

# 2019 Healthy Hike & Run

## 健康遠足及跑步賽

Healthy Hike & Run - 13k - 10-Mar-2019



Rankings			Participant Info				Timing Point		Timing Point		
							CP	CP	CP	Finish	
Overall	Category	Gender	Name	Gender	Category	Status	BIB	Race Time	Split	Race Time	Split
1	1	1	Wat King Long	M	Men 14-39	FINISHER	650	00:45:45	00:45:45	01:00:23	00:14:38
2	2	2	Rayda Kezaz	M	Men 14-39	FINISHER	696	00:45:59	00:45:59	01:02:23	00:16:24
3	1	3	Stephen Higgins	M	Men 40-49	FINISHER	622	00:49:10	00:49:10	01:05:49	00:16:39
4	2	4	Michael Cheung	M	Men 40-49	FINISHER	589	00:52:01	00:52:01	01:08:38	00:16:37
5	3	5	Ho Ting Chu	M	Men 14-39	FINISHER	603	00:51:47	00:51:47	01:08:41	00:16:54
6	3	6	King Ho Yeung	M	Men 40-49	FINISHER	561	00:53:42	00:53:42	01:11:30	00:17:48
7	4	7	Pascal Laroumanie	M	Men 40-49	FINISHER	405	00:53:38	00:53:38	01:11:42	00:18:04
8	5	8	Tyler Wendleken	M	Men 40-49	FINISHER	660	00:54:29	00:54:29	01:12:02	00:17:33
9	4	9	Clemens Schweizer	M	Men 14-39	FINISHER	418	00:54:04	00:54:04	01:12:16	00:18:12
10	6	10	Kurt Lynn	M	Men 40-49	FINISHER	629	00:54:12	00:54:12	01:12:18	00:18:06
11	7	11	Blaise Delieutraz	M	Men 40-49	FINISHER	474	00:54:14	00:54:14	01:13:22	00:19:08
12	1	12	Tin Sang Nam	M	Men 50+	FINISHER	467	00:54:25	00:54:25	01:13:46	00:19:21
13	2	13	Wu Wai Ki	M	Men 50+	FINISHER	415	00:54:17	00:54:17	01:14:04	00:19:47
14	8	14	Samuel Lee	M	Men 40-49	FINISHER	537	00:56:28	00:56:28	01:15:30	00:19:02
15	5	15	Sujan Limbu	M	Men 14-39	FINISHER	401	00:57:03	00:57:03	01:16:26	00:19:23
16	6	16	Adrian Garcia	M	Men 14-39	FINISHER	663	00:59:14	00:59:14	01:19:23	00:20:09
17	1	1	Justine Clark	F	Women 40-49	FINISHER	685	00:59:27	00:59:27	01:20:10	00:20:43
18	9	17	Mike Duggan	M	Men 40-49	FINISHER	646	01:00:06	01:00:06	01:20:34	00:20:28
19	3	18	Nirmal Kumar Rai	M	Men 50+	FINISHER	616	00:59:58	00:59:58	01:20:48	00:20:50
20	7	19	Shunsuke Komuro	M	Men 14-39	FINISHER	611	01:01:02	01:01:02	01:20:54	00:19:52
21	10	20	Juan Perez Carpena	M	Men 40-49	FINISHER	693	01:01:25	01:01:25	01:21:11	00:19:46
21	1	2	Nicky Inge	F	Women 14-39	FINISHER	670	00:59:54	00:59:54	01:21:11	00:21:17
23	8	21	Edouard Piolet	M	Men 14-39	FINISHER	694	01:01:12	01:01:12	01:21:26	00:20:14
24	9	22	Takuhei Nishimoto	M	Men 14-39	FINISHER	691	01:01:00	01:01:00	01:21:33	00:20:33
25	11	23	Ka Long Ng	M	Men 40-49	FINISHER	480	01:00:58	01:00:58	01:22:29	00:21:31
26	4	24	Desh Raj Rai	M	Men 50+	FINISHER	601	01:02:16	01:02:16	01:23:01	00:20:45
27	10	25	Nathan Beaumont	M	Men 14-39	FINISHER	643	01:04:27	01:04:27	01:23:38	00:19:11
28	12	26	Raymond Ng	M	Men 40-49	FINISHER	544	01:02:34	01:02:34	01:24:51	00:22:17
29	2	3	Rachael Spitzer	F	Women 14-39	FINISHER	465	01:03:31	01:03:31	01:25:18	00:21:47
30	11	27	Sylvain Marie	M	Men 14-39	FINISHER	429	01:05:51	01:05:51	01:26:03	00:20:12
31	13	28	Kwok Ho Law	M	Men 40-49	FINISHER	614	01:06:33	01:06:33	01:26:08	00:19:35
32	14	29	Dennis Wong	M	Men 40-49	FINISHER	538	01:04:38	01:04:38	01:26:18	00:21:40
33	15	30	Fernando Magaz Casado	M	Men 40-49	FINISHER	692	01:03:56	01:03:56	01:26:21	00:22:25
34	2	4	Tara Perrin	F	Women 40-49	FINISHER	409	01:05:24	01:05:24	01:26:31	00:21:07
35	16	31	Ian Colley	M	Men 40-49	FINISHER	546	01:05:20	01:05:20	01:27:29	00:22:09
35	3	5	Carolynn Crane	F	Women 14-39	FINISHER	669	01:05:18	01:05:18	01:27:29	00:22:11
37	12	32	Matthew Gieuw	M	Men 14-39	FINISHER	655	01:05:22	01:05:22	01:27:59	00:22:37
38	13	33	David Béchemin	M	Men 14-39	FINISHER	695	01:06:34	01:06:34	01:28:08	00:21:34
39	14	34	Rory Bell	M	Men 14-39	FINISHER	425	01:05:08	01:05:08	01:28:26	00:23:18
40	17	35	Chi Kit Fong	M	Men 40-49	FINISHER	583	01:08:35	01:08:35	01:28:59	00:20:24
41	3	6	Justine Lau	F	Women 40-49	FINISHER	507	01:07:22	01:07:22	01:29:02	00:21:40
42	15	36	Sze Kam Choi	M	Men 14-39	FINISHER	490	01:07:08	01:07:08	01:29:10	00:22:02
43	4	7	Sophie Robins	F	Women 40-49	FINISHER	658	01:06:51	01:06:51	01:29:23	00:22:32
44	16	37	Nicholas Peach	M	Men 14-39	FINISHER	539	01:07:35	01:07:35	01:29:45	00:22:10
45	17	38	Adrian Law	M	Men 14-39	FINISHER	684	01:04:03	01:04:03	01:29:59	00:25:56
46	1	8	Hazel Walpole	F	Women 50+	FINISHER	679	01:06:50	01:06:50	01:30:00	00:23:10
47	5	39	Suen Suen	M	Men 50+	FINISHER	571	01:06:31	01:06:31	01:30:08	00:23:37
48	4	9	Zenaida Kwong	F	Women 14-39	FINISHER	599	01:08:08	01:08:08	01:30:20	00:22:12
49	2	10	Kit Mui Corinna Wong	F	Women 50+	FINISHER	572	01:08:32	01:08:32	01:30:40	00:22:08
50	5	11	Miyuki Lynn	F	Women 40-49	FINISHER	687	01:06:42	01:06:42	01:30:48	00:24:06
51	18	40	Mark White	M	Men 14-39	FINISHER	593	01:08:22	01:08:22	01:31:23	00:23:01
52	19	41	Alex Crossley	M	Men 14-39	FINISHER	648	01:07:48	01:07:48	01:31:36	00:23:48
53	8	14	Louise Sheerin	F	Women 40-49	FINISHER	449	01:07:44	01:07:44	01:31:45	00:24:01
54	18	42	Steen Guldberg Olsen	M	Men 40-49	FINISHER	491	01:08:28	01:08:28	01:33:50	00:25:22
55	20	43	Jonathon Vine	M	Men 14-39	FINISHER	426	01:08:37	01:08:37	01:34:28	00:25:51
56	21	44	Kwan Ho Lo	M	Men 14-39	FINISHER	492	01:08:31	01:08:31	01:34:34	00:26:03
57	22	45	Harry Dillingham	M	Men 14-39	FINISHER	516	01:12:20	01:12:20	01:36:05	00:23:45
58	19	46	Chi Hang Cheung	M	Men 40-49	FINISHER	483	01:13:20	01:13:20	01:36:13	00:22:53
59	9	15	Georgina Morson	F	Women 40-49	FINISHER	596	01:11:30	01:11:30	01:36:23	00:24:53
60	20	47	Alexander Tsikouras	M	Men 40-49	FINISHER	466	01:12:29	01:12:29	01:36:26	00:23:57
61	23	48	Ho Yin Tsang	M	Men 14-39	FINISHER	515	01:17:02	01:17:02	01:36:39	00:19:37
62	24	49	Dimitrios Kolaxis	M	Men 14-39	FINISHER	484	01:12:57	01:12:57	01:36:45	00:23:48
63	5	16	Xiaoye Zhang	F	Women 14-39	FINISHER	665	01:12:59	01:12:59	01:37:29	00:24:30
64	10	17	Bryony Hardy-wong	F	Women 40-49	FINISHER	545	01:13:24	01:13:24	01:37:41	00:24:17
65	6	50	Sik Wah Chiu	M	Men 50+	FINISHER	550	01:12:48	01:12:48	01:38:00	00:25:12
66	7	51	Dom Rana	M	Men 50+	FINISHER	560	01:12:23	01:12:23	01:38:24	00:26:01
67	25	52	Kinson Wong	M	Men 14-39	FINISHER	478	01:15:28	01:15:28	01:38:32	00:23:04
68	6	18	Yana Kozachenko	F	Women 14-39	FINISHER	667	01:15:26	01:15:26	01:38:37	00:23:11
69	26	53	Rajat Kumar Gupta	M	Men 14-39	FINISHER	523	01:12:02	01:12:02	01:39:26	00:27:24
70	8	54	Kenichi Komuro	M	Men 50+	FINISHER	612	01:13:54	01:13:54	01:39:29	00:25:35
71	9	55	Hoi Lap Alfred Chan	M	Men 50+	FINISHER	559	01:12:50	01:12:50	01:40:09	00:27:19
72	10	56	Ronald Loges	M	Men 50+	FINISHER	607	01:13:17	01:13:17	01:40:17	00:27:00



Overall	Category	Gender	Name	Gender	Category	Status	BIB	Race Time	Split	Race Time	Split
162	27	110	Wong Check Yin	M	Men 50+	FINISHER	594	01:43:34	01:43:34	02:23:59	00:40:25
163	38	111	Ho Yun Fung	M	Men 40-49	FINISHER	581	01:51:20	01:51:20	02:26:35	00:35:15
164	30	55	Swee Ping Yong	F	Women 14-39	FINISHER	488	01:50:10	01:50:10	02:27:24	00:37:14
165	39	112	Dennis Manlangit	M	Men 40-49	FINISHER	489	01:50:13	01:50:13	02:27:26	00:37:13
166	6	56	Pik Heung Helen Ho	F	Women 50+	FINISHER	433	01:52:37	01:52:37	02:29:30	00:36:53
167	21	57	Lily Hui	F	Women 40-49	FINISHER	517	01:54:57	01:54:57	02:33:40	00:38:43
168	31	57	Sammi Jayawardane	F	Women 14-39	FINISHER	674	01:54:43	01:54:43	02:33:40	00:38:57
169	22	59	Betchay Junio	F	Women 40-49	FINISHER	636	01:50:26	01:50:26	02:34:19	00:43:53
170	23	60	Eugenia Pacis	F	Women 40-49	FINISHER	638	01:55:55	01:55:55	02:36:12	00:40:17
171	32	61	Mae Torres	F	Women 14-39	FINISHER	681	01:56:17	01:56:17	02:36:21	00:40:04
172	7	62	Alison Wyatt	F	Women 50+	FINISHER	463	02:06:35	02:06:35	02:42:28	00:35:53
173	8	63	Tracey Pugh	F	Women 50+	FINISHER	462	02:06:32	02:06:32	02:42:29	00:35:57
174	47	113	Jamie Rowe	M	Men 14-39	FINISHER	645	02:05:35	02:05:35	02:45:43	00:40:08
175	40	114	Anthony Alexandrou	M	Men 40-49	FINISHER	644	02:05:26	02:05:26	02:45:51	00:40:25
176	28	115	Sing Keung Cheung	M	Men 50+	FINISHER	552	02:02:50	02:02:50	02:46:45	00:43:55
177	33	64	Lok Man Chan	F	Women 14-39	FINISHER	481	02:02:47	02:02:47	02:46:50	00:44:03
178	34	65	Zoe Tsang	F	Women 14-39	FINISHER	610	02:06:20	02:06:20	02:52:10	00:45:50
179	41	116	Danny Tsang	M	Men 40-49	FINISHER	609	02:06:23	02:06:23	02:52:11	00:45:48
180	48	117	Gavin Tsang	M	Men 14-39	FINISHER	608	02:06:10	02:06:10	02:52:13	00:46:03
181	49	118	Pocholo Razon	M	Men 14-39	FINISHER	624	02:20:15	02:20:15	02:57:27	00:37:12
182	35	66	Emilie Razon	F	Women 14-39	FINISHER	625	02:20:12	02:20:12	02:58:13	00:38:01
183	36	67	Joey Lo	F	Women 14-39	FINISHER	504	02:02:33	02:02:33	03:00:30	00:57:57
184	24	68	Yuk Sin Sze	F	Women 40-49	FINISHER	502	02:08:12	02:08:12	03:00:34	00:52:22
185	29	119	Eric Sin	M	Men 50+	FINISHER	500	02:02:24	02:02:24	03:00:35	00:58:11
186	30	120	Au Wai Hong	M	Men 50+	FINISHER	503	02:02:36	02:02:36	03:00:38	00:58:02
187	42	121	Chun Kwan Nelson Cheng	M	Men 40-49	FINISHER	499	02:02:19	02:02:19	03:00:40	00:58:21
188	50	122	Ernie Sin	M	Men 14-39	FINISHER	634	02:08:23	02:08:23	03:00:45	00:52:22
189	31	123	Wing Hung Danny Wu	M	Men 50+	FINISHER	501	02:08:15	02:08:15	03:00:47	00:52:32
190	43	124	Hoi Pong David	M	Men 40-49	FINISHER	584	02:28:48	02:28:48	03:22:30	00:53:42
191	32	125	Wing Kan Brandon Wan	M	Men 50+	FINISHER	521	02:33:11	02:33:11	03:39:49	01:06:38
192	9	69	Wai Ling Law	F	Women 50+	FINISHER	522	02:33:09	02:33:09	03:39:50	01:06:41
			Sally Mo	F	Women 40-49	UNRANKED	664			01:30:57	01:30:57
			Novem Leung	F	Women 40-49	UNRANKED	662			01:31:04	01:31:04
			Jessica Cole	F	Women 14-39	DNF	678	00:46:44	00:46:44		
			Sunny Wan	M	Men 40-49	DNF	566				
			Gigi Lau	F	Women 14-39	DNF	567				
			Chan Mei Yuk	F	Women 14-39	DNF	672				
			Chau Sing Wu	M	Men 50+	DNS	402				
			Ivan Young	M	Men 50+	DNS	406				
			Ming Shing Tiu	M	Men 40-49	DNS	408				
			Manuel Noronha	M	Men 50+	DNS	410				
			Joao Manuel Guterres Junior	M	Men 50+	DNS	413				
			Robert Smith	M	Men 40-49	DNS	416				
			Patrick Deloy	M	Men 14-39	DNS	419				
			Lim Kit Chiu	M	Men 40-49	DNS	420				
			Man Chun Li	M	Men 14-39	DNS	421				
			Harvey Lee	M	Men 50+	DNS	430				
			Gary Fok	M	Men 50+	DNS	432				
			Paul Hsu	M	Men 50+	DNS	434				
			Shane Farley	M	Men 14-39	DNS	438				
			Gareth Janes	M	Men 40-49	DNS	446				
			Alex Scott	M	Men 14-39	DNS	448				
			Francisco Tinaut	M	Men 14-39	DNS	450				
			Raphael Dang	M	Men 14-39	DNS	452				
			Olivier Dang	M	Men 40-49	DNS	453				
			Terence Chan	M	Men 40-49	DNS	459				
			Lok Fung Tsang	M	Men 14-39	DNS	460				
			Sze Kit Tsang	M	Men 40-49	DNS	461				
			Eric Ng	M	Men 40-49	DNS	464				
			Loktin Leung	M	Men 14-39	DNS	468				
			Ngai Ka Lau	M	Men 14-39	DNS	469				
			Sze Man Lee	M	Men 14-39	DNS	471				
			Jan Palik	M	Men 14-39	DNS	476				
			Rahul Gupta	M	Men 40-49	DNS	479				
			Enrico Vietti	M	Men 40-49	DNS	496				
			Matt Cheung	M	Men 14-39	DNS	506				
			Eric Mak	M	Men 40-49	DNS	509				
			Wing Hong Tam	M	Men 14-39	DNS	510				
			Lung Tin Fong	M	Men 14-39	DNS	511				
			Chun Keung Siu	M	Men 40-49	DNS	512				
			Chi Hin Yiu	M	Men 14-39	DNS	514				
			Ling Chi Hung	M	Men 50+	DNS	530				
			Paul Mcgoey	M	Men 14-39	DNS	531				
			Mark Tung	M	Men 50+	DNS	534				
			Joshua Ball	M	Men 40-49	DNS	548				
			Eric Chui	M	Men 14-39	DNS	558				
			Ning Lung Tsang	M	Men 40-49	DNS	565				
			Bradley Bester	M	Men 14-39	DNS	576				
			John Kwan	M	Men 40-49	DNS	582				
			Antoine El Iman	M	Men 40-49	DNS	591				
			Mark Spedding	M	Men 50+	DNS	597				
			Paul King	M	Men 14-39	DNS	605				
			Mason Ma	M	Men 40-49	DNS	649				
			Charm Kei Che	M	Men 40-49	DNS	653				
			Neil Martin	M	Men 14-39	DNS	677				
			King Piu Chung	M	Men 14-39	DNS	688				
			Vladimir Chernyy	M	Men 14-39	DNS	690				
			Timothee Grange	M	Men 14-39	DNS	697				
			Katy Mountain	F	Women 14-39	DNS	414				

Overall	Category	Gender	Name	Gender	Category	Status	BIB	Race Time	Split	Race Time	Split
			Sophie Barde	F	Women 40-49	DNS	422				
			Esther Ma	F	Women 50+	DNS	431				
			Corne Van Heerden	F	Women 14-39	DNS	435				
			Leonie Kelly	F	Women 14-39	DNS	439				
			Jennifer Lee	F	Women 14-39	DNS	440				
			Wai Yin Wong	F	Women 50+	DNS	447				
			Wu Shuk Han Shirley	F	Women 50+	DNS	457				
			Caroline Gilbert	F	Women 50+	DNS	458				
			Nerida Kiprotich	F	Women 40-49	DNS	470				
			Wing Sze Ng	F	Women 14-39	DNS	513				
			Yung Wing Cheah	F	Women 14-39	DNS	525				
			Rachel Ball	F	Women 40-49	DNS	549				
			King Fai Phoebe Wong	F	Women 14-39	DNS	551				
			Ka Lung Chui	F	Women 14-39	DNS	556				
			Ka Lok Chui	F	Women 14-39	DNS	557				
			Wun Cheung Ho	F	Women 50+	DNS	568				
			Mak Siu Kin Iris	F	Women 40-49	DNS	588				
			Elizabeth Kwong	F	Women 40-49	DNS	590				
			Johanna El Iman	F	Women 14-39	DNS	592				
			Carly Adams	F	Women 14-39	DNS	595				
			Rocio Lopez	F	Women 40-49	DNS	604				
			Taryn Bowker	F	Women 14-39	DNS	619				
			Cindy Cheng	F	Women 40-49	DNS	621				
			Binh Ho Johansson	F	Women 40-49	DNS	632				
			Minhee Han	F	Women 40-49	DNS	647				
			Raellen Kelly	F	Women 40-49	DNS	656				
			Joyce Edmondson	F	Women 40-49	DNS	657				
			Emily Halsall	F	Women 14-39	DNS	671				
			Cheryl Atkinson	F	Women 40-49	DNS	673				
			Mariko Aoki	F	Women 14-39	DNS	683				
			Aurelie Barnouin	F	Women 14-39	DNS	698				