



**Healthy Hike & Run 8-Mar-2020**  
**19KM CATEGORY - OVERALL SOLO TIMING - PROVISIONAL RESULT**

Overall Position	Race Number	First Name	Last Name	Nationality	CP1	Split	CP2	Split	Finish	Cat Position	Category	Team/ Sponsor/ Charity
1	90	Jb	Martenet	France	00:39:28	00:44:00	01:23:28	00:16:46	01:40:14	1	Individual Male 16-39	
2	116	James Edward	Bowen	UK	00:43:28	00:54:00	01:37:28	00:18:00	01:55:28	2	Individual Male 16-39	
3	30	Siu Cheong	Fong	China	00:42:28	00:54:00	01:36:28	00:20:41	01:57:09	1	Individual Male 40-49	
4	10	Po	Ka Lai	Hong Kong SAR	00:45:28	00:53:00	01:38:28	00:21:29	01:59:57	2	Individual Male 40-49	
5	34	Tai Chiu	Ko	Hong Kong SAR	00:47:28	00:54:00	01:41:28	00:19:19	02:00:47	1	Individual Male 50+	
6	80	Arnaud	MAUDUIT	Hong Kong SAR	00:47:28	00:54:00	01:41:28	00:21:24	02:02:52	3	Individual Male 16-39	
7	75	Kwong San	Man	Hong Kong SAR	00:47:28	00:55:00	01:42:28	00:21:42	02:04:10	3	Individual Male 40-49	
8	88	Charles	Allard	United States	00:46:28	00:56:00	01:42:28	00:23:23	02:05:51	2	Individual Male 50+	
9	111	Leo kin hei	cheng	Hong Kong SAR	00:48:28	00:56:00	01:44:28	00:21:44	02:06:12	4	Individual Male 16-39	
10	95	Justine	Clark	United Kingdom	00:46:28	00:58:00	01:44:28	00:22:29	02:06:57	1	Individual Female 40-49	
11	42	Hanah	Fjeldahl	Japan	00:47:28	00:58:00	01:45:28	00:23:04	02:08:32	1	Individual Female 16-39	
12	98	Nicky	Inge	Hong Kong SAR	00:47:28	00:59:00	01:46:28	00:23:12	02:09:40	2	Individual Female 16-39	
13	85	Margaux	PICHON	France	00:51:28	00:56:00	01:47:28	00:22:32	02:10:00	3	Individual Female 16-39	
14	51	Wong Fat	Lam	Hong Kong SAR	00:49:28	00:58:00	01:47:28	00:23:52	02:11:20	5	Individual Male 16-39	
15	2	Eleanor	Gould	United Kingdom	00:48:28	01:00:00	01:48:28	00:23:04	02:11:32	4	Individual Female 16-39	
16	83	Edgard	KAPPELHOFF-LANÇON	France	00:51:28	00:58:00	01:49:28	00:23:02	02:12:30	6	Individual Male 16-39	
17	49	Aine	OConnell	Ireland	00:49:28	01:00:00	01:49:28	00:23:27	02:12:55	5	Individual Female 16-39	
18	115	WU	WAI KI	China	00:51:28	00:58:00	01:49:28	00:23:37	02:13:05	3	Individual Male 50+	
19	81	Aurelien	Mauge	France	00:46:28	01:04:00	01:50:28	00:26:22	02:16:50	7	Individual Male 16-39	
20	86	Bathélemy	Verkindere	France	00:51:28	01:01:00	01:52:28	00:24:41	02:17:09	8	Individual Male 16-39	
21	68	Marc	Harris	United Kingdom	00:50:28	01:02:00	01:52:28	00:25:01	02:17:29	9	Individual Male 16-39	
22	87	Olivia	Brocklehurst	United Kingdom	00:52:28	01:02:00	01:54:28	00:24:54	02:19:22	6	Individual Female 16-39	
23	54	Benedict	FU	Hong Kong SAR	00:52:28	01:03:00	01:55:28	00:24:58	02:20:26	4	Individual Male 40-49	
24	18	Paul	Garwood	United Kingdom	00:53:28	01:03:00	01:56:28	00:24:25	02:20:53	4	Individual Male 50+	
25	102	Kevin	Brown	Hong Kong SAR	00:53:28	01:02:00	01:55:28	00:25:34	02:21:02	10	Individual Male 16-39	
26	112	Chamelia	Suhra	Indonesia	00:54:28	01:01:00	01:55:28	00:25:52	02:21:20	2	Individual Female 40-49	
27	103	Marie	Douay	France	00:54:28	01:02:00	01:56:28	00:25:07	02:21:35	7	Individual Female 16-39	
28	82	Jonathan	Damron	United States	00:50:28	01:05:00	01:55:28	00:26:37	02:22:05	11	Individual Male 16-39	
29	84	Baptiste	DELBENDE	France	00:51:28	01:08:00	01:59:28	00:27:56	02:27:24	12	Individual Male 16-39	
30	23	Lap Kei	Cheung	Hong Kong SAR	00:57:28	01:06:00	02:03:28	00:24:20	02:27:48	5	Individual Male 40-49	
31	57	Michel	Guy	France	00:53:28	01:05:00	01:58:28	00:29:24	02:27:52	13	Individual Male 16-39	
32	78	Aurelie	Barat	France	00:55:28	01:07:00	02:02:28	00:25:59	02:28:27	8	Individual Female 16-39	
33	89	Riah	Cliquers	Indonesia	00:54:28	01:08:00	02:02:28	00:27:23	02:29:51	9	Individual Female 16-39	
34	4	WAI HO	LUOIE	China	00:58:28	01:07:00	02:05:28	00:24:35	02:30:03	6	Individual Male 40-49	
35	3	Ming Kwan Stephen	Lau	Hong Kong SAR	00:56:28	01:07:00	02:03:28	00:27:22	02:30:50	5	Individual Male 50+	
36	114	Dennis	Philipse	Netherlands	00:55:28	01:10:00	02:05:28	00:26:36	02:32:04	7	Individual Male 40-49	
37	53	Hok Leung	Lui	Hong Kong SAR	00:55:28	01:10:00	02:05:28	00:26:47	02:32:15	6	Individual Male 50+	
38	62	Rohan	Pathare	United Kingdom	01:00:28	01:08:00	02:08:28	00:26:35	02:35:03	14	Individual Male 16-39	
39	110	Abigail	Tamayao	Philippines	00:59:28	01:11:00	02:10:28	00:27:41	02:38:09	10	Individual Female 16-39	
40	76	Tsz Wing	Leung	Hong Kong SAR	01:01:28	01:10:00	02:11:28	00:27:29	02:38:57	8	Individual Male 40-49	
41	7	Siuwah	Leung	Hong Kong SAR	00:56:28	01:14:00	02:10:28	00:29:28	02:39:56	7	Individual Male 50+	
42	50	Andy	Yeung	Hong Kong SAR	00:56:28	01:14:00	02:10:28	00:29:48	02:40:16	9	Individual Male 40-49	
43	72	Sheung ching	Cheng	Hong Kong SAR	00:52:28	01:09:00	02:01:28	00:38:48	02:40:16	15	Individual Male 16-39	
44	38	Patrick	Lam	Hong Kong SAR	00:58:28	01:13:00	02:11:28	00:31:39	02:43:07	8	Individual Male 50+	
45	73	Stephane	THY	France	00:59:28	01:15:00	02:14:28	00:29:08	02:43:36	16	Individual Male 16-39	
46	74	Steven	Chhor	France	00:59:28	01:15:00	02:14:28	00:29:12	02:43:40	17	Individual Male 16-39	
47	17	Yee Man	Chan	Hong Kong SAR	01:02:28	01:15:00	02:17:28	00:28:01	02:45:29	11	Individual Female 16-39	
48	44	Mathew	suen	Hong Kong SAR	01:00:28	01:16:00	02:16:28	00:29:25	02:45:53	9	Individual Male 50+	
49	92	CHUNG	LAM	Hong Kong SAR	01:03:28	01:13:00	02:16:28	00:30:47	02:47:15	18	Individual Male 16-39	
50	71	AGATHE	JAUTEE	France	01:03:28	01:14:00	02:17:28	00:32:44	02:50:12	12	Individual Female 16-39	
51	52	Dimitrios	Kolaxis	Greece	01:05:28	01:18:00	02:23:28	00:32:52	02:56:20	19	Individual Male 16-39	
52	15	Mark C	Thomsen	United States	01:01:28	01:26:00	02:27:28	00:28:57	02:56:25	10	Individual Male 50+	
53	69	Flora	Lui	Hong Kong SAR	00:59:28	01:14:00	02:13:28	00:45:19	02:58:47	1	Individual Female 50+	
54	66	Millie	Au	Hong Kong SAR	00:59:28	01:29:00	02:28:28	00:31:04	02:59:32	13	Individual Female 16-39	
55	32	YAT SING	LI	Hong Kong SAR	01:03:28	01:24:00	02:27:28	00:32:25	02:59:53	11	Individual Male 50+	
56	60	Chun Nam	FUNG	Hong Kong SAR	00:59:28	01:24:00	02:23:28	00:37:34	03:01:02	10	Individual Male 40-49	
57	14	Yik Fei	Ko	Hong Kong SAR	01:04:28	01:24:00	02:28:28	00:34:12	03:02:40	20	Individual Male 16-39	
58	96	KWONG CHEUK	TO	Hong Kong SAR	01:09:28	01:19:00	02:28:28	00:35:07	03:03:35	21	Individual Male 16-39	
59	99	Tsing see Janice	Tang	Hong Kong SAR	01:09:28	01:24:00	02:28:28	00:35:09	03:03:37	3	Individual Female 40-49	
60	43	Wai	Lam	Hong Kong SAR	01:09:28	01:24:00	02:33:28	00:32:44	03:06:12	12	Individual Male 50+	
61	37	Wai Kwan	Man	United Kingdom	01:04:28	01:29:00	02:33:28	00:33:04	03:06:32	13	Individual Male 50+	
62	61	KIT	YUEN	Hong Kong SAR	01:08:28	01:28:00	02:36:28	00:31:16	03:07:44	14	Individual Female 16-39	
63	9	Ping Yam	Chan	Hong Kong SAR	01:09:28	01:24:00	02:33:28	00:34:33	03:08:01	22	Individual Male 16-39	
64	6	Kwok Fai Vitus	Lui	Hong Kong SAR	01:07:28	01:30:00	02:37:28	00:31:53	03:09:21	14	Individual Male 50+	
65	64	CHUN TO	CHAN	Hong Kong SAR	01:09:28	01:31:00	02:40:28	00:33:18	03:13:46	23	Individual Male 16-39	
66	26	Ka Ying	Fung	Hong Kong SAR	01:12:28	01:30:00	02:42:28	00:37:42	03:20:10	15	Individual Female 16-39	
67	97	Lit Keung	Law	Hong Kong SAR	01:10:28	01:29:00	02:39:28	00:43:47	03:23:15	24	Individual Male 16-39	
68	13	Pak Wing	Ho	United Kingdom	01:11:28	01:31:00	02:42:28	00:42:46	03:25:14	11	Individual Male 40-49	
69	24	Lai Hin	Cheung	Hong Kong SAR	01:11:28	01:35:00	02:46:28	00:39:58	03:26:26	15	Individual Male 50+	
70	29	PO KI	Sun	Hong Kong SAR	01:18:28	01:28:00	02:46:28	00:40:45	03:27:13	16	Individual Female 16-39	
71	25	Tang	Chi Chung	Hong Kong SAR	01:12:28	01:34:00	02:46:28	00:41:30	03:27:58	16	Individual Male 50+	

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Overall Position	Race Number	First Name	Last Name	Nationality	CP1	Split	CP2	Split	Finish	Cat Position	Category	Team/ Sponsor/ Charity
72	77	Yeung	Tommy	Hong Kong SAR	01:16:28	01:36:00	02:52:28	00:37:31	03:29:59	17	Individual Male 50+	
73	94	wing ka	li	Hong Kong SAR	01:18:28	01:34:00	02:52:28	00:43:00	03:35:28	17	Individual Female 16-39	
74	39	Chow	Lomond	Hong Kong SAR	01:21:28	01:38:00	02:59:28	00:44:00	03:43:28	18	Individual Male 50+	
75	1	Winnie	Leung	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
76	5	Ma	Kwok wai	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 50+	
77	8	Tak Man	Woo	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
78	11	MK	Lo	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
79	12	Benson	Lai	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
80	16	Chao Sheng	Huang	Taiwan	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 50+	
81	19	Nicola	Garwood	United Kingdom	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Female 50+	
82	20	Keith	Hemshall	United Kingdom	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 50+	
83	22	PAK KEUNG	FUNG	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
84	28	Man Na	Sze	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Female 40-49	
85	31	Yuet Ho, Christy	Leung	China	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Female 40-49	
86	33	PING	CHEUNG	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Female 40-49	
87	35	Ping Yee	Wong	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Female 50+	
88	36	Soeren	Seitz	Germany	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
89	40	KWOK WANG	YIU	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
90	41	Cory	Pchajek	Canada	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
91	45	Yuen Wai Virginia	Chang	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Female 40-49	
92	46	Win Yan	Fong	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Female 16-39	
93	47	Yee Hing	Sit	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Female 40-49	
94	48	Alan	Fung	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
95	55	Hideaki	Ninomiya	Japan	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
96	56	Mattias	Soderberg	Sweden	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
97	58	Ho Ming	Tang	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
98	59	Chi Wai	Chan	China	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 40-49	
99	63	willy	ewal	Uganda	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 50+	
100	65	Man Kit	Yung	Hong Kong SAR	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 16-39	
101	79	Katsuya	Kawabata	Japan	#N/A	#N/A	#N/A	#N/A	#N/A	DNS	Individual Male 16-39	