00:29:16	01:00:50	01:00:07	2966	342	118
488	Ice Chong Suet Yee		00:32:38	01:00:55	00:55:18	2977	345	119
564	To Wai Yin	杜慧妍	00:31:14	01:00:55	00:57:45	2980	346	120
273	Lai Ka Yan	賴嘉欣	00:33:45	01:00:55	00:54:55	2981	347	121
388	Sin Chui Mei	冼翠薇	00:32:12	01:01:00	00:56:12	2998	350	122
406	Lau Mung Wa	劉夢樺	00:31:58	01:01:05	00:56:52	3013	353	123
519	Prima Ting Sze Ling	丁思靈	00:30:50	01:01:14	00:58:06	3041	359	124
422	Lo Ka Man	盧嘉敏	00:33:07	01:01:22	00:57:06	3060	364	125
426	Amy Leung Heung	梁香	00:32:31	01:01:27	00:56:15	3071	368	126
336	Lam Oi Sze	林靄詩	00:30:38	01:01:29	00:59:44	3078	369	127
156	Wong Kin Yan	黃健欣	00:33:58	01:01:34	00:56:08	3088	370	128
308	Leung Shuk Ling	梁淑玲	00:32:46	01:01:38	00:56:25	3103	372	129
163	Lam Tsz Ying	林芷迎	00:31:46	01:01:44	00:59:02	3116	376	130
487	Leung Ching Man	梁靜雯	00:32:09	01:01:45	00:58:12	3120	377	131
235	Chui Yuen Yi	徐婉怡	00:31:01	01:01:54	00:59:36	3139	380	132
312	Fan Siu Wai	范小蔚	00:30:54	01:01:59	01:00:23	3146	382	133
228	Chow Ka Ming	周家銘	00:31:42	01:02:01	00:58:50	3155	384	134
140	Law Lok Yiu	羅樂瑤	00:32:54	01:02:06	00:57:09	3165	388	135
219	Cheng Xi	程曦	00:33:43	01:02:07	00:55:28	3168	390	136
445	Bibianna	余樂之	00:33:17	01:02:11	00:59:11	3184	394	137
141	Law Lok Yin	羅樂然	00:33:52	01:02:15	00:57:19	3198	396	138
359	So Tsz Shan	蘇子珊	00:32:05	01:02:18	00:59:42	3207	399	139
351	Tracy Yip Chui Shan	葉翠珊	00:32:55	01:02:18	00:57:23	3209	401	140
470	Yip Pui Wah	葉佩樺	00:32:08	01:02:19	00:58:03	3211	402	141
329	Polly Lam Kwan Mei	林君媚	00:31:37	01:02:22	01:01:23	3223	405	142
479	Tso Tak Yi	曹德怡	00:31:28	01:02:30	01:00:25	3236	406	143
364	Cheung Yee Ki	張倚琪	00:31:48	01:02:41	01:01:00	3269	411	144
105	Kwan Ka Wan	關嘉韻	00:30:53	01:02:42	00:59:14	3270	412	145
294	Yeung Nga Sze	楊雅斯	00:32:04	01:02:46	00:59:44	3283	415	146
548	Wu Po Wa	胡寶華	00:33:40	01:02:46	00:59:07	3286	417	147
373	Ho Kar Ying	何嘉盈	00:32:10	01:02:54	00:59:26	3303	420	148
330	Florence Cheung Hiu In	張曉妍	00:33:53	01:02:57	00:59:25	3306	421	149
442	Ng Nga Wun	吳雅媛	00:32:26	01:03:06	00:58:34	3324	427	150
184	Wong Nga Ting	黃雅婷	00:29:58	01:03:21	01:02:04	3360	433	151
414	Ho Man Yee	何敏儀	00:33:55	01:03:25	00:59:06	3377	436	152
327	Annie Li On Ni		00:32:11	01:03:32	01:01:20	3395	442	153
223	Wong Tai Gi	黃太之	00:29:46	01:03:35	01:02:36	3402	443	154
335	Liu Ko Ping	廖高萍	00:33:43	01:03:36	00:59:04	3403	444	155
477	Yip Nga Man	葉雅雯	00:33:43	01:03:36	00:59:03	3404	445	156
120	Li Bik Yin	李璧妍	00:31:01	01:03:38	01:02:41	3408	446	157
315	Tam Wing Yan	譚詠恩	00:31:41	01:03:49	01:01:30	3432	451	158
293	Tammy Lam	林清雯	00:30:19	01:04:00	01:03:37	3456	454	159
554	Yip Oi Ming	葉藹明	00:33:38	01:04:02	01:00:23	3463	455	160
363	Florence Li Wing Chi	李穎姿	00:32:54	01:04:09	01:01:14	3479	458	161
307	Cheung Lai Fan	張麗芬	00:35:18	01:04:13	00:58:41	3485	459	162
266	Law Fung Lam	羅鳳琳	00:29:47	01:04:19	01:04:12	3504	464	163

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Women's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
334	Jian Mei	簡梅	00:35:42	01:04:23	00:59:49	3516	466	164
436	Fan Tsz Wa	樊紫樺	00:34:32	01:04:23	00:59:12	3517	467	165
437	Chau Nga Yan	周雅欣	00:30:03	01:04:25	01:03:24	3521	468	166
185	Chung Nam Yn	鍾南燕	00:31:34	01:04:33	01:03:03	3535	472	167
462	Chan Lee		00:32:07	01:04:35	01:03:12	3541	474	168
400	Heung Man Yee	香敏儀	00:35:13	01:04:44	00:59:11	3553	477	169
529	Ng Sau Lan	吳秀蘭	00:35:26	01:04:56	01:00:46	3578	481	170
326	Candy Wong Pu Yu	黃珮瑜	00:32:49	01:05:03	01:00:40	3598	484	171
279	Li Wing Kee	李詠琦	00:33:55	01:05:07	01:01:39	3604	486	172
454	Ng Wing Yan	吳詠嫻	00:32:02	01:05:09	01:03:52	3606	488	173
483	Siu Ling Chi	邵菱芝	00:33:23	01:05:09	01:00:53	3607	489	174
274	Ho Ying Tung	何映彤	00:32:24	01:05:11	01:02:34	3609	490	175
301	Wong Lok Hin	黃樂獻	00:31:54	01:05:18	01:04:16	3625	494	176
160	Ho Yin Ni	何燕妮	00:32:19	01:05:40	01:03:36	3666	503	177
150	Chan Wai Man	陳惠敏	00:34:03	01:05:42	01:00:17	3668	504	178
213	Chong Man Yan	莊文欣	00:31:47	01:05:49	01:04:14	3678	507	179
531	Wan Pik Shan	尹璧珊	00:34:10	01:05:53	01:02:13	3686	509	180
507	Yee Nga Yin	余雅賢	00:33:00	01:05:56	01:03:14	3692	511	181
237	Leung Shuk Ming	梁淑明	00:32:07	01:05:56	01:05:26	3695	512	182
526	Tam Ming Chu	譚明珠	00:33:13	01:05:56	01:03:34	3696	513	183
248	Lai Cheuk Yan	黎卓欣	00:33:11	01:06:02	01:03:46	3710	516	184
371	Ko Wai Man	高慧敏	00:33:51	01:06:15	01:02:57	3735	521	185
162	Fong Pui Yuk	方佩玉	00:34:15	01:06:16	01:05:06	3740	522	186
170	Farhatin		00:35:58	01:06:18	00:59:41	3744	525	187
333	Chan Shuk Fong	陳淑芳	00:33:12	01:06:19	01:03:30	3745	526	188
402	April Lai Leong Ying	黎亮瑩	00:34:44	01:06:25	01:02:33	3755	530	189
504	Jacqueline Ng Yu Yan	吳宇欣	00:36:09	01:06:27	01:00:38	3760	532	190
206	Jackie Mui Pui Ting	梅沛婷	00:33:36	01:06:36	01:02:47	3769	533	191
166	Kwong Wai Yan	鄺慧欣	00:31:25	01:06:44	01:06:08	3782	537	192
389	Lam Wing Sze	林詠詩	00:31:42	01:06:49	01:05:50	3790	540	193
515	Kwan Tsz Ning	關梓寧	00:35:22	01:06:51	01:02:17	3791	541	194
200	Teresa Tan	陳怡薇	00:33:32	01:06:53	01:03:36	3794	543	195
424	Angel Chan	陳安琪	00:35:54	01:06:57	01:02:09	3798	544	196
158	Cheung Man Chi	張敏芝	00:31:52	01:06:57	01:06:40	3799	545	197
285	Hon Yuet Yee	韓悅怡	00:33:39	01:07:08	01:04:09	3821	552	198
435	Yu Wing Sze	余穎思	00:37:25	01:07:10	01:01:39	3825	554	199
188	Abby Yeung Tse Ying	楊芷瑩	00:35:46	01:07:12	01:01:18	3827	555	200
271	Cheung Hoi Ka	張凱嘉	00:35:04	01:07:15	01:04:49	3831	556	201
383	Jessia Lau Nga Yu	劉雅瑜	00:33:35	01:07:24	01:05:45	3849	561	202
498	So Kit Man	蘇潔文	00:34:26	01:07:24	01:04:37	3851	562	203
349	Siu Chi Ying	蕭緻盈	00:34:27	01:07:27	01:03:51	3859	564	204
556	Punia Ho Lok Ting	何樂婷	00:33:24	01:07:30	01:04:32	3865	565	205
380	Ma Wing Sze	馬穎思	00:33:34	01:07:32	01:04:40	3872	568	206
342	Lo Sze Man	勞詩敏	00:35:54	01:07:39	01:04:20	3891	575	207
278	Mak Wai Lam	麥慧琳	00:34:31	01:08:05	01:04:14	3933	587	208
541	Lo Yu Tung	盧宇彤	00:34:36	01:08:14	01:04:56	3956	596	209
441	Florence Fung	馮敏珊	00:34:52	01:08:15	01:05:14	3959	597	210
549	Ng Pui Ki	吳佩琪	00:35:05	01:08:17	01:06:31	3964	599	211
182	Tam Ka Yan	譚家欣	00:35:27	01:08:21	01:05:51	3969	600	212
439	Suen Mei Yee	孫美怡	00:35:21	01:08:21	01:03:48	3971	601	213
159	So Pui Man	蘇佩雯	00:33:40	01:08:26	01:07:48	3983	606	214
427	Nawaratna M Vishaka A		00:35:20	01:08:27	01:05:55	3987	607	215
397	Yu Ka Man	余嘉敏	00:35:07	01:08:37	01:04:40	4003	611	216
382	Ng Siu King	吳少琮	00:36:11	01:08:38	01:03:50	4007	612	217
247	Suen Sui Lam	孫瑞琳	00:36:58	01:08:38	01:04:19	4008	613	218

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Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
419	Woo Siu Man		00:36:23	01:08:40	01:03:04	4010	615	219
562	Wong Pui Ying	黃佩盈	00:33:45	01:08:46	01:06:46	4022	617	220
563	Kathy Shum Mei Kwan	沈美鈞	00:33:42	01:09:08	01:08:30	4046	623	221
100	Ng Siu Shan	吳小珊	00:34:17	01:09:11	01:07:17	4052	629	222
482	Chung Miu Ling	鍾妙玲	00:33:37	01:09:12	01:07:02	4054	630	223
270	Suen Lai Ping	孫麗萍	00:36:32	01:09:14	01:03:47	4059	633	224
367	Law Lai Hung		00:34:00	01:09:23	01:06:07	4075	637	225
471	Joannie Pak Chung Yee	白頌宜	00:35:33	01:09:31	01:05:00	4083	638	226
224	Leung Kin Man	梁健雯	00:35:48	01:09:48	01:05:07	4103	644	227
473	Tsang Wing Chi	曾穎姿	00:34:32	01:09:48	01:07:58	4104	645	228
309	Lau Hiu Tung	劉曉童	00:34:49	01:09:57	01:05:37	4116	652	229
394	Ng Hoi Ying	伍愷凝	00:34:18	01:09:58	01:07:49	4120	654	230
404	Leung Sze Yiu	梁思瑤	00:35:57	01:10:01	01:05:42	4128	657	231
431	Chan Sin Sin	陳茜倩	00:36:57	01:10:06	01:03:39	4134	659	232
390	Cheng Kit Ning	鄭潔寧	00:36:13	01:10:07	01:06:00	4139	661	233
331	Sit Pui Yi	薛佩宜	00:37:32	01:10:14	01:04:29	4147	665	234
347	Chan Cho Ki	陳楚棋	00:37:23	01:10:15	01:05:57	4149	666	235
311	Kwan Wai Chi	關慧芝	00:35:23	01:10:22	01:07:40	4159	674	236
234	Chun Siu Yan	秦兆欣	00:36:42	01:10:24	01:06:08	4160	675	237
444	Chan Ka Man		00:37:43	01:10:31	01:03:36	4171	680	238
229	Chan Lai Yin	陳麗賢	00:35:49	01:10:34	01:07:07	4180	683	239
513	Zhang Qiu Xia	張秋霞	00:37:19	01:10:34	01:05:05	4181	684	240
198	Chan Kit Ying	陳潔瑩	00:36:20	01:10:44	01:08:32	4197	687	241
322	Cheung Yik Wan	張亦韻	00:34:33	01:11:00	01:09:56	4221	695	242
186	Cheung Mei Ko	張美杏	00:32:09	01:11:01	01:10:42	4224	697	243
501	Gillian Nadel		00:37:22	01:11:06	01:05:32	4227	698	244
500	Mung Lai Ling	蒙麗玲	00:37:22	01:11:06	01:05:33	4228	699	245
355	Mandy Lam Man Yee		00:35:28	01:11:09	01:08:25	4233	701	246
405	Lam Lai Na	林麗娜	00:36:17	01:11:09	01:06:08	4234	702	247
276	Hui Tik Wai	許迪為	00:36:16	01:11:10	01:06:10	4238	704	248
155	Minnie Wat Lai Man	屈麗雯	00:38:01	01:11:12	01:05:38	4239	705	249
532	Chow Yee Ting		00:36:20	01:11:13	01:08:38	4244	708	250
416	Tsui Yin San	徐燕燊	00:40:39	01:11:15	01:02:30	4245	709	251
332	Ho Ka Wan	何嘉韻	00:34:17	01:11:32	01:10:13	4267	716	252
344	Chow Sze Lok	周思樂	00:38:11	01:11:32	01:06:58	4268	717	253
455	Chiang Wai Yee	蔣慧儀	00:37:37	01:11:36	01:06:09	4275	719	254
543	Kwok Ka Kit	郭嘉潔	00:36:29	01:11:39	01:10:13	4282	723	255
499	Wong Chui Ching	黃翠貞	00:36:50	01:11:41	01:08:48	4287	726	256
375	Yeung Siu Wai	楊小慧	00:36:36	01:11:42	01:06:25	4290	727	257
368	Cheuk Mei Yuk	卓美玉	00:39:03	01:11:45	01:05:34	4295	729	258
415	Wong Ho Ying	黃賀瑩	00:35:05	01:12:02	01:09:37	4309	733	259
403	Yip Hau Wah	葉巧樺	00:34:07	01:12:08	01:10:33	4321	739	260
165	Chan Wing Sum	陳穎芯	00:36:29	01:12:30	01:09:18	4346	745	261
291	Chan Wing Yee	陳詠儀	00:36:54	01:12:33	01:08:45	4348	747	262
535	Leung Yuen Yi	梁婉儀	00:35:42	01:12:35	01:10:25	4350	748	263
255	Lai Chui Shan	黎翠珊	00:37:34	01:12:50	01:08:33	4364	756	264
458	Tse Cheuk Yee	謝卓儀	00:37:58	01:12:52	01:08:00	4368	757	265
267	Chan Oi Ki	陳靄琪	00:37:26	01:12:56	01:08:02	4376	761	266
197	Wong Kun Ling	黃韻玲	00:37:35	01:12:58	01:07:30	4379	763	267
409	Tam Ka Yee	譚嘉怡	00:38:00	01:13:00	01:08:02	4381	764	268
533	Yip Pui Ming	葉佩明	00:35:32	01:13:03	01:09:24	4383	765	269
506	Yvette To Yick Nam	杜亦楫	00:32:16	01:13:12	01:11:27	4393	771	270
528	Kwong Wing Man	鄺詠雯	00:38:56	01:13:13	01:08:16	4398	772	271
280	Chan Fung Tak	陳鳳德	00:37:41	01:13:15	01:08:08	4400	773	272
467	Fung Cho Wai	馮祖慧	00:35:07	01:13:17	01:12:15	4403	776	273

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Women's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
448	Hung Lai Sze	孔麗思	00:35:40	01:13:27	01:10:05	4420	781	274
551	Cheng Sui In	鄭萃妍	00:40:23	01:13:28	01:08:53	4421	782	275
109	Tong Siu Kwan	湯倩筠	00:37:35	01:13:31	01:09:53	4425	783	276
510	Chan Suet Wai	陳雪慧	00:38:08	01:13:40	01:08:11	4432	785	277
514	Law Siu Ha	羅小霞	00:36:53	01:13:41	01:10:02	4435	786	278
395	Yim Siu Ting	嚴筱婷	00:35:06	01:13:57	01:10:34	4451	793	279
443	Yu Ka Yan	余嘉欣	00:37:37	01:14:02	01:08:35	4460	801	280
258	Ng Ching Yi	吳政怡	00:38:45	01:14:10	01:10:18	4465	805	281
505	Tse Yuen Kwan	謝婉君	00:36:37	01:14:13	01:11:31	4466	806	282
356	Lau Tsz Ying	劉紫瑩	00:38:49	01:14:14	01:08:36	4468	807	283
493	Pong Mei Wa	龐美華	00:38:57	01:14:22	01:08:44	4474	810	284
253	Chick Wing Yan	植詠欣	00:38:45	01:14:23	01:10:32	4475	811	285
456	Wong Lai Lan	黃麗蘭	00:34:09	01:14:25	01:13:02	4477	813	286
449	Lo Hiu Lam	羅曉霖	00:38:07	01:14:25	01:11:32	4478	814	287
374	Kwan Wai Ying	關惠瑩	00:38:33	01:14:29	01:11:01	4480	815	288
552	Hon Chun Yuk	韓俊玉	00:39:18	01:14:33	01:11:20	4484	817	289
302	Cheung Pui Ying		00:36:29	01:14:35	01:12:59	4485	818	290
341	Chui Yeuk Hung	崔若紅	00:37:00	01:14:48	01:11:29	4493	820	291
357	Yeung Lam Lam	楊琳琳	00:37:23	01:15:02	01:08:56	4506	824	292
534	Kelly Chung Wing	鍾詠	00:36:46	01:15:10	01:10:42	4511	828	293
365	Cheng Shui Yu	鄭瑞瑜	00:37:59	01:15:12	01:10:16	4513	829	294
391	Ying Mei Yan	英美茵	00:37:29	01:15:14	01:10:25	4517	831	295
527	Chow Wai Man	周惠敏	00:37:41	01:15:16	01:11:51	4518	832	296
503	Chan Hoi Yan	陳凱欣	00:37:57	01:15:17	01:10:44	4521	834	297
173	Fung Sin Tung	馮仙桐	00:39:49	01:15:27	01:07:25	4525	836	298
171	Wong Suk Kwan	王淑君	00:36:53	01:15:58	01:14:20	4547	845	299
340	Lau Sin Ting	劉善婷	00:36:32	01:16:03	01:13:14	4549	847	300
512	Sin Mei Ying	冼美英	00:40:24	01:16:20	01:10:22	4562	855	301
430	Cho Chak Fing	曹澤芳	00:39:47	01:16:20	01:11:07	4563	856	302
546	Hui Sum Yi	許心怡	00:41:03	01:16:23	01:11:51	4564	857	303
207	Chau Tsz Ying	周子瑩	00:39:16	01:16:56	01:12:11	4584	864	304
161	Lin Sze Wah	連詩華	00:35:35	01:17:07	01:16:20	4588	865	305
567	Wu Nga Ting	胡雅婷	00:38:55	01:17:07	01:12:57	4589	866	306
352	Ma Pui Yuen	馬佩炫	00:39:31	01:17:12	01:14:08	4591	867	307
565	Tse Pik Yi	謝碧儀	00:42:08	01:17:25	01:08:33	4599	872	308
377	Lee Ka Wing	李嘉詠	00:38:38	01:17:36	01:14:09	4608	875	309
175	Wong Hoi Yan	黃海茵	00:37:12	01:17:36	01:15:20	4609	876	310
202	Hazel Suen Hei Hang	孫希珩	00:38:46	01:17:41	01:14:49	4611	878	311
176	Yeung Man Yi	楊敏兒	00:41:45	01:17:41	01:10:34	4613	879	312
209	Cheung Bo Kee	張寶琪	00:39:32	01:17:48	01:12:19	4617	880	313
490	So Nga Man	蘇雅汶	00:40:38	01:18:07	01:12:34	4623	883	314
208	Natalie Cheung Yan Ting	張茵婷	00:39:44	01:18:09	01:12:57	4624	884	315
153	Mak Pui Yu	麥佩如	00:40:13	01:18:14	01:12:48	4629	886	316
370	Leung Wing Yan	梁詠欣	00:38:58	01:18:14	01:14:20	4630	887	317
387	Sharon Tse Shuk Lan	謝淑蘭	00:39:29	01:18:22	01:12:50	4635	888	318
187	Fung Chau Wa	馮秋華	00:38:37	01:18:26	01:16:12	4642	891	319
446	Cheng Nga Ying	鄭雅盈	00:40:41	01:18:28	01:13:22	4643	892	320
459	Tse Kit Chi	謝潔芝	00:40:44	01:19:01	01:14:10	4673	906	321
317	Wong Wing Yan	黃泳恩	00:42:06	01:19:04	01:13:58	4678	908	322
183	Poon Ka Yu	潘嘉裕	00:38:03	01:19:13	01:16:58	4684	913	323
192	Sherman Chung	鍾舒漫	00:39:28	01:19:32	01:19:31	4692	917	324
468	Wong Sau Yin	黃秀賢	00:37:08	01:19:41	01:18:17	4701	922	325
474	Wong Yee Ki	黃綺琪	00:37:17	01:19:44	01:18:17	4703	924	326
178	Leung Kit Ting	梁潔婷	00:40:15	01:20:24	01:16:53	4722	932	327
480	Li Hei Wah	李熹禪	00:40:40	01:20:34	01:15:24	4726	934	328

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Women's Senior Results

Race No	Name		5km	Official Time	Net Time	Pos	Gen Pos	Cat Pos
211	Ng Sin Yee	吳倩儀	00:39:27	01:21:14	01:15:43	4745	943	329
376	Chan Choi Yin	陳采言	00:40:42	01:21:18	01:16:53	4750	946	330
290	Choi Pui Yi	蔡珮而	00:40:42	01:21:30	01:20:05	4754	948	331
343	Or Wai Kei	柯蔚琦	00:44:33	01:21:59	01:14:20	4774	960	332
240	Yip Ling Ling	葉玲玲	00:40:54	01:22:08	01:19:12	4781	964	333
204	Tsang Kwok Yan	曾覺欣	00:41:51	01:22:20	01:16:40	4790	966	334
457	Mak Hoi Wah	麥凱華	00:43:27	01:22:26	01:14:52	4792	967	335
345	Maggie Li Mei Wun	李美媛	00:38:54	01:22:40	01:20:56	4797	968	336
299	Chan Fung Yuk	陳鳳玉	00:41:13	01:22:55	01:19:43	4806	971	337
201	Lau Pui Shan	劉佩珊	00:43:08	01:23:01	01:17:52	4808	972	338
508	Tsang Yim Har	曾艷霞	00:41:45	01:23:04	01:18:21	4811	973	339
432	Chow Kit Yan	周潔欣	00:42:39	01:23:27	01:19:00	4818	977	340
463	Kwan Yuk Chong	關鈺莊	00:43:09	01:23:30	01:18:13	4820	979	341
478	Chow Shuk Yee	周淑儀	00:41:33	01:23:31	01:20:19	4821	980	342
522	Wu Yuen Kwan	胡婉君	00:41:04	01:23:31	01:21:32	4822	981	343
497	Kwok Pui Yee	郭佩兒	00:42:23	01:23:45	01:20:19	4825	983	344
537	Chan Chung Yan	陳仲恩	00:39:55	01:23:46	01:19:07	4826	984	345
169	Leung Ka Yan	梁嘉欣	00:43:54	01:24:12	01:15:36	4831	985	346
249	Joyce Au	區美欣	00:43:13	01:24:47	01:20:56	4847	995	347
132	Shing Chui Yuk	成翠玉	00:42:10	01:25:52	01:22:03	4856	1001	348
450	Ng Wing Han	伍穎嫻	00:42:09	01:26:04	01:22:28	4859	1003	349
319	Tsang Wing Yin	曾詠妍	00:44:56	01:27:15	01:26:17	4870	1010	350
177	Lo Man Ki	盧曼琪	00:47:09	01:27:30	01:18:52	4876	1013	351
254	Ho Yat Man	何逸敏	00:46:54	01:29:13	01:20:22	4898	1031	352
396	Law Ngai Kam	羅藝琴	00:44:56	01:29:41	01:26:22	4902	1035	353
217	Yuen Lok Man	阮樂敏	00:42:36	01:30:11	01:29:27	4910	1040	354