



Healthy Hike and Run

March 16, 2025

19km Individual Overall Timing



Overall Ranking	Race #	Last Name	First Name	Nationality	Team / Sponsor	CP 1	Split	CP 2	Split	Finish Time	Cat Position	Category
1	228	Leung	Son Keng	HKSAR	--	00:28:27	00:57:26	01:25:53	00:17:16	01:43:09	1	Male 40-49
2	176	Kelly	Mark Arthur	Ireland	Team Ireland	00:40:30	00:48:14	01:28:44	00:18:47	01:47:31	2	Male 40-49
3	212	Dong	Chaoling	China	--	00:42:32	00:48:46	01:31:18	00:17:43	01:49:01	1	Female 16-39
4	211	Gal	Igor	Croatia	Trail Hunter / Joma	00:42:11	00:48:58	01:31:09	00:18:42	01:49:51	3	Male 40-49
5	230	Frantz	Martin	France	--	00:43:03	00:49:18	01:32:21	00:18:20	01:50:41	1	Male 16-39
6	175	Lui	Siu Fan	HKSAR	--	00:43:11	00:53:13	01:36:24	00:17:59	01:54:23	4	Male 40-49
7	231	Desmarez	Guillaume	France	--	00:47:23	00:49:50	01:37:13	00:19:24	01:56:37	2	Male 16-39
8	220	De Vathaire	Emmanuel	France	--	00:44:34	00:52:42	01:37:16	00:19:38	01:56:54	3	Male 16-39
9	194	Fong	Ka Ho	HKSAR	--	00:45:38	00:52:42	01:38:20	00:20:27	01:58:47	4	Male 16-39
10	219	Chan	Wang Leung	HKSAR	--	00:46:33	00:53:23	01:39:56	00:20:51	02:00:47	5	Male 40-49
11	206	Harris	Marc	United Kingdom	--	00:47:32	00:54:32	01:42:04	00:20:45	02:02:49	5	Male 16-39
12	225	Gurung	Tul Bahadur	Nepal	HKNUTRA	00:48:56	00:54:56	01:43:52	00:19:48	02:03:40	1	Male 50+
13	156	Cornish	Andrew	United Kingdom	--	00:45:45	00:56:34	01:42:19	00:21:31	02:03:50	2	Male 50+
14	135	Fung	Alan	HKSAR	--	00:46:40	00:56:24	01:43:04	00:21:06	02:04:10	6	Male 40-49
15	144	Coco	Sam	Australia	--	00:46:44	00:57:56	01:44:40	00:20:58	02:05:38	7	Male 40-49
16	162	Oates	Alan	United Kingdom	--	00:47:29	00:57:43	01:45:12	00:21:58	02:07:10	8	Male 40-49
17	224	Gurung	Tika Ram	Nepal	HKNUTRA	00:50:23	00:55:54	01:46:17	00:21:09	02:07:26	3	Male 50+
18	115	Hall	Ian	United States	--	00:50:15	00:57:24	01:47:39	00:22:24	02:10:03	9	Male 40-49
19	129	林	榮年	HKSAR	--	00:58:09	00:52:15	01:50:24	00:20:04	02:10:28	10	Male 40-49
20	197	Roisné	Nicolas	Bulgaria	Rapid Rats Club	00:50:12	01:00:10	01:50:22	00:20:45	02:11:07	6	Male 16-39
21	160	Leung	Wang To	HKSAR	--	00:52:07	00:58:14	01:50:21	00:21:14	02:11:35	7	Male 16-39
22	208	Cheung	Jonathan	HKSAR	INOVO	00:49:01	01:00:19	01:49:20	00:22:23	02:11:43	11	Male 40-49
23	103	Chong	Kin Chuen	HKSAR	--	00:52:51	00:58:50	01:51:41	00:21:18	02:12:59	12	Male 40-49
24	136	Sung	Louis Pui Yu	HKSAR	Thomas Station	00:52:02	00:59:15	01:51:17	00:23:01	02:14:18	13	Male 40-49
25	213	Alpha	Peter	Austria	Syro	00:52:03	00:59:38	01:51:41	00:22:58	02:14:39	8	Male 16-39
26	238	Jacson	Philippe	0	--	00:52:05	01:00:31	01:52:36	00:22:33	02:15:09	14	Male 40-49
27	233	Syrowatka	Thomas	Austria	--	00:52:02	00:59:37	01:51:39	00:23:54	02:15:33	15	Male 40-49
28	138	Wai Kit	Chan	HKSAR	--	00:51:08	01:02:06	01:53:14	00:23:01	02:16:15	16	Male 40-49
29	192	Soulier	Stephanie	Australia	--	00:51:27	01:04:28	01:55:55	00:24:38	02:20:33	1	Female 40-49
30	101	Schwarz	Philippe	Belgium	--	00:51:23	01:03:57	01:55:20	00:26:09	02:21:29	4	Male 50+
31	221	Walters	Nicholas	United Kingdom	--	00:51:16	01:06:21	01:57:37	00:26:00	02:23:37	5	Male 50+
32	166	Bagayao	Julibel	Philippines	Creep Or Crawl	00:51:49	01:04:08	01:55:57	00:27:40	02:23:37	2	Female 16-39



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33	183	Le Guilcher	Loic	France	--	00:53:03	01:03:42	01:56:45	00:27:10	02:23:55	9	Male 16-39
34	236	Waag	Lili	France	--	00:55:06	01:05:25	02:00:31	00:23:33	02:24:04	3	Female 16-39
35	226	Chan	Chung Mau	China	--	00:55:05	01:05:26	02:00:31	00:23:46	02:24:17	6	Male 50+
36	185	Madrona Barrera	Mario	Spain	--	00:55:26	01:05:03	02:00:29	00:24:13	02:24:42	17	Male 40-49
37	133	Tao	Likka	HKSAR	--	00:39:48	01:19:59	01:59:47	00:25:47	02:25:34	18	Male 40-49
38	209	Cheung	Jason	United Kingdom	--	00:54:29	01:05:54	02:00:23	00:25:43	02:26:06	19	Male 40-49
39	180	Schmitt	Thomas	Germany	--	00:55:23	01:04:36	01:59:59	00:26:38	02:26:37	20	Male 40-49
40	128	Austin	Greg	United Kingdom	--	00:56:47	01:05:07	02:01:54	00:24:49	02:26:43	7	Male 50+
41	161	Rubinstein	Marc	United States	--	00:53:28	01:06:56	02:00:24	00:26:35	02:26:59	8	Male 50+
42	203	Ng	Kwok Fai	HKSAR	--	00:53:46	01:07:14	02:01:00	00:25:59	02:26:59	21	Male 40-49
43	232	Yu	Chi Wai	HKSAR	--	00:53:04	01:05:45	01:58:49	00:30:15	02:29:04	9	Male 50+
44	227	Cibiel	Emma	France	--	00:55:01	01:07:23	02:02:24	00:27:22	02:29:46	4	Female 16-39
45	169	Sebastian	Dave	Indonesia	--	01:02:05	01:05:09	02:07:14	00:23:08	02:30:22	10	Male 16-39
46	159	Arfeuillere	Baptiste	France	--	00:54:42	01:08:11	02:02:53	00:27:37	02:30:30	11	Male 16-39
47	108	Yang	Chen	China	--	00:57:38	01:10:07	02:07:45	00:24:09	02:31:54	12	Male 16-39
48	165	Tsang	Justin Horace	HKSAR	--	00:55:06	01:10:46	02:05:52	00:26:08	02:32:00	13	Male 16-39
49	198	Chu	Pui Man Carman	HKSAR	--	00:58:39	01:08:53	02:07:32	00:24:56	02:32:28	2	Female 40-49
50	193	Chiu	Ho San	HKSAR	--	00:55:01	01:10:53	02:05:54	00:26:59	02:32:53	14	Male 16-39
51	134	Law	Yatman	HKSAR	--	00:58:49	01:08:32	02:07:21	00:26:09	02:33:30	15	Male 16-39
52	218	Wu	Yu Man	HKSAR	--	01:01:36	01:06:22	02:07:58	00:26:07	02:34:05	22	Male 40-49
53	204	Baker	Elvira	Philippines	Cuddles	00:57:23	01:10:08	02:07:31	00:29:52	02:37:23	3	Female 40-49
54	168	Mak	Nai Lun	HKSAR	--	00:56:13	01:14:42	02:10:55	00:27:27	02:38:22	16	Male 16-39
55	164	Bas	Jane	Philippines	Kphemzsalazar25@hitmail.com	00:56:50	01:13:28	02:10:18	00:28:12	02:38:30	4	Female 40-49
56	215	Kelley	Julfa	Philippines	--	00:58:16	01:12:00	02:10:16	00:28:15	02:38:31	1	Female 50+
57	167	Humilan	Rhinn	Philippines	Creep Or Crawl	00:56:41	01:15:01	02:11:42	00:28:28	02:40:10	5	Female 16-39
58	205	Gill	Amy	United Kingdom	--	01:01:05	01:12:09	02:13:14	00:27:49	02:41:03	6	Female 16-39
59	158	Uy	Matthew Johann	Philippines	--	00:54:26	01:15:51	02:10:17	00:30:50	02:41:07	17	Male 16-39
60	200	Macisaac	Fraser	Canada	--	00:44:20	01:29:06	02:13:26	00:27:42	02:41:08	18	Male 16-39
61	237	Griaud	Alice	France	--	00:58:24	01:11:59	02:10:23	00:31:13	02:41:36	7	Female 16-39
62	104	Warton	Joel	United States	--	00:44:29	01:29:26	02:13:55	00:29:20	02:43:15	23	Male 40-49
63	148	De La Gardette	Chloe	France	Rapid Rats Club	01:02:21	01:13:25	02:15:46	00:28:30	02:44:16	8	Female 16-39
64	151	Le Ny	Louise	HKSAR	Rapid Rats Club	01:02:23	01:13:33	02:15:56	00:28:22	02:44:18	9	Female 16-39



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65	149	Dupoiron	Jeanne	France	Rapid Rats Club	01:02:08	01:13:36	02:15:44	00:28:34	02:44:18	10	Female 16-39
66	199	Ellis	Scott	Australia	--	00:44:00	01:28:51	02:12:51	00:32:01	02:44:52	10	Male 50+
67	163	Conato	Mailyn	Philippines	Kph	01:02:25	01:15:18	02:17:43	00:28:20	02:46:03	11	Female 16-39
68	130	Oussaiden	Marine	France	--	01:07:52	01:10:46	02:18:38	00:29:00	02:47:38	12	Female 16-39
69	188	Yin	Ye	China	--	01:06:11	01:15:06	02:21:17	00:26:29	02:47:46	13	Female 16-39
70	191	Wong	Boaz	HKSAR	--	01:05:44	01:13:46	02:19:30	00:28:41	02:48:11	19	Male 16-39
71	153	Ma	Ranli	China	Eternal Optimists	01:04:46	01:18:15	02:23:01	00:27:46	02:50:47	14	Female 16-39
72	223	Opaco	Lina	Philippines	--	01:00:04	01:18:11	02:18:15	00:33:05	02:51:20	5	Female 40-49
73	207	Hernandez	Annalyn	Philippines	--	01:00:05	01:19:37	02:19:42	00:32:06	02:51:48	6	Female 40-49
74	154	Carag	Ma Emily	Philippines	Kph	01:02:25	01:17:50	02:20:15	00:31:34	02:51:49	2	Female 50+
75	187	Pichler	Matthias	Austria	--	01:00:59	01:20:23	02:21:22	00:30:40	02:52:02	24	Male 40-49
76	177	Lau	Tsz Fun	HKSAR	--	00:48:54	01:37:31	02:26:25	00:26:11	02:52:36	20	Male 16-39
77	139	Lau	Florence	HKSAR	--	01:04:03	01:17:54	02:21:57	00:30:52	02:52:49	15	Female 16-39
78	116	Kam Wah	Lam	China	--	01:02:33	01:19:24	02:21:57	00:31:31	02:53:28	11	Male 50+
79	210	Robert	Jovy	Philippines	--	01:02:52	01:21:28	02:24:20	00:29:22	02:53:42	7	Female 40-49
80	182	Humphries	Maurice	United Kingdom	--	01:03:27	01:21:02	02:24:29	00:29:46	02:54:15	12	Male 50+
81	106	Yip	Edwin	HKSAR	--	00:47:49	01:36:43	02:24:32	00:29:51	02:54:23	13	Male 50+
82	120	Porta	Nina	Germany	STARK Running	01:08:44	01:19:01	02:27:45	00:27:50	02:55:35	16	Female 16-39
83	119	Nanninga	Hugo	Netherlands	--	01:06:15	01:21:30	02:27:45	00:30:19	02:58:04	21	Male 16-39
84	201	Bouquemont	Iona	France	--	01:05:32	01:22:25	02:27:57	00:30:21	02:58:18	17	Female 16-39
85	157	Gamolo	Mercedita	Philippines	Action 50 Asia	01:09:02	01:19:56	02:28:58	00:29:31	02:58:29	3	Female 50+
86	145	Thomsen	Mark C	United States	--	01:07:23	01:20:33	02:27:56	00:30:52	02:58:48	14	Male 50+
87	184	Pascual	Pilar	Philippines	Kowloon Rays Rugby	01:07:26	01:18:59	02:26:25	00:32:36	02:59:01	8	Female 40-49
88	118	Imig	Anne	Germany	--	01:09:59	01:19:55	02:29:54	00:29:48	02:59:42	18	Female 16-39
89	113	Tung	Kuen Kuen	HKSAR	--	01:08:01	01:18:54	02:26:55	00:33:41	03:00:36	4	Female 50+
90	195	Smith	Alexa	South Africa	--	01:07:51	01:22:49	02:30:40	00:33:32	03:04:12	19	Female 16-39
91	140	Law	Kai Pong	HKSAR	--	00:52:01	01:37:44	02:29:45	00:42:18	03:12:03	22	Male 16-39
92	174	Pang	Wing Kit	HKSAR	--	01:09:04	01:29:02	02:38:06	00:36:13	03:14:19	25	Male 40-49
93	170	Bratteli	Delilah	Philippines	N/A	01:10:39	01:28:31	02:39:10	00:36:12	03:15:22	9	Female 40-49
94	229	Au	Jacky	HKSAR	--	01:12:21	01:33:12	02:45:33	00:30:34	03:16:07	23	Male 16-39
95	124	Lee	Chun Ho	HKSAR	--	01:09:16	01:20:29	02:29:45	00:49:56	03:19:41	24	Male 16-39
96	123	Cheung	Wing Yin	HKSAR	--	01:09:16	01:33:15	02:42:31	00:37:11	03:19:42	20	Female 16-39

