



Action Asia 3 day Ultra Marathon 2024 - 100km Overall Result

Overall Position	Race Number	First Name	Last Name	Nationality	Day 1 Time	Day 2 Time	Day 1 + Day 2 Time	Day 3 Time	3 Days Time in Total	Category	Team	Remarks
1	14	Scott	Holland	New Zealand	4:23:58	5:07:07	09:31:05	2:03:30	11:34:35	Mens 40-49		
2	1	Thomas Martijn	Coller	Netherlands	5:06:40	5:56:02	11:02:42	2:05:15	13:07:57	Mens 30-39		
3	15	Jon	Abel	United Kingdom	4:55:00	6:04:30	10:59:30	2:22:11	13:21:41	Mens 40-49		
4	10	Grace	Lee	Hong Kong SAR	5:41:50	8:17:15	13:59:05	2:46:01	16:45:06	Womens 18-29		
5	8	Colin	Chung	Malaysia	6:48:25	8:15:18	15:03:43	3:07:22	18:11:05	Mens 40-49		
6	11	Heidi Hiu Ching	Ngan	Hong Kong SAR	7:03:05	8:17:46	15:20:51	3:17:45	18:38:36	Womens 30-39		
7	9	Sofie	Jacobs	Belgium	5:20:30	11:00:00	16:20:30	2:22:33	18:43:03	Womens 40-49	Southside OCR	
8	3	Wing Chong	Chan	Malaysia	7:18:15	8:37:10	15:55:25	3:19:50	19:15:15	Mens 50+		
9	7	Henry Kin Cheung	Lam	Hong Kong SAR	9:14:22	8:56:08	18:10:30	2:46:33	20:57:03	Mens 50+		