



Action Asia 3 day Ultra Marathon 2024 - 60km 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	106	Xun	Chen	Hong Kong SAR	2:50:38	2:29:20	05:19:58	2:01:18	07:21:16	Mens 40-49		
2	114	Philipp	Tessenow	Germany	2:40:11	2:31:00	05:11:11	2:18:16	07:29:27	Mens 30-39		
3	117	Thomas	Schmitt	Germany	2:46:38	2:43:03	05:29:41	2:28:10	07:57:51	Mens 40-49		
4	119	Liz	Jackson	United States	2:53:13	2:45:18	05:38:31	2:36:15	08:14:46	Womens 40-49		
5	118	Gerald	Tong	Singapore	3:08:41	2:55:40	06:04:21	2:22:52	08:27:13	Mens 30-39		
6	102	Beverly Tian Ying	Lim	Singapore	3:08:41	2:55:40	06:04:21	2:22:52	08:27:13	Womens 30-39		
7	116	Christian	Ludwig	Germany	3:35:28	2:41:00	06:16:28	2:22:45	08:39:13	Mens 40-49	MTU	
8	101	Elizabeth	Bradford	United Kingdom	3:16:10	2:59:50	06:16:00	2:42:59	08:58:59	Womens 40-49	Transform Perform	
9	113	Eve	Haddad	France	3:18:10	3:19:30	06:37:40	2:55:57	09:33:37	Womens 30-39	GoGirl	
10	112	Karina	Mulyukova	Hong Kong SAR	3:18:11	3:20:19	06:38:30	2:55:42	09:34:12	Womens 30-39	GoGirl	
11	115	Friedhelm	Kappei	Germany	3:35:28	3:30:50	07:06:18	2:58:37	10:04:55	Mens 50+		
12	110	Chin Huat	Khoo	Malaysia	3:48:52	3:32:10	07:21:02	3:04:58	10:26:00	Mens 50+		
13	105	Mark	Austen	Canada	3:41:20	4:14:30	07:55:50	2:45:03	10:40:53	Mens 50+	Southside OCR	
14	107	David	Roig Ruiz	Spain	4:05:28	3:46:30	07:51:58	2:51:17	10:43:15	Mens 40-49		
15	111	Siew Choy	Ng	Malaysia	4:07:01	4:01:20	08:08:21	3:33:39	11:42:00	Womens 50+		
16	103	Choong Loon	Ong	Malaysia	4:11:50	4:06:50	08:18:40	3:26:10	11:44:50	Mens 50+		
17	104	Ping Ping	Ong	Malaysia	4:11:50	4:06:50	08:18:40	3:26:10	11:44:50	Womens 40-49		
18	108	Agnes	Chan	Hong Kong SAR	4:32:32	3:59:11	08:31:43	3:31:23	12:03:06	Womens 40-49		
19	109	Qinghong	You	Hong Kong SAR	4:32:32	3:59:11	08:31:43	3:31:23	12:03:06	Mens 50+		
20	12	Stephanie	Bowkett	United Kingdom	6:37:15	3:29:40	10:06:55	2:47:42	12:54:37	Womens 18-29		
21	4	Soh Khoon	Ooi	Malaysia	7:22:22	4:27:30	11:49:52	3:45:23	15:35:15	Womens 40-49		
22	2	Gerald	Yung	Hong Kong SAR	9:14:22	6:07:28	15:21:50	3:09:01	18:30:51	Mens 50+		
23	5	Philip	Yung	Hong Kong SAR	9:14:22	6:07:28	15:21:50	4:01:00	19:22:50	Mens 50+		
24	6	Wei An	Woo	Hong Kong SAR	9:14:22	6:07:28	15:21:50	4:01:00	19:22:50	Womens 50+		