

Healthy Hike and Run

March 16, 2025

13km Individual Overall Timing



Overall Ranking	Race #	Last Name	First Name	Nationality	Team / Sponsor	CP 2	Split	Finish Time	Cat Position	Category
1	438	Baram	Dylan	HKSAR	Braces and Faces	00:57:21	00:18:19	01:15:40	1	Male 14-39
2	439	Baram	Derek	HKSAR	Braces and Faces	00:56:59	00:18:43	01:15:42	1	Male 40-49
3	327	Wong	Yuchit	China	--	00:57:46	00:18:58	01:16:44	1	Female 14-39
4	311	Paganini	Luca	Italy	--	00:58:17	00:19:44	01:18:01	2	Male 40-49
5	363	Feneon	Cyril	France	--	00:58:33	00:19:44	01:18:17	2	Male 14-39
6	340	Burford	James	United Kingdom	--	01:00:34	00:19:08	01:19:42	3	Male 40-49
7	336	Tang	Yiu Tung	HKSAR	--	00:59:45	00:20:17	01:20:02	4	Male 40-49
8	394	Ching	Wai Lun	HKSAR	--	01:01:38	00:18:50	01:20:28	5	Male 40-49
9	441	Yap	Chun Yu	HKSAR	--	01:02:57	00:20:08	01:23:05	3	Male 14-39
10	422	Slupskiy	Maxim	Russia	--	01:01:23	00:21:52	01:23:15	4	Male 14-39
11	314	Leung	Chi Yin	HKSAR	--	01:02:23	00:20:57	01:23:20	1	Male 50+
12	400	Sproston	Rachel	United Kingdom	Glossopdale Harriers	01:03:33	00:21:18	01:24:51	1	Female 50+
13	399	Heffernan	Kory	Canada	--	01:02:27	00:22:25	01:24:52	5	Male 14-39
14	392	Fu	Yin Wing	HKSAR	--	01:04:48	00:21:06	01:25:54	6	Male 40-49
15	368	Cheung	Hon Hin	HKSAR	--	01:04:43	00:21:26	01:26:09	6	Male 14-39
16	450	Ho	Asu	HKSAR	--	01:04:17	00:22:24	01:26:41	2	Female 14-39
17	395	Duc	Igor	France	Native Union	01:04:02	00:22:47	01:26:49	7	Male 40-49
18	344	Lau	Sherman	HKSAR	--	01:05:12	00:22:19	01:27:31	8	Male 40-49
19	356	Lydiard	Philip	United Kingdom	--	01:08:31	00:20:13	01:28:44	7	Male 14-39
20	374	Rana	Lucky	Nepal	solo	01:06:40	00:23:09	01:29:49	9	Male 40-49
21	443	Cabania	Ma Aurora	Philippines	--	01:08:24	00:23:59	01:32:23	1	Female 40-49
22	307	Olsen	Steen Guldberg	Denmark	--	01:09:41	00:22:53	01:32:34	2	Male 50+
23	302	Man	Luca	HKSAR	--	01:08:57	00:24:28	01:33:25	8	Male 14-39
24	445	Lam	Yuk Kin	HKSAR	--	01:09:10	00:24:24	01:33:34	10	Male 40-49
25	386	Cho	Ian	HKSAR	--	01:12:24	00:21:17	01:33:41	9	Male 14-39
26	360	Apay	Jenny Rose	Philippines	--	01:09:03	00:24:56	01:33:59	3	Female 14-39
27	427	Mananguit	Harriet	Philippines	Trail Hunter / Joma	01:11:43	00:24:28	01:36:11	4	Female 14-39

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28	406	Tsui	Sze King Kelvin	HKSAR	--	01:11:46	00:25:41	01:37:27	11	Male 40-49
29	341	Lam	Sze Hang	HKSAR	--	01:12:37	00:25:26	01:38:03	10	Male 14-39
30	376	Lai	Frankie	HKSAR	--	01:15:15	00:23:21	01:38:36	12	Male 40-49
31	389	Grange	Timothee	France	--	01:13:30	00:26:05	01:39:35	13	Male 40-49
32	397	Nemkov	Mikhail	Russia	--	01:15:43	00:24:01	01:39:44	11	Male 14-39
33	370	Nemkov	Aleksandr	Russia	--	01:07:55	00:31:54	01:39:49	14	Male 40-49
34	320	Ho	Yu Chai	HKSAR	--	01:13:49	00:26:14	01:40:03	5	Female 14-39
35	361	Wang	Yufei	HKSAR	--	01:16:36	00:23:46	01:40:22	12	Male 14-39
36	319	Ng	Kristy	HKSAR	--	01:15:21	00:25:09	01:40:30	6	Female 14-39
37	388	Barnouin	Aurelie	France	--	01:14:31	00:26:51	01:41:22	2	Female 40-49
38	373	Gorkhali	Rb	Nepal	solo	01:15:03	00:26:43	01:41:46	3	Male 50+
39	310	Broen	Bartosz	Poland	Laweczka Wilkowyje	01:16:22	00:25:30	01:41:52	4	Male 50+
40	329	Svennarp	Sarah	Sweden	--	01:15:42	00:26:14	01:41:56	7	Female 14-39
41	457	Latorre	Miguel	Spain	OneAcclime	01:16:20	00:26:47	01:43:07	15	Male 40-49
42	362	Lydiard	Adrian	United Kingdom	--	01:17:20	00:26:33	01:43:53	5	Male 50+
43	452	Caja	Ashley	Philippines	FitCrewHK	01:16:56	00:27:27	01:44:23	8	Female 14-39
44	444	Debalde	Rose	Philippines	Solo	01:18:08	00:27:18	01:45:26	3	Female 40-49
45	301	Hui	Stephen	HKSAR	--	01:18:26	00:27:14	01:45:40	16	Male 40-49
46	325	Liew	Feng Xun	Malaysia	--	01:21:04	00:24:43	01:45:47	13	Male 14-39
47	428	Mokgothu	Sego Innocent	South Africa	--	01:21:23	00:24:57	01:46:20	14	Male 14-39
48	430	Cronje	Andri	South Africa	--	01:21:27	00:24:59	01:46:26	4	Female 40-49
49	378	Bastian	Jevy Lorna	Philippines	philippines	01:20:46	00:25:46	01:46:32	5	Female 40-49
50	456	Barker	James	United Kingdom	--	01:20:13	00:26:34	01:46:47	15	Male 14-39
51	312	Chen	Wenxian	HKSAR	--	01:19:25	00:27:48	01:47:13	6	Female 40-49
52	326	Pereira	Matthew	United Kingdom	--	01:21:03	00:26:14	01:47:17	16	Male 14-39
53	455	Bouillonnet	Chloe	France	--	01:19:00	00:28:20	01:47:20	9	Female 14-39
54	358	Wu	Kar Yiu Stephanie	HKSAR	Yee Yee Yum Yum	01:19:49	00:28:04	01:47:53	10	Female 14-39



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55	409	Lee	Yan Lam	HKSAR	Yeeyee Yummyum	01:19:51	00:28:03	01:47:54	11	Female 14-39
56	434	Chiu	Ka Hin	HKSAR	Yeeyee Yummyum	01:19:47	00:28:10	01:47:57	17	Male 14-39
57	429	Chan	Katrina	HKSAR	--	01:22:23	00:26:15	01:48:38	12	Female 14-39
58	447	Sprague	Gary	United States	Team SBP	01:19:28	00:29:53	01:49:21	17	Male 40-49
59	357	Wong	Man Ching Andrew	HKSAR	Yee Yee Yum Yum	01:22:36	00:26:49	01:49:25	18	Male 14-39
60	440	Simos	Bill	Australia	--	01:24:18	00:25:35	01:49:53	6	Male 50+
61	466	Montini	Loic	France	--	01:22:55	00:27:07	01:50:02	7	Male 50+
62	419	Chan	Kwong Kin	HKSAR	--	01:20:02	00:30:13	01:50:15	19	Male 14-39
63	332	Yuliana	Yuliana	Indonesia	--	01:21:30	00:29:47	01:51:17	7	Female 40-49
64	345	Chung	Alan	HKSAR	--	01:23:23	00:28:24	01:51:47	20	Male 14-39
65	359	Ng	Vivian	HKSAR	--	01:23:03	00:29:24	01:52:27	13	Female 14-39
66	461	Conway	Niall	Ireland	--	01:21:58	00:30:30	01:52:28	18	Male 40-49
67	398	Wong	Colin	HKSAR	--	01:28:16	00:24:14	01:52:30	21	Male 14-39
68	379	Au	Kam Chan	HKSAR	Focus	01:22:01	00:30:56	01:52:57	8	Male 50+
69	328	Wu Lu	Yenny	HKSAR	--	01:24:32	00:29:04	01:53:36	14	Female 14-39
70	448	Nossowicz	Ewa	Poland	--	01:24:17	00:29:26	01:53:43	8	Female 40-49
71	396	Lui	Chi Hung	HKSAR	--	01:25:03	00:29:08	01:54:11	9	Male 50+
72	309	Wahlstedt	Emelie	Sweden	--	01:23:30	00:31:19	01:54:49	15	Female 14-39
73	369	陳	婉婷	HKSAR	--	01:25:45	00:29:22	01:55:07	16	Female 14-39
74	349	Szeto	Ming Fai	HKSAR	--	01:24:54	00:30:35	01:55:29	19	Male 40-49
75	367	Cho	Tsz Ying	HKSAR	--	01:24:51	00:30:39	01:55:30	17	Female 14-39
76	366	Cho	Zero	HKSAR	--	01:26:47	00:28:57	01:55:44	18	Female 14-39
77	338	Wu	Ching Luk	HKSAR	--	01:25:21	00:30:39	01:56:00	22	Male 14-39
78	465	Du Che	Isaure	France	--	01:26:29	00:30:02	01:56:31	19	Female 14-39
79	365	Sanoy	Perlita	Philippines	Active Asia	01:27:30	00:29:07	01:56:37	20	Female 14-39
80	334	Ng	Tsz Kwan	HKSAR	--	01:27:52	00:29:00	01:56:52	10	Male 50+
81	432	Naoi	Kasumi	Japan	--	01:27:59	00:28:55	01:56:54	21	Female 14-39
82	433	Naoi	Yukinori	Japan	--	01:28:10	00:28:45	01:56:55	20	Male 40-49



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83	335	Lin	Kitty	HKSAR	--	01:27:49	00:29:25	01:57:14	9	Female 40-49
84	418	Elarmo	Melisa	Philippines	Team Halimau	01:28:44	00:29:27	01:58:11	10	Female 40-49
85	435	Mak	Chi Leong	HKSAR	--	01:28:58	00:30:04	01:59:02	23	Male 14-39
86	460	Castrillon	Lina Marcela Benitez	United Kingdom	OneAcclime	01:28:53	00:30:11	01:59:04	11	Female 40-49
87	377	Tsang	Hing Wing	HKSAR	Focus	01:28:50	00:30:28	01:59:18	11	Male 50+
88	464	Imbert	Lola	France	--	01:28:55	00:30:25	01:59:20	22	Female 14-39
89	417	Bloem	Sheena	South Africa	--	01:29:45	00:30:01	01:59:46	23	Female 14-39
90	333	Tang	Kit Man	HKSAR	--	01:29:22	00:30:32	01:59:54	2	Female 50+
91	384	Wong	Twins	China	--	01:28:14	00:32:33	02:00:47	21	Male 40-49
92	407	Lumacad	Alma	Philippines	Team Mau	01:28:57	00:32:04	02:01:01	3	Female 50+
93	324	Sayed	Jeff	United Kingdom	--	01:30:09	00:31:23	02:01:32	12	Male 50+
94	408	Tamonan	Jeanne Pearl	Philippines	Buskwalker	01:30:10	00:31:38	02:01:48	24	Female 14-39
95	403	Wong	Lai Yee	HKSAR	--	01:29:38	00:32:52	02:02:30	4	Female 50+
96	375	Sze	Nga Yung	HKSAR	--	01:33:29	00:29:17	02:02:46	25	Female 14-39
97	425	Lun	Charlmane	HKSAR	--	01:27:58	00:35:21	02:03:19	26	Female 14-39
98	462	Yeung	Chun Yip	HKSAR	--	01:31:41	00:32:41	02:04:22	24	Male 14-39
99	321	Leung	Yat Fai Andrew	China	--	01:31:32	00:33:24	02:04:56	22	Male 40-49
100	323	Wan	Ka Chun	HKSAR	--	01:31:35	00:33:25	02:05:00	23	Male 40-49
101	322	Hung	Chi Ming	Chile	--	01:31:37	00:33:26	02:05:03	25	Male 14-39
102	339	Luk	Wing Lam	HKSAR	--	01:33:09	00:32:20	02:05:29	27	Female 14-39
103	416	Wong	Emily	Canada	--	01:34:59	00:31:12	02:06:11	28	Female 14-39
104	391	Gunaratne	Anjuli	United States	--	01:32:24	00:34:24	02:06:48	29	Female 14-39
105	390	Lepetit	Florian	France	--	01:32:38	00:34:20	02:06:58	24	Male 40-49
106	431	Naoi	Akimitsu	Japan	--	01:33:56	00:33:03	02:06:59	26	Male 14-39
107	454	Hernandez	Neng	Philippines	--	01:35:52	00:31:17	02:07:09	30	Female 14-39
108	330	Yip	Isaac	HKSAR	--	01:33:23	00:33:56	02:07:19	25	Male 40-49
109	446	Villamater	Jayvonne	Philippines	--	01:34:27	00:33:05	02:07:32	12	Female 40-49
110	315	Shum	Chloe	United Kingdom	--	01:34:10	00:33:27	02:07:37	31	Female 14-39
111	420	Kwok	Ki Fung	HKSAR	--	01:35:29	00:32:55	02:08:24	27	Male 14-39
112	337	Lam	Kristy	HKSAR	--	01:33:20	00:35:32	02:08:52	32	Female 14-39

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113	385	Unabia	Jennylyn	Philippines	--	01:37:31	00:32:49	02:10:20	33	Female 14-39
114	449	Ng	Chun Hin Andy	HKSAR	OutRunners	01:35:31	00:35:29	02:11:00	34	Female 14-39
115	405	Gurung	Rabin	Nepal	solo	01:38:48	00:32:28	02:11:16	26	Male 40-49
116	414	Matic	Divine	Philippines	--	01:38:08	00:33:30	02:11:38	35	Female 14-39
117	371	Gardner	Melinda	United Kingdom	--	01:36:57	00:34:52	02:11:49	5	Female 50+
118	423	Cruz	May-Ann	Philippines	--	01:38:19	00:33:43	02:12:02	13	Female 40-49
119	383	Louis	Chan	China	--	01:37:32	00:35:28	02:13:00	14	Female 40-49
120	412	Weng	Matthew J	HKSAR	--	01:37:46	00:36:03	02:13:49	28	Male 14-39
121	413	Ramento	Elsie	Philippines	--	01:37:45	00:36:08	02:13:53	15	Female 40-49
122	411	Keung	Wai Man	HKSAR	--	01:39:55	00:34:23	02:14:18	16	Female 40-49
123	424	Detablan	Roulette	Philippines	Halimau	01:38:47	00:35:31	02:14:18	17	Female 40-49
124	387	Babon	Joylyn	Philippines	Halimau	01:38:52	00:35:27	02:14:19	18	Female 40-49
125	348	Muenz	Lisa	Germany	--	01:39:04	00:35:25	02:14:29	19	Female 40-49
126	354	Mceneff	Sharon	United Kingdom	--	01:39:09	00:35:21	02:14:30	6	Female 50+
127	380	Ha	Yiu Wing	HKSAR	Focus	01:34:20	00:41:58	02:16:18	13	Male 50+
128	353	Poole	Alex	United Kingdom	Run 4 Jen	01:42:10	00:35:09	02:17:19	14	Male 50+
129	352	Hong	Rosa	Republic of Korea	Run 4 Jen	01:42:13	00:35:09	02:17:22	20	Female 40-49
130	451	Galang	Andrea	Philippines	--	01:39:35	00:39:19	02:18:54	36	Female 14-39
131	442	Glor	Rosemarie	Philippines	--	01:43:06	00:37:14	02:20:20	7	Female 50+
132	410	Santiago	Rhoda Grace	Philippines	--	01:46:16	00:34:55	02:21:11	21	Female 40-49
133	331	Wu	Chau Sing	HKSAR	--	01:47:54	00:37:02	02:24:56	15	Male 50+
134	372	Siu	Cheuk Yiu	HKSAR	--	01:53:26	00:32:49	02:26:15	16	Male 50+
135	402	Yau	Phoebe	HKSAR	--	01:46:57	00:40:36	02:27:33	22	Female 40-49
136	343	Fabi	Lucian Carmela	Philippines	--	01:47:29	00:42:31	02:30:00	23	Female 40-49
137	342	Dicen	Paul Edgard	Philippines	--	01:47:25	00:42:46	02:30:11	27	Male 40-49
138	421	Wong	Philip	HKSAR	--	02:02:30	00:42:43	02:45:13	29	Male 14-39
139	458	Law	Wai Yan Grace	HKSAR	--	02:07:13	00:38:05	02:45:18	37	Female 14-39
140	459	Escott	Anne Vuillin	France	OneAcclime	02:07:12	00:38:06	02:45:18	8	Female 50+
141	426	Castillo	Eva	Philippines	KPH/TH	02:11:38	00:42:57	02:54:35	24	Female 40-49
142	404	Chen	Chun Yat	HKSAR	--	02:12:27	00:43:27	02:55:54	30	Male 14-39



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143	304	Gosav	Radu Cristian	Romania	--	02:15:23	00:53:42	03:09:05	17	Male 50+
144	305	Xie	Yangjiao	China	--	02:15:13	00:53:52	03:09:05	38	Female 14-39
145	303	Kong	Kin Yik	HKSAR	--	02:15:27	00:53:41	03:09:08	18	Male 50+
146	306	Lee	Sze Man	HKSAR	--	02:15:26	00:53:43	03:09:09	25	Female 40-49
147	308	Yip	Chun Fung	HKSAR	--	--	--	--	DNS	Male 14-39
148	313	Cameron	Melanie	South Africa	--	--	--	--	DNS	Female 40-49
149	316	Poulter	Richard	United Kingdom	--	--	--	--	DNS	Male 50+
150	317	Poulter	Michelle	United Kingdom	--	--	--	--	DNS	Female 50+
151	318	Poulter	Jemima	United Kingdom	--	--	--	--	DNS	Female 14-39
152	346	Sexton	Nia	United Kingdom	--	--	--	--	DNS	Female 50+
153	347	Monaghan	Matthew	United Kingdom	--	--	--	--	DNS	Male 14-39
154	350	Nicholson	Dave	United Kingdom	Team Bubz	--	--	--	DNS	Male 40-49
155	351	Yau	Justine Marie Jing May	HKSAR	Team Bubz	--	--	--	DNS	Female 14-39
156	355	Benzie	David	Australia	--	--	--	--	DNS	Male 40-49
157	364	Jackson	Liz	United States	--	--	--	--	DNS	Female 40-49
158	381	Hung	Ling Chi	HKSAR	Focus	--	--	--	DNS	Male 50+
159	382	Hong	Cass	HKSAR	--	--	--	--	DNS	Female 14-39
160	393	Ho	Eddie	HKSAR	--	--	--	--	DNS	Male 50+
161	401	Featherston	Mike	HKSAR	--	--	--	--	DNS	Male 50+
162	415	Baker	Rohan	Australia	Team Baker	--	--	--	DNS	Male 50+
163	436	Souleyman	Jan	United Kingdom	--	--	--	--	DNS	Male 50+
164	437	Trudgian	Paul	Australia	--	--	--	--	DNS	Male 50+
165	463	Chan	Pui Sze Louis	China	--	--	--	--	DNS	Female 40-49